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love, belonging, shame and empathy.

In Braving the Wilderness, Brown

redefines what it means to truly

belong in an age of increased

polarisation. With her trademark mix

of research, storytelling and honesty,

Brown will again change the cultural

conversation while mapping out a

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and stretch your physical, emotional,  
mental and spiritual contours. I  
suggest to read it with curiosity and  
stay present to what is feeling right  
and comfortable and what is feeling  
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Braving the wilderness is a call to action for showing up fully and embracing the fullness of our human potential. It is an invitation to unfold and stretch your physical, emotional, mental and spiritual contours. I suggest to read it with curiosity and stay present to what is feeling right and comfortable and what is feeling not so comfortable.

Braving the Wilderness: The quest for true belonging and ...

Several years ago, I read Braving the Wilderness by Brene Brown. In my quest for continual self-growth, inspiration and motivation during challenging moments in life, this book and its messages have been a blessing and created a platform for me to share with others the idea of braving our own, internal



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