



Book Review

TITLE: Rising Strong

AUTHOR: Brene Brown

DATE: August 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 several of her books and want to read the whole series. I like her message and looking at her resiliency research and method is interesting.

A-HA MOMENTS

What a-ha moments did you have when reading?

- Emotions are not mutually exclusive; you can be happy and sad at the same time. Don't need to live in a binary world.
- We can't get caught in comparative suffering. Because it could be worse, or someone else might be facing something more challenging doesn't mean that mine isn't hard, painful or a challenge
- "People aren't themselves when they're scared. It might be all they can do." p. 110

QUESTIONS

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

- We think about personal failure differently than we do people who talk about their failures? How can I live that model more?
- How can I use permission slips to help me w/avoiding behaviour? (p. 68-69)
- How can I be more generous with my assumptions?

CONNECTIONS

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

- Rising Strong requires us to recognize when we are caught in emotion which is related to EQ
- Box breathing - I use this when kids get hurt on the soccer field

ACTIONABLE IDEAS

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

- Read "Creativity, Inc" (leadership book by President of Disney/Pixar)
- Steve Jobs equated creativity with connecting things; I don't think of myself as creative, but I do think connecting things is one of my superpowers. I want to dig more into this.
- Journal prompts on p. 47 are great - I should put these in my journal at the beginning (there are tons of great questions throughout the book which I could use - I should compile them into one place.

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?

In flipping through the book, I see so many sections where I've written "I love this." This book will become a reference and one I reread multiple times. There is so much in it. I see a ton of the results of this work in her Dare to Lead work so it's great to have a deeper dive into the base of that book.