

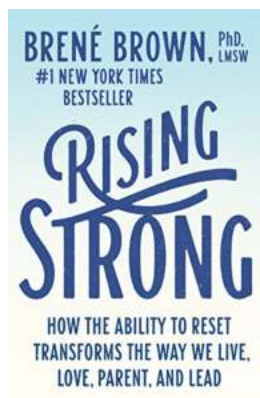
How The Ability To Reset Transforms The Way We Live Love Parent And Lead



Imagine having a magical reset button in life that allows you to start fresh whenever you want. A reset that can transform the way you live, love, parent, and lead. Well, this may not be a magical reset button, but the ability to reset is a powerful tool that can greatly impact various aspects of our lives.

The Power of Resetting

Resetting is not just about starting over or erasing mistakes; it's about learning from past experiences and using them as a springboard for growth. This ability enables us to take control of our lives and make positive changes.



Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and

Lead by Brené Brown (Kindle Edition)

★★★★☆ 4.8 out of 5

Language	: English
File size	: 15231 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 312 pages



Resetting Relationships

Relationships play a crucial role in our lives, and sometimes they hit roadblocks or fall into unhealthy patterns. The ability to reset can help break these cycles and breathe new life into relationships. Whether it's a romantic partnership, a friendship, or a family connection, hitting the reset button allows us to reflect on our behavior, make amends, and start building healthier and stronger bonds.

Resetting Parenting

Parenting comes with its own set of challenges. No parent is perfect, and we all make mistakes. However, the beauty of resetting as a parent is that it gives us the opportunity to learn and grow alongside our children. It allows us to

acknowledge our missteps, apologize when necessary, and course-correct our approach. By being open to resetting, we can create a supportive and loving environment for our kids to thrive.



Resetting Leadership

Leadership is about guiding and inspiring others towards a common goal. However, leaders are not immune to making poor decisions or facing setbacks. The ability to reset as a leader allows for self-reflection, learning from mistakes, and paving a new path forward. It shows humility and the willingness to adapt, earning the respect and loyalty of those being led.

Steps to Embrace the Reset

While the concept of resetting sounds appealing, it's essential to understand how to effectively embrace it in our lives. Here are a few steps to get started:

1. Accepting Imperfection

We all strive for perfection, but it's crucial to accept that we are imperfect beings. Embracing imperfection allows us to be more forgiving of ourselves and others when things go awry.

2. Reflecting on Past Experiences

Take the time to reflect on past experiences and identify patterns or behaviors that need to be addressed. Honest self-reflection is a powerful tool for personal and professional growth.

3. Apologizing and Making Amends

When we realize we've made mistakes or hurt others, it's essential to apologize and make amends. This process strengthens relationships and helps build trust.

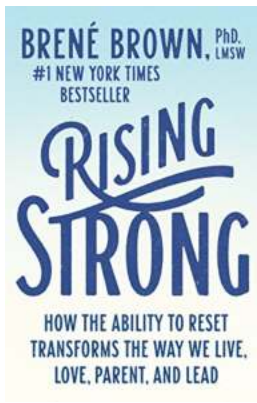
4. Creating New Habits

Incorporate new habits and practices into your life to support positive changes. This could include therapy, meditation, or seeking guidance from mentors or role models.

The Transformative Power of Resetting

Resetting is not a sign of weakness, but rather a sign of strength and growth. It allows us to let go of negative patterns and beliefs that no longer serve us. By hitting the reset button, we empower ourselves to live more authentically, love more deeply, parent more consciously, and lead with greater compassion.

Incorporating the ability to reset into our lives can be a game-changer. It allows us to break free from the shackles of past mistakes, redefine our relationships, improve our parenting skills, and become more effective leaders. So, why not embrace the power of resetting and unlock a world of endless possibilities?



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#1 NEW YORK TIMES BESTSELLER • When we deny our stories, they define us. When we own our stories, we get to write the ending.

Don't miss the five-part HBO Max docuseries Brené Brown: Atlas of the Heart!

