

viii | What It Means  
to Dare Greatly

**C O N T E N T S**

4 | Introduction:  
My Adventures in the Arena

18 | CHAPTER 1  
Scarcity: Looking Inside  
Our Culture of “Never Enough”

32 | CHAPTER 2  
Debunking the  
Vulnerability Myths

58 | CHAPTER 3  
Understanding and  
Combating Shame

**112** | **CHAPTER 4**  
**The Vulnerability Armory**

**172** | **CHAPTER 5**  
**Mind the Gap: Cultivating Change and Closing the Disengagement Divide**

**184** | **CHAPTER 6**  
**Disruptive Engagement:  
Daring to Rehumanize Education and Work**

**214** | **CHAPTER 7**  
**Wholehearted Parenting:  
Daring to Be the Adults  
We Want Our Children to Be**

**247** | **Final Thoughts**

**251** | **Appendix—Trust in Emergence:  
Grounded Theory and My Research Process**

**261** | **Practicing Gratitude**

**265** | **Notes and References**

**277** | **Index**