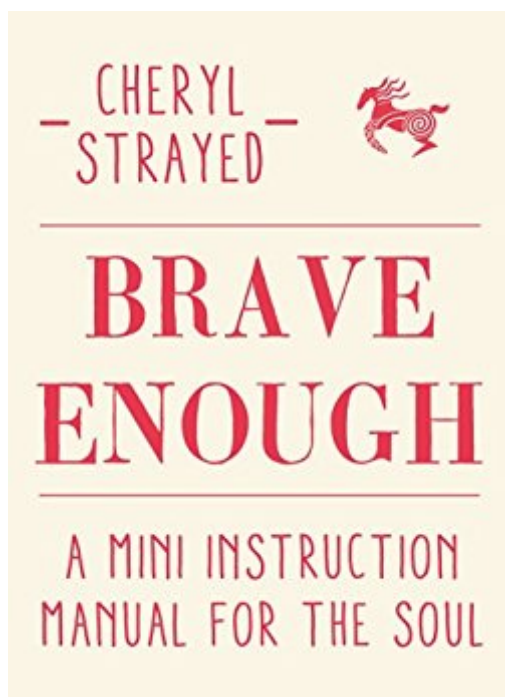


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# Brave Enough: A Mini Instruction Manual For The Soul



## Synopsis

'Everyone should have at least two copies of *Brave Enough*: one to keep near the bath, and one to give out, generously, to whoever needs the help.' The Pool Across the world, millions of people have found life and depth in the words of Cheryl Strayed. Whether it has been in her bestselling memoir *Wild* or in her collection of advice on love and life, *Tiny Beautiful Things*, she has been a companion to those who feel alone, a balm to those who hurt, a co-conspirator to those who laugh, and a steel-toecapped boot to those who need tough love. In this courageous and glittering collection of quotes and thoughts, Cheryl Strayed shows that no matter how much life might get you down, words can have the power to pick you back up.

## Book Information

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## Customer Reviews

I'm a big fan of Cheryl Strayed. *Wild: From Lost to Found on the Pacific Crest Trail*, of course, is great. But *Tiny Beautiful Things: Advice on Love and Life from Dear Sugar* was like a revelation to me. Oh my God, I loved that book. *Brave Enough* is basically a prettily-packaged collection of quotes taken from Strayed's books, essays, and talks formatted in big text and centered on the page. (See attached picture.) There is no dust jacket, so the cover feels like canvas, but the vibrant green with gold letters is beautiful. There is also an orange ribbon bookmark. There isn't a dud quote in here. I

believe the book accomplishes what Strayed says she wanted it to accomplish in the introduction. She says, "I think of quotes as mini-instruction manuals for the soul. It's my appreciation of their very usefulness that compelled me to put together this book. Not because I believe in my own sagacity, but because I believe in the power of words to help us reset our intentions, clarify our thoughts, and create a counternarrative to the voice of doubt many of us have murmuring in our heads--the one that says You can't, you won't, you shouldn't have. Quotes, at their core, almost always shout Yes!" If you enjoyed reading Strayed's other books, you will definitely like the quotes gathered here. And even if you haven't read a thing she's written, this might be a good introduction to her style. Ultimately, this is a very nice book that will look good on a coffee table or will make a thoughtful small gift for the holidays.

First of all let me be clear that I am inspired by Cheryl Strayed and really liked Wild, Torch and especially Tiny Beautiful Things. I think I gave that book to a dozen people. But this book is seemingly just the Cliff notes of TBT; without the content and provocative stories attached to the "slogans." I can't figure out why this was published. It reminds me of those gift books near the cash register at the bookstore--meant as a token gift for a birthday. I'm disappointed!!

Yes it was gutsy Cheryl Strayed, but it was largely pulled from Wild and other sources, with one quote per page. Can't believe it cost what it did. Had as much meat as a chicken wing.

I wanted more. Some powerful quotes, quick read, missing the grit and beautiful soul punching passion of Tiny Beautiful Things and Wild.

Very disappointing. I had hopes that this book would be filled with sayings that would inspire and/or make me feel good. It did nothing of the sort. I also got tired of her using the "F" bomb, which was completely unnecessary.

What can I say...having a collection of Cheryl Strayed's nuggets at my fingertips is delicious. I can turn to any page and get a solid bit of something I need to hear - regardless topic or time of day. They all seem to work for me and I bet the same would be said by most readers.

This is just a collection of Cheryl's favorite "Cheryl quotes" from her books Wild and Tiny Beautiful Things: Advice on Love and Life from Dear Sugar. If you want the quotes in context (which is a

better way to read them, IMHO), read the author's two books instead of this one. I had already read both books, so I'm glad I borrowed this one from my local library and didn't pay money for it..

I saw the Super Soul Sunday interview with Cheryl - and being a fellow lover of quotes I purchased. I'm pretty disappointed. I've found only a handful that resonate--the rest are not groundbreaking and a little too rough around the edges with the language.\*\*correction\*\* I didn't find ANY that resonated. I need to stop listening to Oprah.

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