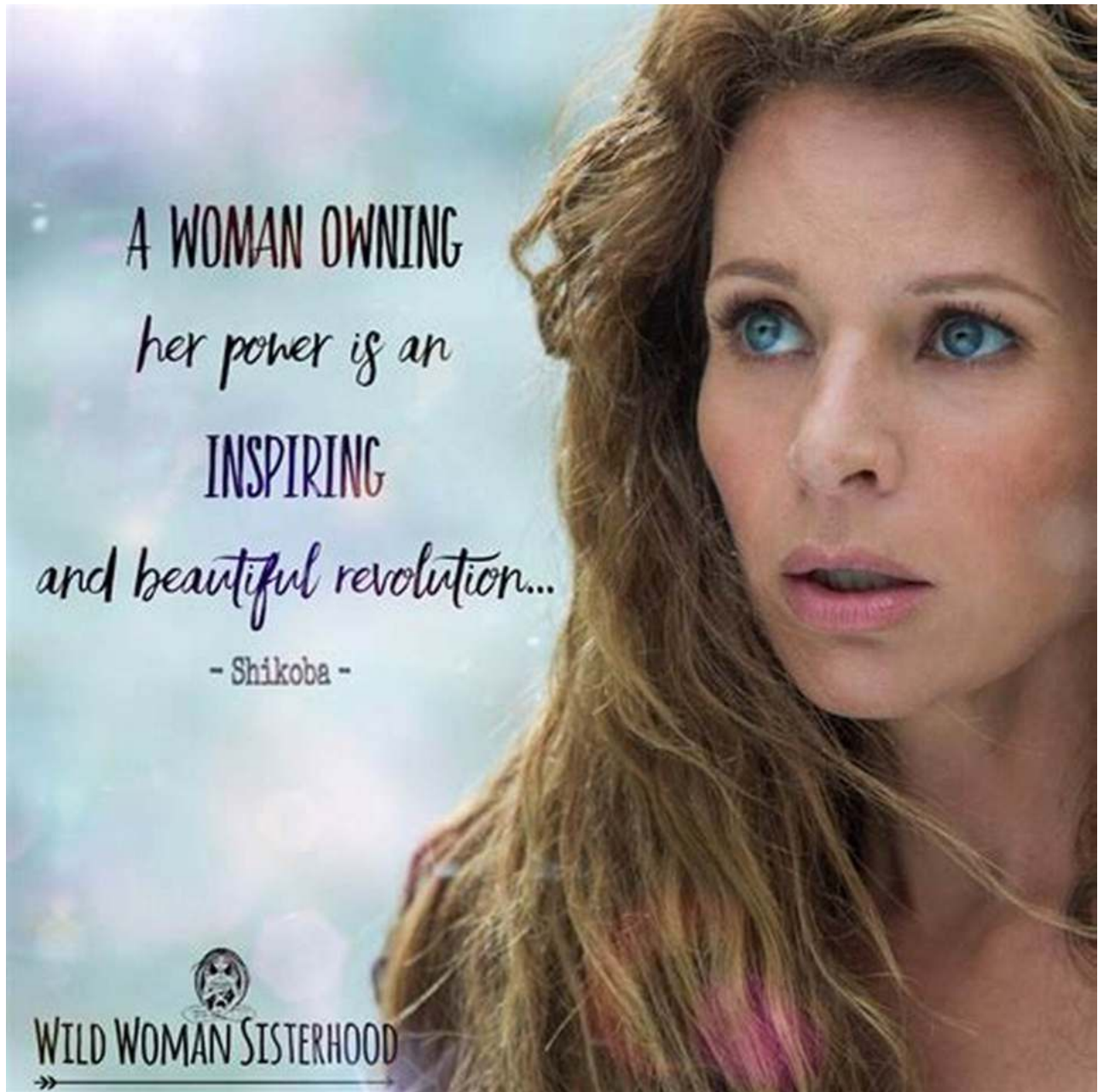


# The Audacity To Be You: Embracing Your Authentic Self

Have you ever felt the pressure to fit in, conform to societal norms, or be someone you're not? It's time to break free from those chains and embrace the audacity to be you. In a world that constantly tells us how to look, what to say, and who to be, standing out and being true to yourself can feel like a radical act. But it is in this audacity to be authentic that true happiness and fulfillment lie.

