



I Thought It Was Just Me (but it isn't): Making the Journey from "What Will People Think?" to "I Am Enough"

Brené Brown

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Researcher and thought leader Dr. Brené Brown offers a liberating study on the importance of our imperfections—both to our relationships and to our own sense of self

The quest for perfection is exhausting and unrelenting. 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 we're 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.

Dr. Brené Brown, Ph.D., LMSW, is the leading authority on the power of vulnerability, and has inspired thousands through her top-selling book *The Gifts of Imperfection*, wildly popular TEDx talk, and a PBS special. Based on seven years of her 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.

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."

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