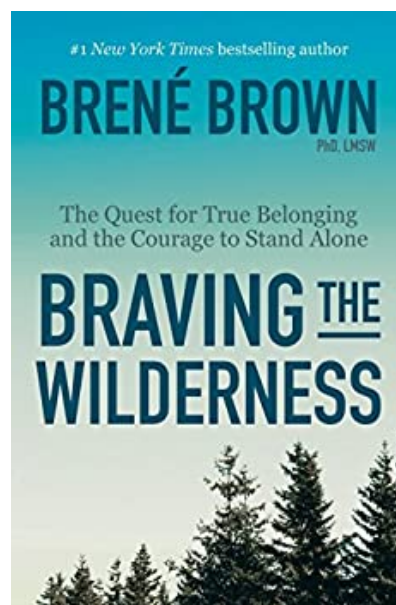


# Braving the Wilderness Book Summary (PDF) by Brené Brown

Ready to learn the most important takeaways from Braving the Wilderness in less than two minutes? Keep reading!



## Why This Book Matters:

Braving the Wilderness questions society's idea of what it means to fit in and the emotions surrounding feeling as though one doesn't belong.

## The Big Takeaways:

- 1. Everyone wants to feel like they belong somewhere. Therefore, when people feel like they don't fit in, they can experience emotional distress.**
  1. If The emotions that come with rejection from early childhood carry into adulthood.
- 2. Belong to yourself and not anyone else.**
  1. Do not change who you are to become who someone else thinks you should be.
- 3. You must have trust in yourself and be brave while you learn about yourself.**
  1. Listen to your gut instincts and be ready to have

challenging interactions with others.

**4. Emphasize personal experiences without giving into a rage to reduce the feeling of loneliness.**

1. Pay attention to your own experiences, and remember that being brave, yet vulnerable, is alright.

**5. Do not allow rage to turn you into a bitter person. Instead, use it to try to improve on who you are.**

1. Challenge your anger by allowing yourself to feel those emotions and have difficult conversations within your mind about who you are.

## **Want To Keep Reading?**

- 1. Read A Longer Form Summary on Blinkist**
- 2. Buy The Book on Amazon**
- 3. Listen To The Audiobook**

## **Additional Video From The Author:**