



Brave Enough

By Cheryl Strayed



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National Best Seller

From the best-selling author of *Wild*, a collection of quotes--drawn from the wide range of her writings--that capture her wisdom, courage, and outspoken humor, presented in a gift-sized package that's as irresistible to give as it is to receive.

Around the world, thousands of people have found inspiration in the words of Cheryl Strayed, who in her three prior books and in her "Dear Sugar" columns has shared the twists and trials of her remarkable life. Her honesty, spirit, and ample supply of tough love have enabled many of us, even in the darkest hours, to somehow put one foot in front of the other--and be brave enough.

This book gathers, each on a single page, more than 100 of Strayed's indelible quotes and thoughts--"mini instruction manuals for the soul" that urge us toward the incredible capacity for love, compassion, forgiveness, and endurance that is within us all.

Be brave enough to break your own heart.

You can't ride to the fair unless you get on the pony.

Keep walking.

Acceptance is a small, quiet room.

Romantic love is not a competitive sport.

Forward is the direction of real life.

Ask yourself: *What is the best I can do?* And then do that.

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Brave Enough By Cheryl Strayed Bibliography

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Editorial Review

Review

“Gorgeous, a little 135-page gem. The one book every woman must read this year. The stop-whatever-you’re-doing-and-read-this-now book, in which every turn of phrase is tattoo-worthy, every tidbit of wisdom too good not to share with every single one of your girlfriends. It’s the kind of book that makes your highlighters run out of ink, and your Post-Its run out of stick. In the 100-plus quotes, thoughts, words of wisdom, and tidbits of beauty that Strayed has compiled, you will recognize yourself over and over again, in the best and worst and most essential ways . . . It will encourage you, breath by breath, unpaid bill by unpaid bill, bucket list goal by bucket list goal, all the way to the you whom you want to be—however long it might take. . . . Strayed can take readers from the church to the saloon in literally three words or less. She invites you to quietly marvel at the universe with her, and then promptly demands that you go out and participate in it, followed by a swift kick to the rear. She keeps it real, none of her words are wasted, and they are always the right ones. [This book] acts like a personal guru for joy, acceptance and forgiveness, productivity, endurance and transformation . . . Truly amazing; it’s as though the words literally leapt off the pages of *Brave Enough* and generated a little cyclone of positive energy in my living room . . . Brilliant, purse-sized perfection.” —E. CE Miller, *Bustle*

“Captivating. Personal authenticity, gender politics, leaning into the light: whether writing a book or speaking one-to-one, Strayed seems, above all, unapologetically herself . . . The power of her words is palpable—and far-reaching.” —Abby Haglage, *The Daily Beast*

“An elegantly bound collection of Strayed sayings, ranging from a few words to entire paragraphs . . . Strayed earned cult status with her anonymous advice column, ‘Dear Sugar,’ on The Rumpus. She has become the unlikely queen of a different bookstore aisle than she expected, a guru whose message is anything but simple or glib. Rather, she tends towards emphasizing how deeply flawed we human beings are, and how we have to keep trying to be better anyway, even as life throws slings, arrows, and tremendous grief our way.” —Sarah Seltzer, *Flavorwire*

“A short, taut, Swiss Army knife [book] of quotations, one that applies to deciding whether to have a third doughnut or an extramarital affair, make a mean-spirited joke—or get up from the desk before a book review is finished. Cheryl Strayed is a tough-love truth-teller. In the introduction she writes that a good quote can provide in a sentence or two ‘a clear eyed perspective, or a swift kick in the pants.’ Hers do both. *Brave Enough* amount[s] to a galvanizing call to be bigger, bolder, more generous. We already know what to do, Strayed believes; we just need to heed that inner voice . . . ‘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 in our heads—the one that says, You can’t, you won’t, you shouldn’t have,’ she writes. [This book] helps you create that counternarrative. [It shouts,] ‘Yes!’” —Jennifer Reese, *The Washington Post*

About the Author

CHERYL STRAYED is the author of the #1 *New York Times* best seller *Wild: From Lost to Found on the Pacific Crest Trail*, which was the first selection for Oprah's Book Club 2.0 and became an Oscar-nominated film starring Reese Witherspoon; *Tiny Beautiful Things: Advice on Love and Life from Dear Sugar*, a national best seller now the basis of the WBUR podcast *Dear Sugar Radio*, co-hosted with Steve Almond; and *Torch*, her debut novel. Her books have been translated into forty languages, and her essays and other writings have appeared in numerous publications.

Users Review

From reader reviews:

Donald Hidalgo:

Your reading 6th sense will not betray you, why because this Brave Enough book written by well-known writer who really knows well how to make book that can be understand by anyone who all read the book. Written throughout good manner for you, still dripping wet every ideas and creating skill only for eliminate your own personal hunger then you still doubt Brave Enough as good book not merely by the cover but also from the content. This is one publication that can break don't assess book by its deal with, so do you still needing another sixth sense to pick this specific!?! Oh come on your reading through sixth sense already said so why you have to listening to a different sixth sense.

Maria Carlin:

The book untitled Brave Enough contain a lot of information on the item. The writer explains the woman idea with easy means. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read the item. The book was compiled by famous author. The author will bring you in the new time of literary works. You can read this book because you can please read on your smart phone, or model, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site as well as order it. Have a nice study.

Joe Garner:

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Annie Rose:

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