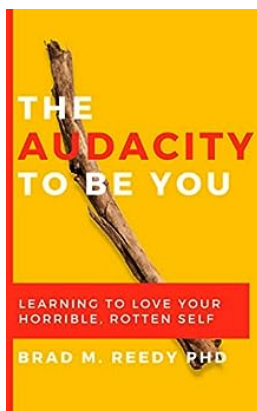
So, what does it mean to have the audacity to be you? It means embracing your uniqueness, your quirks, and your individuality. It means owning your story and being unapologetically yourself, even when others may criticize or misunderstand you. It means having the courage to pursue your dreams, follow your passions, and create a life that aligns with your values.



A WOMAN OWNING  
her power is an  
INSPIRING  
and beautiful revolution...

- Shikoba -

  
WILD WOMAN SISTERHOOD  
→



## The Audacity to Be You: Learning to Love Your Horrible, Rotten Self by Alan Meredith (Kindle Edition)

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3649 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Print length : 233 pages  
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## **The Pressure to Conform**

From a young age, we are bombarded with messages that tell us what is acceptable and what is not. Society sets standards of beauty, success, and happiness that often leave little room for individuality. We see airbrushed models on billboards, compare ourselves to curated highlight reels on social media, and feel the pressure to fit into a mold that was never meant for us.

This pressure to conform can have a detrimental impact on our mental health and overall well-being. It leads to feelings of inadequacy, self-doubt, and a constant striving for external validation. We lose touch with who we truly are and become consumed by the need to please others, to be liked, and to fit in.

## **The Power of Embracing Your Authentic Self**

But here's the thing – you have within you an innate power: the power to be authentically yourself. When you embrace your authentic self, you give yourself permission to live a life that is true to who you are at the core. It is a courageous act that requires vulnerability, self-acceptance, and a willingness to embrace all parts of yourself – the good, the bad, and the messy.

When you tap into this power, you become a magnet for happiness, success, and genuine connections. People are drawn to authenticity because it is rare and refreshing in a world that often feels fake and superficial. When you are true to yourself, you no longer feel the need to please others or seek external validation.

You become grounded in your values and make choices that align with your true desires, leading to a sense of purpose and fulfillment.

## **Cultivating the Audacity to Be You**

Embracing your authentic self is not always easy, especially in a society that values conformity. Here are some tips to help you cultivate the audacity to be you:

### **1. Self-Reflection**

Take the time to reflect on who you truly are and what makes you unique. What are your values, passions, and dreams? What brings you joy and fulfillment? Journaling, meditation, and therapy can be valuable tools in this self-discovery process.

### **2. Letting Go of Comparison**

Comparison is the thief of joy. Instead of comparing yourself to others, focus on your own journey and progress. Celebrate your strengths and accomplishments, no matter how small they may seem. Remember that everyone's path is unique, and there is no one "right" way to live a meaningful life.

### **3. Surround Yourself with Supportive People**

Surrounding yourself with people who accept and celebrate your authenticity is crucial. Seek out friendships and relationships that uplift and inspire you. Distance yourself from toxic individuals who undermine your self-confidence or try to mold you into someone you're not.

### **4. Practice Self-Compassion**

Be kind to yourself. Embracing your authentic self is a journey, and there will be ups and downs along the way. Practice self-compassion and forgive yourself for

any perceived "failures" or setbacks. Remember that growth often happens outside of your comfort zone.

## **5. Take Action Towards Your Dreams**

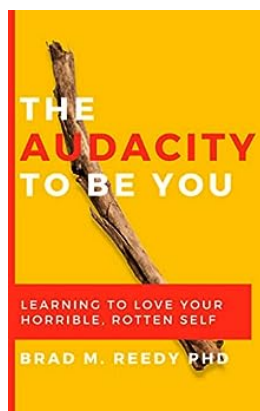
Having the audacity to be you means having the courage to pursue your dreams. Take small steps each day towards what truly lights you up. Whether it's starting a new hobby, taking a class, or making a career change, prioritize your passions and make them a priority in your life.



## **Reaping the Rewards**

When you have the audacity to be you, you open yourself up to a world of possibilities. You pave your own path, live life on your own terms, and create the space for true happiness and fulfillment. You become a role model for others, inspiring them to embrace their own authenticity.

So, let go of the fear of judgment, the need to fit in, and the pressure to conform. Embrace the audacity to be you, and watch as your life transforms in ways you never thought possible. Remember, the world needs your unique voice, your gifts, and your authentic self. Embrace it with pride and confidence!



