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Vulnerability

1. Noun _____
2. Noun _____
3. Full Name Of A Person _____
4. Same Noun _____
5. Same Noun _____
6. Same Noun _____
7. Same Person _____
8. Adjective _____
9. Verb - Present Ends In S _____
10. Adjective _____
11. Same Noun _____
12. Adjective _____
13. Noun _____
14. Same Noun _____
15. Same Person _____
16. Verb - Past Tense _____
17. Number _____
18. Adjective _____
19. Noun - Plural _____
20. Number _____
21. Number _____
22. Same Noun _____
23. Verb - Base Form _____

24. Noun _____
25. Verb - Base Form _____
26. Noun _____
27. Verb - Base Form _____
28. Verb - Base Form _____
29. Same Person _____
30. Verb - Base Form _____
31. Same Noun _____
32. Same Noun _____
33. Adjective _____
34. Same Adjective _____
35. Same Noun _____
36. Adjective _____
37. Same Noun _____
38. Noun - Plural _____

Vulnerability

Is _____Noun_____ the same as _____Noun_____? "In our culture," teaches Dr. _____Full Name of a Person_____, "we associate _____same noun_____ with emotions we want to avoid such as fear, shame, and uncertainty. Yet we too often lose sight of the fact that _____same noun_____ is also the birthplace of joy, belonging, creativity, authenticity, and love." On The Power of _____same noun_____, Dr. _____same person_____ offers an invitation and a promise--that when we dare to drop the armor that protects us from feeling _____Adjective_____, we open ourselves to the experiences that bring purpose and meaning to our lives. Here she _____Verb - Present ends in S_____ the _____Adjective_____ myth that _____same noun_____ is weakness and reveals that it is, in truth, our most _____Adjective_____ measure of _____Noun_____.

"The Power of _____same noun_____ is a very personal project for me," _____same person_____ explains. "This is the first place that all of my work comes together. This audio course draws from all three of my books--it's the culmination of everything I've _____Verb - Past Tense_____ over the past _____Number_____ years. I'm very excited to weave it all into a truly _____Adjective_____ form that shows what these _____Noun - Plural_____ and insights can mean in our lives."

Guidance and Insights for Wholehearted Living

Over the past _____Number_____ years, Dr. Bren Brown has interviewed _____Number_____ of people as part of an ongoing study of _____same noun_____. "The research shows that we try to _____Verb - Base Form_____ disappointment with a shield of _____Noun_____, _____Verb - Base Form_____ shame by numbing ourselves against _____Noun_____, and _____Verb - Base Form_____

grief by shutting off our willingness to _____Verb - Base Form_____," explains Dr. _____same person_____. When we become aware of these patterns, she teaches, we begin to become conscious of how much we _____Verb - Base Form_____ in the name of self-defense--and how much richer our lives become when we open ourselves to _____same noun_____.

"In my research," Dr. Brown says, "the word I use to describe people who can live from a place of _____same noun_____ is _____Adjective_____." Being _____same adjective_____ is a practice--one that we can choose to cultivate through empathy, gratitude, and awareness of our _____same noun_____ armor. Join this engaging and _____Adjective_____ teacher on The Power of _____same noun_____ as she offers profound _____Noun - Plural_____ on leaning into the full spectrum of emotions--so we can show up, let ourselves be seen, and truly be all in.

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