

## De Moed Van Imperfectie

According to current thinking, anyone who fails to succeed must have something wrong with them. The pressure to achieve and be happy is taking a heavy toll, resulting in a warped view of the self, disorientation, and despair. People are lonelier than ever before. Today's pay-for-performance mentality is turning institutions such as schools, universities, and hospitals into businesses — even individuals are being made to think of themselves as one-person enterprises. Love is increasingly hard to find, and we struggle to lead meaningful lives. In *What about Me?*, Paul Verhaeghe's main concern is how social change has led to this psychic crisis and altered the way we think about ourselves. He investigates the effects of 30 years of neoliberalism, free-market forces, privatisation, and the relationship between our engineered society and individual identity. It turns out that who we are is, as always, determined by the context in which we live. From his clinical experience as a psychotherapist, Verhaeghe shows the profound impact that social change is having on mental health, even affecting the nature of the disorders from which we suffer. But his book ends on a note of cautious optimism. Can we once again become masters of our fate?

**#1 NEW YORK TIMES BESTSELLER •** A timely and important book that challenges everything we think we know about cultivating true belonging in our communities, organizations, and culture, from the #1 bestselling author of *Rising Strong*, *Daring Greatly*, and *The Gifts of Imperfection* Look for Brené Brown's new podcast, *Dare to Lead*, as well as her ongoing podcast *Unlocking Us!* **REESE'S BOOK CLUB PICK** "True belonging doesn't require us to change who we are. It requires us to be who we are." Social scientist Brené Brown, PhD, MSW, has sparked a global conversation about the experiences that bring meaning to our lives—experiences of courage, vulnerability, love, belonging, shame, and empathy. In *Braving the Wilderness*, Brown redefines what it means to truly belong in an age of increased polarization. With her trademark mix of research, storytelling, and honesty, Brown will again change the cultural conversation while mapping a clear path to true belonging. Brown argues that we're experiencing a spiritual crisis of disconnection, and introduces four practices of true belonging that challenge everything we believe about ourselves and each other. She writes, "True belonging requires us to believe in and belong to ourselves so fully that we can find sacredness both in being a part of something and in standing alone when necessary. But in a culture that's rife with perfectionism and pleasing, and with the erosion of civility, it's easy to stay quiet, hide in our ideological bunkers, or fit in rather than show up as our true selves and brave the wilderness of uncertainty and criticism. But true belonging is not something we negotiate or accomplish with others; it's a daily practice that demands integrity and authenticity. It's a personal commitment that we carry in our hearts." Brown offers us the clarity and courage we need to find our way back to ourselves and to each

other. And that path cuts right through the wilderness. Brown writes, "The wilderness is an untamed, unpredictable place of solitude and searching. It is a place as dangerous as it is breathtaking, a place as sought after as it is feared. But it turns out to be the place of true belonging, and it's the bravest and most sacred place you will ever stand."

De moed van imperfectie / druk 1 laat gaan wie je denkt te moeten zijn De moed van imperfectie laat gaan wie je denkt te moeten zijn Lev.

"A must-read for anyone interested in the art of intuitively knowing what others feel." --Haemin Sunim, bestselling author of *The Things You Can See Only When You Slow Down* and *Love for Imperfect Things Improve your nunchi*. Improve your life. Have you ever wondered why your less-skilled coworker gets promoted before you, or why that one woman from your yoga class is always surrounded by adoring friends? They probably have great nunchi. The art of reading a room and understanding what others are thinking and feeling, nunchi is a form of emotional intelligence that anyone can learn--all you need are your eyes and ears. Sherlock Holmes has great nunchi. Cats have great nunchi. Steve Jobs had great nunchi. With its focus on observing others rather than asserting yourself--it's not all about you!--nunchi is a refreshing antidote to our culture of self-promotion, and a welcome reminder to look up from your cell phone. Nunchi has been used by Koreans for more than 5,000 years. It's what catapulted their nation from one of the world's poorest to one of the richest and most technologically advanced in half a century. And it's why K-pop--an unlikely global phenomenon, performed as it is in a language spoken only in Korea--is even a thing. Not some quaint Korean custom like taking off your shoes before entering a house, nunchi is the currency of life. *The Power of Nunchi* will show you how the trust and connection it fosters can help you succeed in all areas of your life--from business to love. A PENGUIN LIFE TITLE

Stress – vrijwel iedereen heeft ermee te maken. Maar het goede nieuws is: er is gemakkelijk iets aan te doen! davidji heeft met politiemensen en traumateams gewerkt en hun geleerd om te gaan met stressvolle situaties. In *Zonder stress* beschrijft hij een flink aantal succesvolle technieken en methodes om stress en ongezonde spanning te voorkomen of uit de weg te ruimen.

