

## Study Guide The Power Of Vulnerability By Brene Brown Ted

### Unveiling the Magic: A Journey Through Brene Brown's "The Power of Vulnerability" Study Guide

Prepare to embark on a truly transformative exploration with the "Study Guide: The Power of Vulnerability" by Brené Brown. While the concept of a study guide might initially conjure images of dry academic prose, this offering is anything but. Instead, it serves as a beautifully crafted gateway to a world that is at once deeply personal and universally resonant. This isn't just a guide; it's an invitation to a more authentic, courageous, and joy-filled existence.

What makes this study guide so captivating? Firstly, it masterfully translates Brené Brown's profound insights into an accessible and engaging format. The "imaginative setting" here isn't a fantastical landscape, but rather the landscape of the human heart and mind. The guide expertly navigates the intricate terrain of shame, courage, vulnerability, and belonging, creating a mental space where readers feel safe to explore their own experiences. It's like finding a secret garden within yourself, waiting to be cultivated.

The "emotional depth" is palpable on every page. The study guide encourages introspection and reflection, prompting readers to connect with their own emotions in a way that is both challenging and incredibly rewarding. It's a journey that acknowledges the messy, beautiful, and sometimes painful realities of being human, offering understanding and a path towards healing. You'll find yourself nodding along, shedding a tear of recognition, and ultimately, feeling more seen and understood than you ever thought possible.

And the "universal appeal" is undeniable. Whether you're a young adult navigating the complexities of identity, a seasoned professional seeking deeper connection, or a book lover yearning for stories that resonate, this guide speaks directly to you. The themes of vulnerability, courage, and embracing our imperfections are fundamental to the human experience, making this a timeless treasure for readers of all ages and backgrounds.

Within this study guide, you'll discover:

**Engaging exercises** that prompt meaningful self-discovery.

**Thought-provoking questions** that illuminate Brené Brown's core concepts.

**Opportunities for genuine connection** as you share your journey with others (if part of a group).

**Practical tools** to cultivate resilience and wholehearted living.

Reading this study guide is akin to embarking on a "magical journey" – one that promises not an escape from reality, but a more profound engagement with it. It empowers you to shed the armor of perfectionism and embrace the strength found in being truly seen, flaws and all. It's a testament to the fact that vulnerability isn't a weakness, but our most accurate measure of courage.

We wholeheartedly recommend the "Study Guide: The Power of Vulnerability" by Brené Brown. This is not simply a book to be read; it's an experience to be lived. It's a resource that will continue to educate, inspire, and guide you long after you've turned the final page. It's a timeless classic, and a vital addition to the bookshelf of anyone seeking a richer, more connected life. This book continues to capture hearts worldwide because it taps into a fundamental human need: the desire to belong and be loved for who we truly are. Embrace this journey; it will undoubtedly change the way you show up in the world.

**In conclusion, this study guide is an indispensable companion for anyone ready to embrace their authentic selves. Its lasting impact is profound, offering a blueprint for living a life filled with courage, connection, and joy. Don't miss out on this incredible opportunity for growth and self-discovery.**

Daring GreatlySummary of Daring GreatlyThe Gifts of Imperfection by Brene Brown | A 30-minute SummaryDaring Greatly: by Brene Brown | Key

Takeaways, Analysis & Review Summary of the Gifts of Imperfection by Brene Brown Summary of The Gifts of Imperfection by Brene Brown Daring Greatly The Gifts of Imperfection: A Novel by Brene Brown (Trivia-On-Books) Rising Strong Summary of Braving the Wilderness by Brené Brown Summary of Braving the Wilderness by Brené Brown Dare to Lead Summary of Rising Strong by Brené Brown Summary of Daring Greatly Summary of The Gifts of Imperfection Strong Ground Summary of Daring Greatly Summary - Daring Greatly Summary Insights on Brené Brown's The Gifts of Imperfection Brené Brown Alexander Cooper Instaread Summaries Instaread Brene Brown thomas francis Instaread Summaries Trivion Books Brené Brown QuickRead FlashBooks Book Summaries Brené Brown QuickRead Fireside Reads Mercy Brain Brené Brown Cityprint Instant-Summary Meaningful Publishing Swift Reads

