

The book was found

The Gifts Of Imperfect Parenting: Raising Children With Courage, Compassion, And Connection



Synopsis

Dr. Brené Brown's Ten Guideposts to Wholehearted Families

We all know that perfect parenting does not exist, yet we still struggle with the social expectations that teach us that being imperfect is synonymous with being inadequate. These messages are powerful and we end up spending precious time and energy managing perception and the carefully edited versions of the families we show to the world. On *The Gifts of Imperfect Parenting*, Dr. Brené Brown invites us on a journey to transform the lives of parents and children alike. Drawing on her 12 years of research on vulnerability, courage, worthiness, and shame, she presents 10 guideposts to creating what she describes as "wholehearted" families where each of us can continually learn and grow as we reach our full potential, including:

- Cultivating worthiness in families
- the knowledge that we are each always worthy of love and belonging
- Vulnerability
- the key to true connection
- Engaging in creativity and play as a family
- Practicing gratitude and joy in the home
- Respect and hard work in a culture of "fun, fast, and easy"
- "It's actually our ability to embrace imperfection that will help us teach our children to have the courage to be authentic, the compassion to love themselves and others, and the sense of connection that gives true purpose and meaning to life," states Dr. Brown.

The Gifts of Imperfect Parenting is a practical and hopeful program for raising children who know that they are worthy of love, belonging, and joy.

Course objectives:

- Discuss how to cultivate worthiness in families-the knowledge that we are each always worthy of love and belonging
- Explain how to engage in creativity and play as a family
- Discuss how to cultivate a practice of gratitude and joy in the home
- Explain the value of respect and hard work within a culture of "fun, fast, and easy"
- Discuss how to embrace imperfection as a parent and how to teach our children to have the courage to be authentic and compassionate

Book Information

Audio CD: 2 pages

Publisher: Sounds True; Unabridged edition (May 1, 2013)

Language: English

ISBN-10: 1604079738

ISBN-13: 978-1604079739

Product Dimensions: 0.5 x 5.2 x 5 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 91 customer reviews

Best Sellers Rank: #37,461 in Books (See Top 100 in Books) #12 in Books > Books on CD >

Customer Reviews

Dr. Brené Brown adapts her breakthrough teachings on vulnerability, courage, shame, and worthiness to explore the power of wholehearted families. Dr. Brene Brown adapts her breakthrough teachings on vulnerability, courage, shame, and worthiness to explore the power of wholehearted families."

PhD, LMSW Brene Brown
Brené Brown, PhD, LMSW is a research professor at the University of Houston's Graduate College of Social Work who has spent the past 10 years studying vulnerability, courage, authenticity, and shame. She is a nationally renowned speaker and has won numerous teaching awards, including the college's Outstanding Faculty Award. Her groundbreaking work has been featured on PBS, NPR, and CNN. Her 2010 TEDxHouston talk on the power of vulnerability is one of most watched talks on TED.com. Her most recent TED talk, "Listening to Shame" was released in March 2012. Brené Brown is the author of *The Gifts of Imperfection* and *I Thought It Was Just Me (but it isn't)*. She is also the author of *Connections*, a psychoeducational shame resilience curriculum that is being facilitated across the nation by mental health and addiction professionals. Brené Brown's current research focuses on wholeheartedness in families, schools, and organizations. She lives in Houston with her husband and their two young children.

I have all of Brene's books and will read them all many times. It's wonderful to have her stories in the car. I feel like the repetition is helping things sink in. This makes me want audiobooks for all her works. So good.

Brené Brown is incredibly wise. Her voice is soothing, encouraging, and understanding, and her down-to-earth advice makes all the sense in the world. In the form of "guideposts", the first CD explains the concepts, and the second CD provides suggestions for implementing the concepts. Brilliant audiobook!!

It's the book on CD. Didn't pay attention to details, but still happy with it!

I love the author and is great to listen during my long drives. I've listen to it more than twice and passed it around my family.

I adore Brene Brown!!!! After listening to this CD, she has become that little voice in my head reminding me that I don't have to be perfect to be the perfect parent. The information shared is not only relevant to parenting but also other aspects of our lives. I recommend anything by Brene Brown!

This work of Brene' affirms the positive we are already doing as parents and gently nudges us to wake up and make some changes in other areas. A must read for all parents...new born to empty nester!

I play The Gifts of Imperfect Parenting CDs in my car and now after several listens I am still picking up more information on ways to keep building healthier and stronger relationships with my kids (and spouse!). Brene's examples and easy way of conversation make it enjoyable to listen and learn. Love them!

The sessions on these CDs were very helpful. I want to listen to them again to try and get as much as I can out of them! So much great information for people with kids, but also anyone.

[Download to continue reading...](#)

The Gifts of Imperfect Parenting: Raising Children with Courage, Compassion, and Connection I Love You Mom! Floral and Gardening Coloring Book for All Ages: Mother's Day Gifts in all Departments; Mothers Day Gifts in al; Mother's Day in ... Gifts from Son in al; Mothers Day Gifts in al Gifts In Jars: 88 Easy To Make DIY Gifts In Jars (Gifts in Mason Jars - Jar Gifts - Recipes - DIY Projects) Our Honeymoon in Paris: Honeymoon Scrapbook; Bridal Shower Gifts for the Bride in all Departments; Bridal Shower Gifts in al; Wedding Gifts for the ... D; Wedding Gifts in al; Wedding Planner in al Stepparenting: Becoming A Stepparent: A Blended Family Guide to: Parenting, Raising Children, Family Relationships and Step Families (Raising Children, ... Blended Families, Blended Family Book 5) Imperfect Girl, 1 (Imperfect Shojo) Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children with Bipolar Disorder and the Conditions that May Occur with It Children Are from Heaven: Positive Parenting Skills for Raising Cooperative, Confident, and Compassionate Children Impossible Compassion: Use The Compassion Key to Un-Create Disease, Save the Environment,

Transform Relationships... and Do All Sorts of Other Good Things for Ourselves and Everyone Else
Impossible Compassion: Using The Compassion Key to Un-Create Disease, Save the Environment, Transform Relationships and Do All Sorts of Other Good Things for Ourselves and Everyone Else The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) What to Expect When Parenting Children with ADHD: A 9-step plan to master the struggles and triumphs of parenting a child with ADHD Growing Up Again: Parenting Ourselves, Parenting Our Children The Science of Compassion: A Modern Approach for Cultivating Empathy, Love, and Connection Stepparenting: Becoming A Stepparent: A Blended Family Guide to: Parenting, Raising Children, Family Relationships and Step Families Playful Parenting: An Exciting New Approach to Raising Children That Will Help You Nurture Close Connections, Solve Behavior Problems, and Encourage Confidence Parenting Book: 50 Tips on Building Your Child's Self Esteem (Raising Girls, Boys, Potty Training Toddlers to Teenage Kids) Child Rearing & Positive Discipline - Psychology & Development in Children Loving, Supporting, and Caring for the Cancer Patient: A Guide to Communication, Compassion, and Courage The Fearless Heart: The Practice of Living with Courage and Compassion The Warrior's Heart: Becoming a Man of Compassion and Courage

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)