This practical and inspirational guide to healing from the award-winning, New York Times bestselling author of *The Choice* shows us how to stop destructive patterns and imprisoning thoughts to find freedom and enjoy life. Edith Eger's powerful first book *The Choice* told the story of her survival in the concentration camps, her escape, healing, and journey to freedom. Oprah Winfrey says, "I will be forever changed by Dr. Eger's story." Thousands of people around the world have written to Eger to tell her how *The Choice* moved them and inspired them to confront their own past and try to heal their pain; and to ask her to write another, more "how-to" book. Now, in *The Gift*, Eger expands on her message of healing and provides a hands-on guide that gently encourages us to change the thoughts and behaviors that may be

keeping us imprisoned in the past. Eger explains that the worst prison she experienced is not the prison that Nazis put her in but the one she created for herself, the prison within her own mind. She describes the twelve most pervasive imprisoning beliefs she has known—including fear, grief, anger, secrets, stress, guilt, shame, and avoidance—and the tools she has discovered to deal with these universal challenges. Accompanied by stories from Eger's own life and the lives of her patients each chapter includes thought-provoking questions and takeaways, such as: -Would you like to be married to you? -Are you evolving or revolving? -You can't heal what you can't feel. Filled with empathy, insight, and humor, *The Gift* captures the vulnerability and common challenges we all face and provides encouragement and advice for breaking out of our personal prisons to find healing and enjoy life.

A fresh, personal, and entertaining exploration of a topic that concerns all of us: how to be more productive at work and in every facet of our lives. Chris Bailey turned down lucrative job offers to pursue a lifelong dream—to spend a year performing a deep dive experiment into the pursuit of productivity, a subject he had been enamored with since he was a teenager. After obtaining his business degree, he created a blog to chronicle a year-long series of productivity experiments he conducted on himself, where he also continued his research and interviews with some of the world's foremost experts, from Charles Duhigg to David Allen. Among the experiments that he tackled: Bailey went several weeks with getting by on little to no sleep; he cut out caffeine and sugar; he lived in total isolation for 10 days; he used his smartphone for just an hour a day for three months; he gained ten pounds of muscle mass; he stretched his work week to 90 hours; a late riser, he got up at 5:30 every morning for three months—all the while monitoring the impact of his experiments on the quality and quantity of his work. The Productivity Project—and the lessons Chris learned—are the result of that year-long journey. Among the counterintuitive insights Chris Bailey will teach you: · slowing down to work more deliberately; · shrinking or eliminating the unimportant; · the rule of three; · striving for imperfection; · scheduling less time for important tasks; · the 20 second rule to distract yourself from the inevitable distractions; · and the concept of productive procrastination. In an eye-opening and thoroughly engaging read, Bailey offers a treasure trove of insights and over 25 best practices that will help you accomplish more.

Draws on research with hundreds of interviewees to identify the pervasive influence of cultural shame, discussing how women can recognize the ways in which shame influences their health and relationships and can be transformed into courage and connectivity.

'Klein geluk als je ziek bent' van Maria Grijpma en Inge Jager is een onmisbare gids om goed voor jezelf te zorgen als je ziek bent. Klein geluk voor de zieke is een waardevol geschenk voor iedereen die ziek is. Miljoenen mensen in Nederland zijn (chronisch) ziek. Ziek zijn overkomt je en is altijd ongewenst. Je leven ligt ineens overhoop. Dit boek is een onmisbare gids om goed voor

jezelf te zorgen als je ziek bent. Het richt zich als een frisse wind op alle mogelijkheden om je beter te voelen. Met praktische tips, nuttige adviezen en herkenbare verhalen is het een echt cadeau. Het boek is tot stand gekomen met behulp van de pijlers uit de Positieve Gezondheid. Machteld Huber, initiator van dit vernieuwende concept, verzorgde het voorwoord. Inge Jager en Maria Grijpma schreven eerder Klein geluk voor de mantelzorger.

