The willingness to accept responsibility for one's own life is the source from which self-respect springs. --Joan Didion

Moving Beyond the Blame Game

Why do we waste so much energy looking for someone to blame when something doesn't go our way? Dr. Brene Brown provides us with valuable insight into how the constant search for blame limits the meaningfulness of our relationships. Brene Brown is a highly respected researcher on the subject of vulnerability. She has mastered using the art of storytelling and self-disclosure to bring life and practical meaning to the data she's collected and analyzed for over 10 years. Equally important is that Bren also shows us it's okay to laugh at ourselves as we acknowledge our imperfections.

Be The Change:

Learn more about Dr. Brene Brown's insights regarding how our vulnerability is truly the birthplace of innovation, creativity and change.