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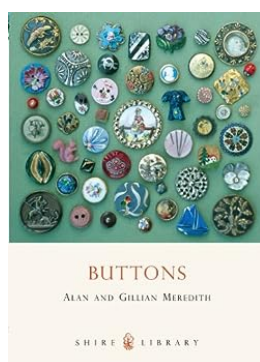


Expanding on his first book, "The Journey of the Heroic Parent," Reedy talks about how all our relationships are connected to the relationship we have with ourselves. He shows how the foundation for intimacy with partners, our ability to parent effectively, and the meaningfulness of our lives can be tied to how well we have unraveled our unique childhood history. The "Audacity to Be You: Learning to Love Your Horrible, Rotten, Self" is a simple but bold exploration into what makes us human and why happiness and connection are elusive for so many.

Reedy's work is counter-intuitive, but the reader will often have the experience of being found and understood as they make their way through his work. Many readers say that reading Brad's work is like you are hearing something for the first time that you already knew but just didn't have the words for it. Dr. Reedy is a

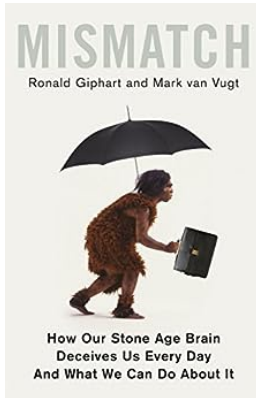
renowned author, therapist, podcaster, and public speaker and his approach is accessible and non-threatening. He is a prolific keynote speaker, T.V. and radio guest, and he travels the world presenting to audiences and training therapists. Through stories gathered from decades as a therapist, co-founder, and clinical director of Evoke Therapy Programs, Reedy gives the reader an intimate picture of mental health and healing.

“The Audacity to Be You” explains how our personalities are built, brick by brick. From what it means to be a Self, we learn how to authentically love others. Readers will learn the essence of mental health and with that understanding the stigma of mental illness evaporates. Reedy debunks toxic myths so common in our culture, including “You are only as happy as your least happy child” and how good therapy goes beyond problem solving. Reedy teaches, “In this way of thinking, you don't get to be right anymore. But you get to be a Self. And that is so much better. That is 'The Audacity to Be You.'” To learn more about his work go to [evoketherapy.com](http://evoketherapy.com) or [drbradreedy.com](http://drbradreedy.com). You can find his podcast "Finding You: An Evoke Therapy Podcast" on your favorite podcast app or by going to [soundcloud.com](http://soundcloud.com).



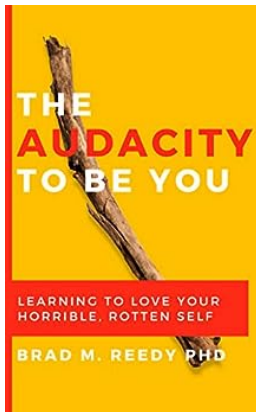
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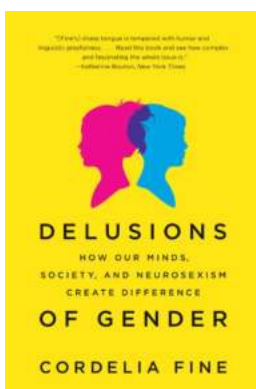
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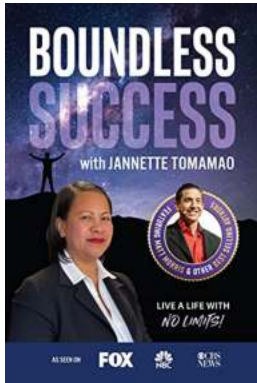
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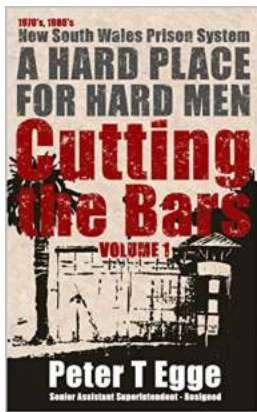
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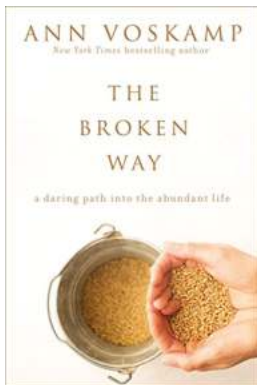
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