In this English translation of the French bestseller, readers will learn simple, practical skills to step outside of their emotional masks to live a genuine, authentic life. Teaching everyday communication skills to respectfully express true feelings and the power of requesting wants without demands or force, readers learn how to tackle life's difficult situations and conversations with ease and even excitement. Topics include ideas and advice on how to identify feelings and needs without blaming others, honest and respectful self-expression, facing conflict with ease, and finding balance by staying connected to basic needs.

In her latest book, five-time #1 New York Times bestselling author Dr. Brené Brown writes, "If we want to find the way back to ourselves and one another, we need language and the grounded confidence to both tell our stories and to be stewards of the stories that we hear. This is the framework for meaningful connection." In *Atlas of the Heart*, Brown takes us on a journey through eighty-seven of the emotions and experiences that define what it means to be human. As she maps the necessary skills and an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances—a universe where we can share and steward the stories of our bravest and most heartbreaking moments with one another in a way that builds connection. Over the past two decades, Brown's extensive research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives. *Atlas of the Heart* draws on this research, as well as on Brown's singular skills as a storyteller, to show us how accurately naming an experience doesn't give the experience more power, it gives us the power of understanding, meaning, and choice. Brown shares, "I want this book to be an atlas for all of us, because I believe that, with an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves."

Er is moed, engagement en inspiratie voor nodig om eigen ingrijpende levenservaringen te ontwikkelen tot ervaringsdeskundigheid. Ervaringsdeskundigheid is een vak in ontwikkeling. De afgelopen decennia is een professionaliseringsslag gaande en heeft ervaringsdeskundigheid haar intrede gedaan in de zorg, het sociaal domein en het onderwijs. Deze ontwikkeling brengt allerlei leertrajecten op gang, van autodidactische tot cursorische en post-hogere beroepsopleidingen. Het was al een langer levende missie om eigen ervaringen met opleiden, scholen en het aanbieden van cursussen rond ervaringsdeskundigheid te delen met anderen in overeenstemming met de kernwaarden van ervaringsdeskundigheid. De auteurs hebben op eigen terrein ervaringskennis opgedaan. Dit boek is een weergave van deze ervaringskennis, verrijkt met praktijkkennis en wetenschappelijke inzichten. De bedoeling van het boek is om een meerperspectivische bijdrage te leveren aan de didactiek rond het ervaringsleerproces.

In *Addicted to Love*, Jan Geurtz clearly demonstrates how our search for love and approval stems from a fundamental self-

rejection. We try to compensate for this by seeking other people's appreciation. But this is counterproductive: it actually makes us more insecure and therefore increasingly dependent. This creates an addiction to love, approval and the security of a relationship. As a result, most romantic relationships eventually fail, or – perhaps even worse – are reduced to dreary co-existence with little room for growth and happiness. With humour and practical examples, Jan Geurtz shows a way out of this vicious circle. Once we have let go of self-rejection, we find that our painful emotions, and also our sexual desires, are the gateway to a state of being that is completely free of restriction and dependence, and is filled with love and clarity – with or without a relationship. Jan Geurtz has written several books on addictions, including the bestseller *Quit Smoking in One Day*. He studied remedial pedagogy, education sciences and philosophy of science, and is inspired by Buddhism.

'Klein geluk voor de zorg' van Inge Jager en Maria Grijpma is een hart onder de riem voor wie in de zorg werkt. 'Klein geluk voor de zorg' van Inge Jager en Maria Grijpma is een hart onder de riem voor wie in de zorg werkt. Wie voor anderen zorgt, moet ook goed voor zichzelf zorgen. Maar in tijden van grote drukte en stress en zeker nu is dat makkelijker gezegd dan gedaan. Voor al die handen aan het bed, alle mensen die direct met patiënten werken, maakten Inge Jager en Maria Grijpma *Klein geluk voor de zorg*. Een hart onder de riem met tientallen tips om te ontspannen, goede boeken om te lezen en fijne dingen om te doen voor jezelf. Zodat je het vol blijft houden en kunt blijven doen waar je hart ligt. Met een voorwoord van Diederik Gommers! Dit boek is onderdeel van de Klein geluk-serie, het drieluik mantelzorger-cliënt-zorgprofessional.

