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Rising Strong as a Spiritual Practice

Brené Brown PhD LMSW

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With her previous bestsellers, Dr. Brené Brown helped us realize that vulnerability is the birthplace for trust, belonging, joy, creativity, and love. Yet a willingness to be vulnerable means accepting that life will sometimes knock us down. Where do we find the strength to get back up? In her research for her breakthrough book *Rising Strong*, Brené discovered a key factor. “Without exception,” she says, “the concept of spirituality emerged from the data as a critical component of overcoming struggle.”

On *Rising Strong As a Spiritual Practice*, Brené offers an in-depth exploration of this critical and oft-misunderstood aspect of wholehearted living. Here she defines spirituality as something not reliant on religion, theology, or dogma—rather, it is a belief in our interconnectedness and in a loving force greater than ourselves. Whether you access the sacred through traditional worship, solitary meditation, communion with nature, or creative pursuits, one thing is clear: rising strong after falling is a spiritual practice that brings a sense of perspective, meaning, and purpose to our lives.

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