

# Summary and Analysis of Brene Browns Rising Strong: The Reckoning, the Rumble, the Revolution



After an interview about Brene Browns two previous books, a reporter told her he thought he might start working on his own problems about being exposed, genuine, and open with other people. He thought it would take a long time and be hard to do and asked what would make it worth the effort. She told him that exposing yourself, being willing to let people see the real you with no idea what will happen, is the only way that leads to more happiness, love, and acceptance. Then he asked about the drawbacks. She said, its hard, it will hurt, and kick you in the ass. So despite that, is it still worth it? Absolutely! She told him that the first part was long and hard and it really was work, but after coming out the other side it was totally worth it. Here is a preview of what youll learn: How To Be More Open And Genuine What It Takes To Get Back Up When Life Knocks You Down Why Being Vulnerable Will Make You A Better Person

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