



Book Review

TITLE: Braving the Wilderness

AUTHOR: Brene Brown

DATE: November 2021

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 love Brene Brown and this book was on sale for \$8 at Indigo, so I grabbed it. The subtitle: The Quest for True Belonging and the Courage to Stand Alone spoke to me

A-HA MOMENTS

What a-ha moments did you have when reading?

- Quote on p. 5: "Do not think you can be brave with your life and your work and never disappoint anyone. It doesn't work that way." Oprah
- p. 33: she talks about her research and participants' fear that the only thing that binds them together is fear and distain, not common humanity - hit me hard as in the middle of the pandemic
- Increased odds of dying early: Living with - air pollution (5%), obesity (20%), excessive drinking (30%). Loneliness (45%)

QUESTIONS

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

- How do we find the grey in a black and white, you're either with us or against us world?
- How do we revive curiosity? (p. 91: curiosity is seen as a weakness and asking questions equates to antagonism rather than being valued as learning)
- How do we get people to see the similarities between them more than the differences?

CONNECTIONS

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

- Having difficult conversations is essential - how to have them? Crucial Conversations
- Brene also loves The West Wing!!
- Lots of the content from this book emerges also in Dare to Lead

ACTIONABLE IDEAS

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

- We need to spend time with people who think differently than us. I need to start seeking these people.
- Read Bill Bishop's book "The Big Sort"
- Watch Kailash Satyarthi's TED Talk

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?

I loved this book. There were several stories and moments that made me cry and others I want to learn more about. I saw lots of links between this book and Dare to Lead. I've struggled during the pandemic and I've lost a lot of the connection I once felt. This book explains why that has hit me so hard. On p. 141, she references study by Susan Pinker where she writes "in fact, neglecting to keep in close contact with people who are important to you is at least as dangerous to your health as a pack-a-day cigarette habit, hypertension, or obesity." We have a lot of work to do.