Het Apostolisch Genootschap, opgericht in 1951, is momenteel de grootste vrijzinnige geloofsgemeenschap van Nederland. In zijn korte bestaanstijd hebben vele veranderingen plaatsgevonden, waardoor de oudste lidmaten in een andere geloofsgemeenschap zijn opgegroeid dan de jongsten. Hoe hebben zij ieder de rol van het Apostolisch Genootschap in hun leven ervaren? In *Over apostolisch? zijn gesproken...* onderzoekt antropologe Frederique Demeijer deze vraag. Door middel van diepte-interviews geeft de auteur lidmaten van zes verschillende sociale generaties een stem. Hierdoor ontstaat, vanuit de ervaringen van de informanten, een breder begrip van de geschiedenis van het Apostolisch Genootschap. Met behulp van de sociale generatietheorie wordt zichtbaar hoe individuele ervaringen samenhangen met de maatschappelijke ontwikkelingen in Nederland. Zo blijkt waar het Apostolisch Genootschap daarmee gelijke tred hield en waar het – in de beleving van de informanten – een ander spoor ging volgen. Alle verhalen tezamen laten zien dat er op drie thema's grote veranderingen zijn ervaren: in de positie van de apostel, het godsbeeld en de gemeenschap. Hierdoor is de beleving van het religieuze karakter van hun apostolisch-zijn aanzienlijk veranderd. *Over apostolisch-zijn gesproken...* toont hoe de informanten belangrijke gebeurtenissen en keuzes in hun leven uitleggen aan zichzelf en aan anderen. Daarmee is dit onderzoek ook in het algemeen relevant voor de studie van oral history en de ontwikkeling van religieuze organisaties in hun relatie tot de maatschappij.

A groundbreaking women's leadership expert and popular conference speaker gives women the practical skills to voice

and implement the changes they want to see—in themselves and in the world. In her coaching and programs for women, Tara Mohr saw how women were "playing small" in their lives and careers, were frustrated by it, and wanted to "play bigger." She has devised a proven way for them to achieve their dreams by playing big from the inside out. Mohr's work helping women play bigger has earned acclaim from the likes of Maria Shriver and Jillian Michaels, and has been featured on the Today show, CNN, and a host of other media outlets. Sheryl Sandberg's *Lean In* gave many women new awareness about what kinds of changes they need to make to become more successful; yet most women need help implementing them. In the tradition of Brené Brown's *Daring Greatly*, *Playing Big* provides real, practical tools to help women quiet self-doubt, identify their callings, "unhook" from praise and criticism, unlearn counterproductive good girl habits, and begin taking bold action. While not all women aspire to end up in the corner office, every woman aspires to something. *Playing Big* fills a major gap among women's career books; it isn't just for corporate women. The book offers tools to help every woman play bigger—whether she's an executive, community volunteer, artist, or stay-at-home mom. Thousands of women across the country have been transformed by Mohr's program, and now this book makes the ideas and practices available to everyone who is ready to play big.

Every business leader faces innumerable challenges every working day, each one taking their toll on precious energy levels and the ability to respond and react positively in a commercial environment. *Coherence* recognizes the key factors that take their toll on a leader's effectiveness and ability to lead, and provides the reader with unique solutions designed to improve physiological factors that impact on core competencies. Problems today cannot be solved with yesterday's level of thinking. CEOs fail and leaders burn out because our thinking has not sped up or powered up. The author not only recognizes that leaders have the potential for limitless processing power, but shows them how to access it, taking them back to fundamentals and, quite literally, to the heart of who we are and how we function successfully. By showing leaders how to be 'younger, smarter, healthier and happier' *Coherence* gives every decision maker the power to make influential decisions under pressure and achieve sustainable success at every level.

Elaine Aron follows up her bestsellers on the highly sensitive person with a groundbreaking new book on the undervalued self. She explains that self-esteem results from having a healthy balance of love and power in our lives. Readers will learn to incorporate love into situations that seem to require power and deal with power struggles that mask themselves as issues of love. From the bedroom to the boardroom, her strategies will enable us to escape feelings of shame, defeat, and depression; dissolve relationship hostility; and become our best selves. With Aron's clear, empathetic writing and extraordinary scientific and human insight, *The Undervalued Self* is a simple and effective guide to developing healthy, fulfilling relationships, and finding true self-worth.

