

Brene Brown: The Call to Courage

By Sandra Restrepo



Shame, fear, empathy, and vulnerability are some of the most powerful emotions that we feel as humans, but they're often the most uncomfortable to have. Bestselling author and educator Dr. Brené Brown believes that you have to be willing to lean into your discomfort to invoke love into your life while discovering joy and finding a sense of belonging. That's the topic she explores in her new Netflix special, *Brené Brown: The Call to Courage*, where she reveals how she too struggles to confront embarrassment head-on.

Brown, who is a research professor at the University of Houston, has spent her career studying shame and the relationship between vulnerability and courage. For the first time on Netflix, she unpacks research findings in front of a live audience at Royce Hall inside the University of California (UCLA). This, is inspiring and a bit terrifying, as Brown offers practical tips on how to be courageous while living your best life. The quick takeaway? You have to be willing to let your guard down to attain it.

[Watch it here](#)