

# Summary Of Jory Fleming How To Be Human: Understanding the Journey of Self-Discovery and Connection

In the modern age of constant distractions and digital connections, it can be easy to lose sight of what it means to be human. Our lives are filled with superficial interactions, and we often find ourselves disconnected from our own emotions and those of others. Jory Fleming's book, "How To Be Human," offers valuable insights and practical advice on how to rediscover our humanity and forge genuine connections in a world that often feels cold and detached.

## Discovering the Essence of Humanity

At the core of Jory Fleming's philosophy is the belief that to be human is to be vulnerable, empathetic, and authentic. In his book, he explores various aspects of human experience, encouraging readers to delve into introspection and self-discovery. He contends that by truly understanding ourselves, we can better understand and connect with others.

Fleming emphasizes the importance of embracing vulnerability. In a world that often rewards perfectionism and emotional detachment, he argues that allowing ourselves to be vulnerable opens the door to genuine connections and personal growth. By sharing our true selves, flaws and all, we invite others to do the same, creating deeper and more meaningful relationships.

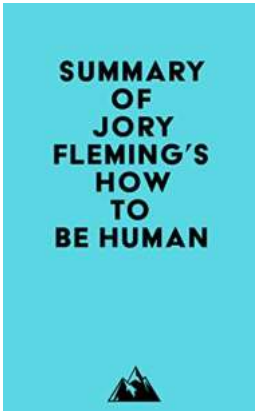
## Summary of Jory Fleming's How to Be Human

by AKAHI R. SALAS (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 1408 KB



Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 29 pages



## **The Role of Empathy in Human Connection**

A prominent theme in "How To Be Human" is the power of empathy. Fleming highlights the significance of actively listening to others and seeking to understand their experiences. He encourages readers to step outside their own perspectives and truly empathize with those around them.

Through relatable anecdotes and expertly crafted exercises, Fleming guides readers on a journey of developing empathy. He explains how empathy allows us to bridge the gap between ourselves and others, transcending differences and building compassionate connections. By learning to see the world through the eyes of others, we can cultivate a greater sense of empathy and forge deeper bonds with those around us.

## **Cultivating Authenticity and Connection**

In "How To Be Human," Fleming emphasizes the importance of authenticity in creating meaningful connections. He argues that in a world heavily influenced by social media and superficial interactions, it is crucial to stay true to ourselves.

Fleming offers practical advice on navigating the digital landscape while maintaining authenticity. He explores the impact of social media on our sense of self and provides strategies for using it in a way that strengthens connections rather than creating a facade. By being genuine and vulnerable, both online and offline, we have the opportunity to foster real relationships and form genuine connections.

## **Achieving Self-Discovery and Personal Growth**

"How To Be Human" also delves into the concept of self-discovery and personal growth. Fleming acknowledges that the journey towards self-understanding and self-acceptance is not always easy, but he offers guidance and encouragement for those on this path.

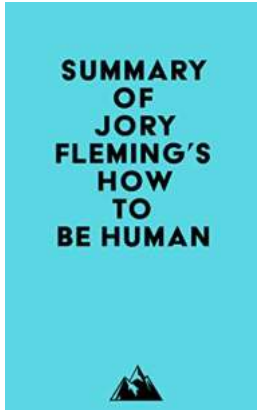
Throughout the book, Fleming presents various exercises and reflective prompts to help readers uncover their true selves and understand their values and beliefs. He believes that a deeper understanding of ourselves leads to a more fulfilling and purposeful life. By embarking on this journey, we not only become more connected to ourselves but also enhance our ability to connect with others on a profound level.

## **The Enduring Impact of "How To Be Human"**

Jory Fleming's "How To Be Human" is a compelling guidebook for anyone seeking a deeper understanding of themselves and their place in the world. Through personal anecdotes, research-backed insights, and practical exercises, Fleming invites readers to reflect on their own humanity and encourages them to build genuine connections with others.

In a world that often values surface-level interactions and emotional detachment, "How To Be Human" serves as a refreshing reminder of the power of vulnerability,

empathy, and authenticity. By embracing our humanity and understanding the journeys of self-discovery and connection, we can create a more meaningful and fulfilling life for ourselves and those around us.



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Sample Book Insights:

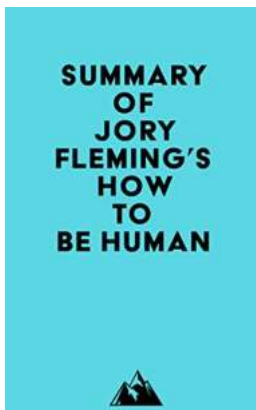
#1 Jory's story is a window into what it is like to live in a world constructed for neurotypical brains when your mind is not. It is the story of what it is like to begin each day knowing that you are fundamentally different from every other person.

#2 I began to realize that my own brain is wired differently from others. I would often circle back to the same topic weeks or even months apart, so I took the liberty of grouping related material in one place.

#3 When Jory was six weeks old, he nearly died from a kidney infection that progressed to meningitis. He was diagnosed with sensory integration disorder,

and his family moved to Indiana. In preschool, Jory refused to play with other kids. He would only sit in a stationary rocking chair.

#4 Jory was diagnosed with autism. He had digestive issues, which are common in kids with cerebral palsy, as well as severe self-imposed food preferences. He was given a feeding tube, which he eventually perforated. He still relies on a feeding tube for essential nutrition.



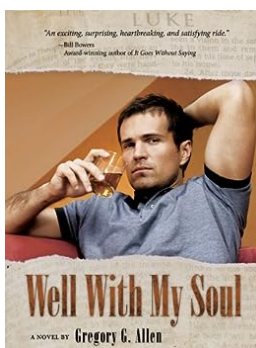
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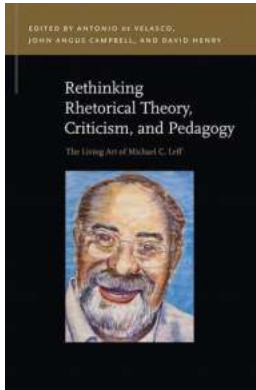
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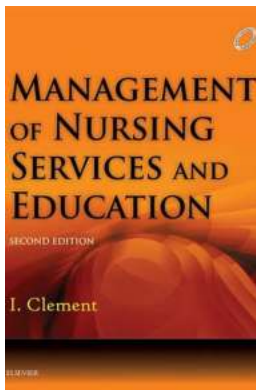
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