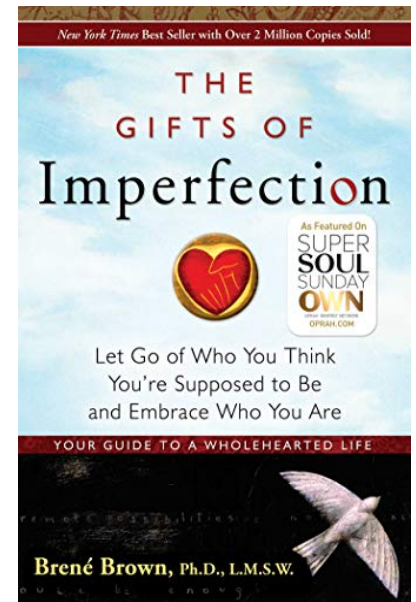


# The Gifts of Imperfection Book Summary (PDF) by Brené Brown

Ready to learn the most important takeaways from The Gifts of Imperfection in less than two minutes? Keep reading!



## Why This Book Matters:

The Gifts of Imperfection teaches readers how to appreciate themselves and the world around them for what it is in the moment.

## The Big Takeaways:

- 1. Being your true self takes a leap of faith, a genuine understanding, and a sense of togetherness between you and everything else.**
  1. If Most people want to live their lives as the most real version of themselves, but it can be harder than it sounds.
- 2. People want to be unflawed and are often scared of falling short of perfect.**
  1. Though striving to be flawless sounds like a

positive trait, it can hold a negative attitude.

**3. Know your “why” so that you can prosper when times get tough.**

1. When we have a well-rounded picture of what we want to accomplish, we can navigate failures with more ease.

**4. Realize the importance of every moment, even the mundane.**

1. Practicing continuous gratefulness for the things you have in your life affects your entire mindset.

**5. Trust your gut.**

1. Even though it’s hard, you can make wiser choices if you give up the need for knowing what the future holds.

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