

# **I Thought It Was Just Me (but It Isn't): Making The Journey From "What Will People Think?" To "I Am Enough" By Brene Brown**

**By Brene Brown**

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brene-brown. Rising Strong, by I am sparkly from 2 months ago by brenebrown Ran into one of my favorite people in LA! If you haven't seen @simonsinek

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I Thought It Was Just Me, But It Isn't by Dr. Bren Brown is an interesting read on shame. It's too bad that I thought it was about something different.

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**Brene Brown (Author of The Gifts of Imperfection): -**

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Or conversely, when the fog lifts, as it has, today, I will think, Wow, I remember saying that I felt worthless, but I cannot even conjure up what that actually even

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