



daily GOOD

We have to belong to ourselves as much as we need to belong to others. Any belonging that asks us to betray ourselves is not true belonging. --Brene Brown

Atlas of the Heart

"Researcher, academic and best-selling author Brene Brown has spent the last two decades studying courage, vulnerability, shame and empathy. Her TEDx talk, "the power of vulnerability", is one of the top five most viewed TED talks in the world with more than 50 million views. In her sixth and newest book, Atlas of the Heart, she takes us on a journey through 87 of the emotions and experiences that define what it means to be human."

Be The Change:

You can listen to Brene Brown sharing more about The Atlas of the Heart in this interview.