**#1 NEW YORK TIMES BESTSELLER** • When we deny our stories, they define us. When we own our stories, we get to write the ending. Look for Brené Brown's new podcast, *Dare to Lead*, as well as her ongoing podcast *Unlocking Us*! 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

Verbondenheid en het verlangen ernaar is van alle tijden en voor alle mensen. Het is inherent aan mensen, het gaat om een dagelijkse manier van in het leven staan. Verbondenheid maakt het meest wezenlijke deel uit van de opdracht van hulpverleners in hun samenwerking met mensen in kwetsbare leefsituaties. Zij zijn vaak de draad met zichzelf en hun omgeving verloren. Ook begeleiders zijn soms de draad kwijt. Maar het fundament van een samenwerkingsrelatie is juist die verbondenheid. Soms lijkt ze als streef- én als doe-waarde ondergesneeuwd door tal van factoren van economische, ethische of maatschappelijke aard. De auteurs gaan uit van een model waarin verbondenheid zich situeert op zes dimensies. Hierbij krijgen vragen als ‘Hoe kunnen we de verbondenheid tussen de cliënt en de wereld bevorderen?’, ‘Hoe kunnen de begeleider en het team hun eigen verbondenheid versterken?’ en ‘Hoe kan het management

verbondenheid weer op de kaart zetten?' concrete antwoorden. Het gaat niet langer om een filosofisch discours, maar vooral om handelen. De vele praktijkvoorbeelden prikkelen en zetten aan om met overtuiging te werken aan verbondenheid.

Scrapbooking celebrity Ali Edwards is well known for her charming ability to capture the everyday moments of life on beautiful layouts. In her third book, Ali explores scrapbooking as a form of life art. Follow along with Ali as she teaches you how to scrapbook your life moments and share your stories in a way that's real, authentic and a true reflection of your personality. This book is a must-have for anyone who wants to take their scrapbooking to the next level! Features include: Hundreds of new ideas to incorporate into your scrapbooking lifestyle Ali's guiding philosophies behind becoming a life artist A variety of unique projects, including layouts, mini-albums, home décor and more

The Danish Bestseller Now Available in English Dr Pia Callesen presents the first practical book on metacognitive therapy, a groundbreaking new treatment proven to stop depression in its tracks. Many of us struggle with overthinking. We endlessly analyse what we've said and done or the decisions we have to make. Rarely does this treat the stresses of our lives. Often we become overwhelmed; we end up feeling powerless, spiralling into sadness and even depression. Live More Think Less presents a radical strategy to take back control of our thinking processes. From training our attention to leaving our negative trigger-thoughts on the conveyor belt, the book guides us towards living better through mastering the attention we pay to our thoughts and how we act upon them. Depression and sadness are something we all have the power to overcome.

Moet u nou wel of geen dataroaming gebruiken? Hoe zorgt u voor goede wifi onderweg? En hoe veilig is online bankieren eigenlijk in het buitenland? Dat én meer leest u in het Lifestealing Vakantieboek. U krijgt maar liefst 212 slimme oplossingen om uw reis & vakantie nóg leuker te maken. Het Lifestealing Vakantieboek is leuk voor het hele gezin. Naast tientallen tech-tips staat het vol met gezondheids-, voedings-, reis-, budget- en (natuurlijk!) barbecuetips! The renowned classic and New York Times bestseller that has transformed the lives of millions of readers, dramatically changing how women and men view relationships. Anger is something we feel. It exists for a reason and always deserves our respect and attention. We all have a right to everything we feel—and certainly our anger is no exception. "Anger is a signal and one worth listening to," writes Dr. Harriet Lerner in her renowned classic that has transformed the lives of millions of readers. While anger deserves our attention and respect, women still learn to silence our anger, to deny it entirely, or to vent it in a way that leaves us feeling helpless and powerless. In this engaging and eminently wise book, Dr. Lerner teaches both women and men to identify the true sources of anger and to use it as a powerful vehicle for creating lasting change. For decades, this book has helped millions of readers learn how to turn their anger into a



constructive force for reshaping their lives. With a new introduction by the author, *The Dance of Anger* is ready to lead the next generation.

