

THE

EXTRA NEWS

ALL ABOUT THE BIG WORLD WE LIVE IN

EXCLUSIVE NEWS TODAY

November 7, 2013

WHAT DO THEY HAVE IN COMMON?

They fully live their Vulnerability and freely talk from their Vulnerability

A subject that most of us do not want to talk about or do not want to admit to.

Could it be because we misinterpret the meaning of the word? Or just the receiving of it?

What is Vulnerability?

All of our lives we are led to believe that vulnerability is a weakness, something to hide, and something that does not feel good. That we need to protect ourselves, defend our dignity and way of life, anticipate the worst and live in scarcity; creating more separation, hostility and fear.

When truly, Vulnerability is about the *Ability to BE Authentic* in total trust; in the realization that there is nothing or anyone to fear.



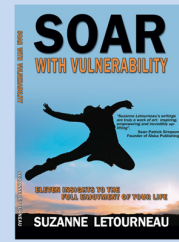
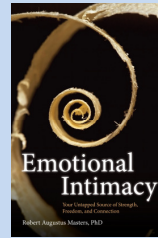
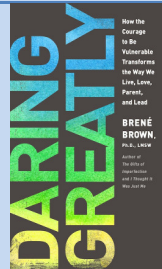
Brené Brown



Robert Augustus



Suzanne Létourneau



In their own and unique way, they share their realization about the true meaning of Vulnerability.

"Vulnerability is the core, the heart, the center, of meaningful human experience"

Brené Brown

"Being emotionally vulnerable means that we are in touch with — and transparent about what we are feeling, sharing both its surface and its depths." Robert Augustus

"Vulnerability is unguarded and Truth can finally resurface. The ultimate truth, the one that sits comfortably in the unknown."

Vulnerability is your strength, your untainted power"

Suzanne Létourneau



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