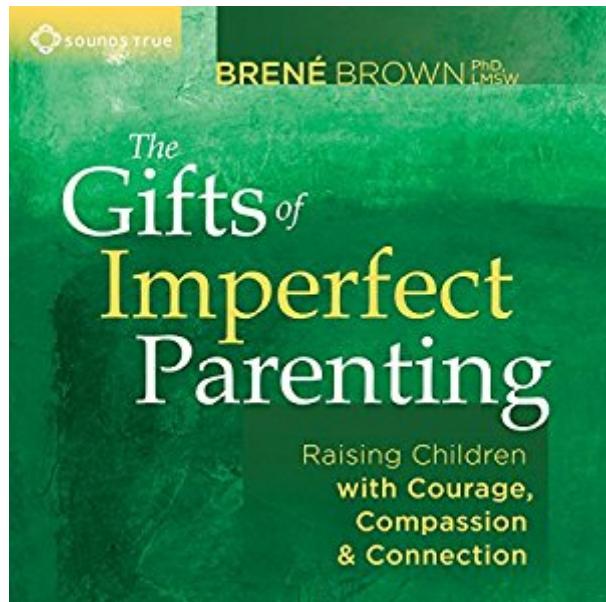


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# The Gifts Of Imperfect Parenting: Raising Children With Courage, Compassion, And Connection



## **Synopsis**

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 ten guideposts to creating what she describes as "wholehearted" families where each of us can continually learn and grow as we reach our full potential. "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.

## **Book Information**

Audible Audio Edition

Listening Length: 2 hours and 6 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: June 26, 2013

Language: English

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Best Sellers Rank: #26 in Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships #122 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help #144 in Books > Parenting & Relationships > Parenting

## **Customer Reviews**

This book is like having a conversation with your best friend about parenting and relating to her/him completely! This book is NOT a "how to" book and doesn't preach any methods or try to sell a new parenting fad. Brene talks about a handful of subjects associated with raising children and then draws on her personal experiences and scientific research to teach how we can recognize and respond to the emotional development and needs of our children. She is amazing because she shares her and her family's personal stories that any parent can relate to; the book never feels as

though she is talking down or telling you how to be a 'better' parent. Brene has a unique and rare ability to teach a reader/listener tools by sharing her experiences and subsequent analysis of her own parenting experiences.I preordered this book and it was well worth the wait! I've now recommended this 'book' to all of my friends. I'm a little bias, as a I am a huge Brene Brown fan. The format of this book is in 'sessions' which really helps to conceptualize each of the topics. I chose the audio book format so that I could listen to it with my husband. Listening together had benefits I never considered, as we were able to listen to it together (in the car) and pause the book to make comments and have discussions at the end of each segment while things were fresh in our minds. Brene is the narrator (many people complain when there are others narrator her other books), she is very easy to listen to.

This is truly the best parenting book I have EVER read (or listened to). Hands down. I've listened to it twice, and plan to revisit it again; it was life-changing. I have consumed many parenting books, and this one really hits home, dealing with underlying issues that most other books ignore (the importance of self-worth (how parents model this), the difference between guilt and shame and learning how to make connections).The recording is spoken by Brene Brown herself (not an annoying narrator). It is easy and very engaging to listen to. I wish she read all of her audio books. If you have read other books by Brene Brown, there is some redundancy of information, but this one clearly applies her ideas to parenting in a new way. It is worth listening to; I highly, highly recommend this.

This is a cd I should listen to once a week! It deals with raising children and the struggles that we face everyday:).... I have an 18 month old and this cd helped tremendously! You don't have to raise your children like your parents raised you!;)

Best parenting resource I have ever come across. Life changing. So great for learning to instill perserverence and work ethic into children's lives.

Loved this audio book. Shared it with my family! Would recommend to all parents and families who want to be better,

This is a CD of one of her talks. It's good, but it's the same information that is in her books.

This is fantastic. It's only 2 hours long. It should be listened to by everyone who interacts with kids. Brene is fun to listen to and gives great information. I highly recommend anything she writes/reads.

I first saw Brene Brown when she spoke at a company event and really enjoy her style of writing and speaking. This offers great views on being a good parent without having to be the "perfect" parent.

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