De huidige maatschappelijke context die gekenmerkt wordt door tendensen zoals versnelling, digitalisering en besparingen, zet de relatie tussen cliënt en hulpverlener onder druk. Cliënten en hulpverleners krijgen steeds minder tijd om een duurzame samenwerkingsrelatie, die verankerd is in verbondenheid, uit te bouwen. Toch vormt juist de samenwerkingsrelatie het meest wezenlijke in de ondersteuning van mensen in maatschappelijk kwetsbare leefsituaties. Elke hulpverlener is hiervan overtuigd en zoekt naar een manier waarop hij de relatie met de cliënt binnen deze context kan vormgeven. In deze publicatie geven docenten en studenten op een bevlogen manier hun ervaringen en praktijkinzichten over verbondenheid weer en de manier waarop ze versterkt kan worden. Theoretische raamwerken en praktijkervaringen worden met elkaar gelieerd, wat resulteert in een palet van verschillende visies en persoonlijke praktijkervaringen. Dit inspireert hulpverleners in spe, maar ook wie al jarenlang actief in het werkveld staat.

The pace of modern life is accelerating. To keep up, we must keep on moving and adapting – constantly striving for greater happiness and success. Or so we are told. But the demands of life in the fast lane come at a price: stress, fatigue and depression are at an all-time high, while our social interactions have become increasingly self-serving and opportunistic. How can we resist today's obsession with introspection and self-improvement? In this witty and bestselling book, Danish philosopher and psychologist Svend Brinkmann argues that we must not be afraid to reject the self-help mantra and 'stand firm'. The secret to a happier life lies not in finding your inner self but in coming to terms with yourself in order to coexist peacefully with others. By encouraging us to stand firm and get a foothold in life, this vibrant anti-self-help guide offers a compelling alternative to life coaching, positive thinking and the need always to say 'yes!'

**NEW YORK TIMES BESTSELLER** • In hardcover for the first time, this tenth-anniversary edition of the game-changing #1 New York Times bestseller features a new foreword and brand-new tools to make the work your own. For over a decade, Brené Brown has found a special place in our hearts as a gifted mapmaker and a fellow traveler. She is both a social scientist and a kitchen-table friend whom you can always count on to tell the truth, make you laugh, and, on occasion, cry with you. And what's now become a movement all started with *The Gifts of Imperfection*, which has sold more than two million copies in thirty-five different languages across the globe. What transforms this book from words on a page to effective daily practices are the ten guideposts to wholehearted living. The guideposts not only help us understand the practices that will allow us to change our lives and families, they also walk us through the unattainable and sabotaging expectations that get in the way. Brené writes, "This book is an invitation to join a wholehearted revolution. A small, quiet, grassroots movement that starts with each of us saying, 'My story matters because I matter.'

Revolution might sound a little dramatic, but in this world, choosing authenticity and worthiness is an absolute act of resistance.”

Examines "the Slash Effect" in which readers pursue multiple careers at the same time in order to extend their marketable talents, ensure additional income, find increasing fulfillment in the workplace, and escape job insecurity and boredom.

In ‘Naar omstandigheden nogal slecht’ vertelt Inger Boxsem over haar ervaringen met burn-out en langdurige depressie. Ze werpen haar met een smak op de bodem van haar gestel en van de sociaal-maatschappelijke ladder. Tijdens haar ziekte en gesprekken met therapeuten, bedrijfsartsen en hoogleraren maakt ze stapels aantekeningen. Over de veeleisende televisiewereld waarin ze jaren werkte, haar goedgehumeurde maar chaotische gezin, haar opname in een kliniek, de ziekmakende bezoeken aan het UWV en haar worsteling met antidepressiva. Haar zoektocht naar genezing voert langs schuld, schaamte, begrip en onbegrip. Ziet haar omgeving wel hoe ziek ze is? Telt ze nog mee zonder carrière? Wordt ze ooit nog beter? En: is zij nou gek of is de hele maatschappij doorgedraaid? Want hoe kan het dat in zo’n gelukkig land 800000 mensen aan de antidepressiva zijn en er evenzoveel burn-out raken? ‘Naar omstandigheden nogal slecht’ is de literaire neerslag van een zwarte periode, aangrijpend en, eerlijk is eerlijk, vaak herkenbaar. Openhartig en met verbazingwekkende lichtheid schrijft Inger over de zwaarste en zwartste tijd in haar leven.