Social scientist Brené Brown has ignited a global conversation on courage, vulnerability, shame, and worthiness. Her pioneering work uncovered a profound truth: Vulnerability—the willingness to show up and be seen with no guarantee of outcome—is the only path to more love, belonging, creativity, and joy. But living a brave life is not always easy: We are, inevitably, going to stumble and fall.

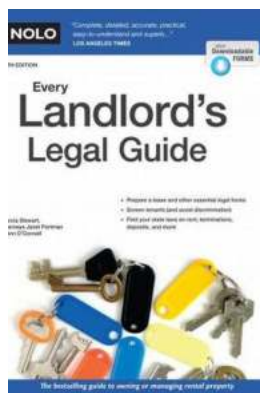
It is the rise from falling that Brown takes as her subject in *Rising Strong*. As a grounded theory researcher, Brown has listened as a range of people—from leaders in Fortune 500 companies and the military to artists, couples in long-term relationships, teachers, and parents—shared their stories of being brave, falling, and getting back up. She asked herself, What do these people with strong and loving relationships, leaders nurturing creativity, artists pushing innovation, and

clergy walking with people through faith and mystery have in common? The answer was clear: They recognize the power of emotion and they're not afraid to lean in to discomfort.

Walking into our stories of hurt can feel dangerous. But the process of regaining our footing in the midst of struggle is where our courage is tested and our values are forged. Our stories of struggle can be big ones, like the loss of a job or the end of a relationship, or smaller ones, like a conflict with a friend or colleague. Regardless of magnitude or circumstance, the rising strong process is the same: We reckon with our emotions and get curious about what we're feeling; we rumble with our stories until we get to a place of truth; and we live this process, every day, until it becomes a practice and creates nothing short of a revolution in our lives. Rising strong after a fall is how we cultivate wholeheartedness. It's the process, Brown writes, that teaches us the most about who we are.

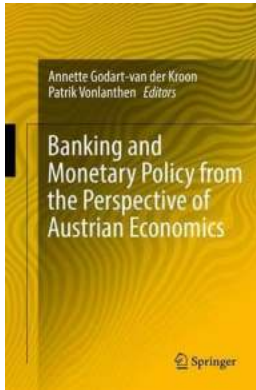
ONE OF GREATER GOOD'S FAVORITE BOOKS OF THE YEAR

"[Brené Brown's] research and work have given us a new vocabulary, a way to talk with each other about the ideas and feelings and fears we've all had but haven't quite known how to articulate. . . . Brené empowers us each to be a little more courageous."—The Huffington Post



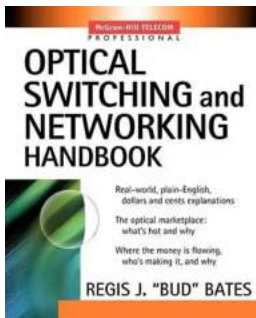
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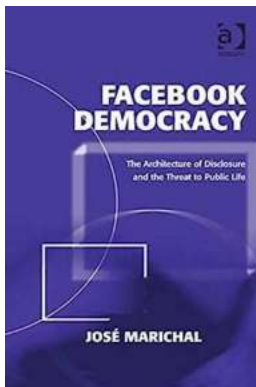
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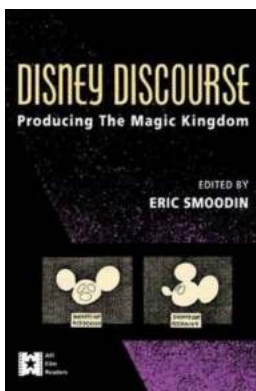
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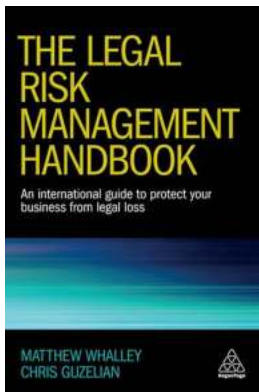
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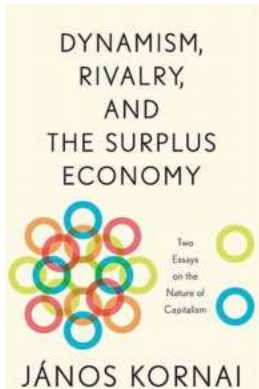
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