



**By Brene Brown - I THOUGHT IT WAS JUST
ME (BUT IT ISN'T): Telling the Truth About
Perfectionism, Inadequacy and Power (2/20/08)**

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Researcher and thought leader Dr. Brene Brown offers a liberating study on the importance of our imperfections--both to our relationships and to our own sense of self. The quest for perfection is exhausting and unrelenting. There is a constant barrage of social expectations that teach us that being imperfect is synonymous with being inadequate. Everywhere we turn, there are messages that tell us who, what and how we're supposed to be.

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