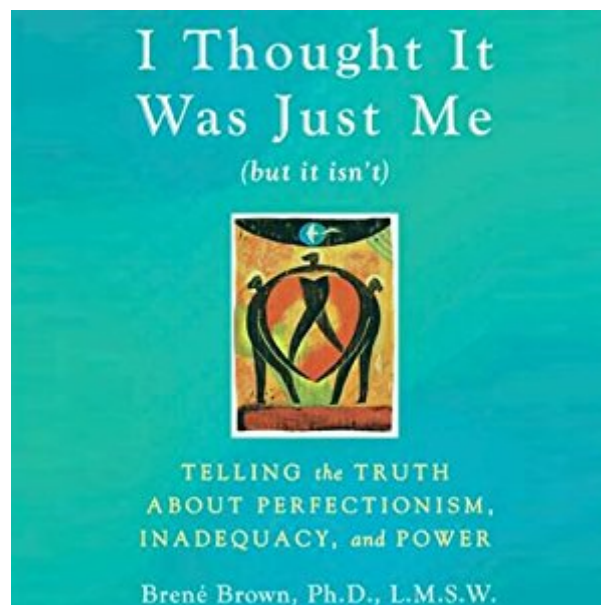




The book was found

I Thought It Was Just Me (but It Isn't): Telling The Truth About Perfectionism, Inadequacy, And Power



Synopsis

The quest for perfection is exhausting and unrelenting. We spend too much precious time and energy managing perception and creating carefully edited versions of ourselves to show to the world. As hard as we try, we can't seem to turn off the tapes that fill our heads with messages like, Never good enough! and What will people think? Why? What fuels this unattainable need to look like we always have it all together? At first glance, we might think its because we admire perfection, but that's not the case. We are actually the most attracted to people we consider to be authentic and down-to-earth. We love people who are real; we're drawn to those who both embrace their imperfections and radiate self-acceptance. There is a constant barrage of social expectations that teach us that being imperfect is synonymous with being inadequate. Everywhere we turn, there are messages that tell us who, what, and how were supposed to be. So, we learn to hide our struggles and protect ourselves from shame, judgment, criticism, and blame by seeking safety in pretending and perfection. Based on seven years of ground-breaking research and hundreds of interviews, I Thought It Was Just Me shines a long-overdue light on an important truth: Our imperfections are what connect us to each other and to our humanity. Our vulnerabilities are not weaknesses; they are powerful reminders to keep our hearts and minds open to the reality that we're all in this together. As Dr. Brown writes, "We need our lives back. It's time to reclaim the gifts of imperfection - the courage to be real, the compassion we need to love ourselves and others, and the connection that gives true purpose and meaning to life. These are the gifts that bring love, laughter, gratitude, empathy and joy into our lives."

Book Information

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Customer Reviews

This book was powerful! Even though it is addressed primarily toward women, every man should read it in order to understand women better, and to gain insight into themselves. Really good!

maybe it's just me, because I'm not really a "self-help" book reader in general, but I found it kind of depressing and not particularly illuminating. I've heard so much about her, and I think I saw her once on Oprah where she was very dynamic, but the book didn't do it for me. that being said, others may really enjoy it.

If you want to understand yourself better, man or woman, this is a book to help. Read it slowly and deep.

I liked that she gave me vocabulary to talk about shame and how it is different from guilt. Anyone who is struggling with finding their authentic self would find this book helpful. This book helped me. I always love Brenne Brown.

This book gave many good examples and ways to talk about shame, guilt, and resilience. My first time through I just read it. Then. Went back and participated in the exercises. It was a great learning experience.

A great book for anyone looking to grow in maturity and grace in their life. The gifts of Imperfection is still my favorite, but this was so informative.

Brene' wrote this book for women but it is important for men to understand the shame women experience. It became more evident as the book dealt with real life experiences. It wasn't until the final chapter the Brene' broaches men's shame with the promise to do more research into men's shame. THANK YOU!

A great book about shame and its negative impact on our lives and others. Shame is something we all suffer through in one form or another, and Brene Brown has been courageous enough to explore this painful subject and helped find a way we can all escape from the trappings of shame and live

"whole-hearted" lives. Dr. Brown has transformed many, many lives through this book alone, including my own, and although this book focuses exclusively on women's shame, it should still be read by men simply to better understand what women struggle with. Hurry up and get yourself a copy today!

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