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# 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

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## Customer Reviews

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

PhD, LMSW Brené 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 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'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 Brené'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.

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