



Book Review

TITLE: Atlas of the Heart

AUTHOR: Brene Brown

DATE: April 2022

PRE-READING

Why are you reading it? Was it a recommendation? What do you know about the topic? Flip through the book - is there anything that catches your eye?

I've read a bunch of Brene's other books so I ordered this one too. It's a beautiful book with thick colour pages and is gorgeous to look at. I like how she's compiled it as an atlas/map so it can guide you.

A-HA MOMENTS

What a-ha moments did you have when reading?

- We are so scared of feeling pain that we engage in behaviours that become a magnet for more pain (ex. Fear, perfectionism and need for control). p. xviii
- I mix up stress and overwhelm
- "Boundaries are a prerequisite for compassion and empathy. We can't connect with someone unless we're clear about where we end and they begin." (p. 128)

QUESTIONS

What questions do you have after reading that you want to investigate?

- Why do I avoid things? Why do I avoid doing things (avoidance - p. 11)
- How can I create interest in topics which are important to me so people will become curious?
- How can I lean into conflict of tension with boundaries (p. 130)

CONNECTIONS

Can you relate what you read to another book, talk, podcast, topic?

- Freudenfreude - Abby Wombach's book Wolfpack - "You will not always be the goal scorer. When you are not, you better be rushing toward her." How can I rush towards others?
- Perfectionism is a barrier to a growth mindset (. 142)

ACTIONABLE IDEAS

What are 2-3 actionable items that you can implement?

- Dig more into stress and overwhelm and see if I can better understand then so I can recognize and name them correctly.
- Take self-compassion inventory at www.self-compassion.org
- Read Braving the Wilderness

POST-READ REFLECTIONS

Did you like this book? Are there other books by this author or on this topic that you might want to read? Would you recommend it to someone? Is there something from this book you want to learn more about?

This is a phenomenal reference book. I've already used it to read more about an emotion when I think I'm caught in it. Recognizing which emotion is tripping me up and making sure I'm naming the correct one has been extremely helpful for me to work through it.