This workbook breaks down the big ideas of Dare to Lead: Brave Work. Tough Conversations. Whole Hearts. by Brené Brown so that they can be easily and quickly understood and at the same time working the ideas into your bones and making them an integral part of you. PLEASE NOTE that this is an unofficial and independent workbook for Dare to Lead by Brené Brown. It's designed to produce in you and your team the daring leadership spirit needed in the society. Coverage: Part One Rumbling with Vulnerability. Section One: The Moment and the Myths. Section Two: The Call to Courage. Section Three: The Armory. Section Four: Shame and Empathy. Section Five: Curiosity & Grounded Confidence. Part Two Living Into Your Values. Part 3 BRAVING Trust. Part 4 Learning to Rise.

Brené Brown heeft vele mensen geraakt met haar stellingen over moed, imperfectie, schaamte en goed genoeg zijn. Haar werk legt een diepe waarheid bloot: kwetsbaarheid – de bereidheid om ervoor te gaan en jezelf te laten zien – is de enige weg naar meer liefde, erbij horen, creativiteit en vreugde. Het is alleen niet altijd gemakkelijk om een moedig leven te leiden. En het is onvermijdelijk dat we uiteindelijk zullen struikelen. Hoe groot het probleem of de situatie ook is, sterk weer opstaan na een val is dé manier waarop we in de praktijk brengen om met hart en ziel te leven. Dat proces, schrijft Brené, leert ons het meeste over wie we zijn..

Quirky and wonderfully candid, Neil Young's second book of reminiscences is as compelling as his first book. He returns with more unforgettable stories about his six decades in the music business - but this is not your average rock biography. He centres this work on one of his life's passions, cars, using the framework of all the cars he's ever owned to construct a narrative of his life and career, exploring and demonstrating how memories are attached to objects. Young also expresses regret for the environmental impact of his past cars, and now passionately advocates the use of clean energy. 'Special Deluxe' is a mix of memoir and environmental politics by one of the most gifted and influential artists of our time. George Michael is an enigma. While he is one of the most open and vocal pop superstars on the planet, he also fiercely protective of his privacy. From the formation of Wham! In 1981 he immediately found fame and fortune beyond his wildest dreams. His music formed the soundtrack to the 1980s and he achieved all of this despite growing up in a dysfunctional family where his father openly proclaimed that George had no talent. Wham! split in 1986 but Michael went on to greater things as a solo artist. Along the way he has been embroiled in several controversies, but in refreshing contrast to other superstars, he has been happy to address his issues head-on in the media. Rob Jovanovic's biography tackles all the issues that formed George Michael and his place as a cultural icon. It also, for the first time, analyses Michael's musical output and groundbreaking videos.

Brené Brown beschrijft in De moed van imperfectie hoe moed, compassie en verbondenheid een belangrijke plek in je leven kunnen krijgen. Op basis van haar jarenlange studie kwam ze tot tien stellingen over een `bezielde leven : leven vanuit het gevoel dat je de moeite waard bent. Op haar eigen, eerlijke, warme en grappige manier moedigt ze de lezer aan om perfectionisme te laten varen, stress als leefstijl los te laten, te vertrouwen op intuïtie en creativiteit de ruimte te geven. Dit boek gaat over de levenslange reis van `Wat zullen anderen wel niet denken? naar `Ik ben goed genoeg . `Brené Brown pakt moedig alle duistere emoties aan die de weg naar een voller leven belemmeren. Lees dit boek en wordt aangestoken door haar moed. Daniel H. Pink 'Mijn nieuwe Super Soulmate. Oprah Winfrey Tekstversie, geschikt voor e-readers en tablets De perfectionistische, pleasende, plichtsgetrouwe en piekerende kant van jezelf ken je nu wel. Tijd om ruimte te maken voor wat je nog meer in je hebt. Op welke manier ligt je leven vast? Wat houdt je zelf vast? En wat kun je loslaten? Losleven maakt om te beginnen je gedachten los. De waan van de dag, die volle agenda, verwachtingen en verplichtingen, veel moeten – wat ga je ermee doen? Dit boek biedt geen kant-en-klaar stappenplan voor een beter bestaan. Het is wel een leuke manier om je te verwonderen over ons drukke bestaan. Herken wat voor jou past en maak je eigen keuzes! 'Het boek heeft een grappige en handige indeling. Als je een aantal hoofdstukken hebt gelezen, heb je het idee dat je eigenlijk helemaal niets meer moet.' – de Volkskrant over Loslaten

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