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from the acclaimed bestselling author and self help legend she s so good brené brown at finding the language to articulate collective feeling dolly alderton a wonderful book urgent essential and fun to read i couldn t put it down and it continues to resonate with me seth godin every time we are faced with change no matter how great or small we also face risk we feel uncertain and exposed we feel vulnerable most of us try to fight those feelings or feel guilt for feeling them in the first place in a powerful new vision dr brené brown challenges everything we think we know about vulnerability and dispels the widely accepted myth that it s a weakness she argues that in truth vulnerability is strength and when we shut ourselves off from vulnerability from revealing our true selves we distance ourselves from the experiences that bring purpose and meaning to our lives daring greatly is the culmination of 12 years of groundbreaking social research across every area of our lives including home relationships work and parenting it is an invitation to be courageous to show up and let ourselves be seen even when there are no guarantees this is vulnerability this is daring greatly

summary of daring greatly how the courage to be vulnerable transforms the way we live love parent and lead a comprehensive summary part 1 wholeheartedness wholeheartedness means that a person feels worthy even though this person just like any other has flaws wholeheartedness is about being focused on positive traits and good qualities and not being focused on a person's shortcomings according to brown wholeheartedness is based on five ideals the first ideal is the notion that every human being needs love and a sense of belonging the second is that those who feel that they belong somewhere and that they are loved also believe that they are worthy the third is about the feeling of worthiness the author says that feeling of worthiness is built over time the fourth is that wholehearted people want to live courageous compassionate and connected lives and the fifth is that people who live wholeheartedly see their vulnerabilities as catalysts for achieving courage compassion and connection in their lives furthermore brown says that if a person does not allow for himself or herself to be vulnerable that person will definitely shut down from the positive things that life has for him or her being vulnerable means to start doing something even when you do not know for certain that you will prevail and when a person tries to protect itself from being vulnerable he/she does that as a measure of fear and disconnection to be continued here is a preview of what you will get a full book summary an analysis fun quizzes quiz answers etc get a copy of this summary and learn about the book

please note this is a summary of the book and not the original book the gifts of imperfection by brene brown a 30 minute summary inside this instaread summary overview of the entire book introduction to the important people in the book summary and analysis of all the chapters in the book key takeaways of the book a reader's perspective preview of this summary chapter 1 it is necessary to practice courage compassion and connection on a daily basis in order to develop worthiness it is a mistake to try and win someone over because it means trading in the sense of self in search of approval from another by doing this people stop believing in their own worth the first step toward living wholeheartedly is for people to have the courage to reach out to others and to share their own stories of shame when in need of compassion people should reach out to the right person someone who supports them whether they are feeling strong or whether they are struggling when people are willing to reveal that they are imperfect and real their relationships are strengthened they make a connection this is why courage compassion and connection are the gifts of imperfection courage is displayed when people are willing to speak honestly and openly about who they are what they are feeling and their experiences both good and bad courage is about being vulnerable it takes courage for someone to ask for what he or she needs and to risk disappointment when one person has courage it can create a ripple effect making others around that person a little braver compassion is a relationship between two equals it occurs when people recognize they share humanity with others the heart of compassion is acceptance by people of themselves and of others in order for compassion to occur people need to set boundaries and hold others accountable for their behavior the key to compassion

is being able to separate people from their behaviors it is necessary to address what people do not who they are connection exists as the energy between people who feel they have been seen heard and valued without judgment people feel strengthened by this relationship and need connection to do well emotionally physically spiritually and intellectually connections happen when people both give and receive with an open heart chapter 2 love and belonging are necessary in people's lives in order for people to experience love and belonging they must believe they are worthy people who accept themselves for who they are and who stop worrying about what others think are worthy of love and belonging at the heart of wholeheartedness is that people have to believe they are worthy now as they are not if or when they become or do something in the future

daring greatly by brene brown key takeaways analysis review preview daring greatly a book by researcher brene brown deals with vulnerability but its key tenet is one that will surprise many people that tenet is the idea that being vulnerable is not a negative aspect of a person's life but a positive one only by being vulnerable by risking hurt or failure can people open themselves to all the possibilities in life those are the opportunities that can make people happier enable them to connect better with others and become more creative and productive many people believe vulnerability is a sign of weakness and failure exposing this myth helps people understand that being vulnerable is a way to grab the best life has to offer shame has often been seen as a direct result of vulnerability however vulnerability opens people to new possibilities shame closes off those possibilities by making people afraid to try new things and to develop new relationships please note this is key takeaways and analysis of the book and not the original book inside this instaread of daring greatly key takeaways of the book introduction to the important people in the book analysis of the key takeaways about the author with instaread you can get the key takeaways and analysis of a book in 15 minutes we read every chapter identify the key takeaways and analyze them for your convenience

the gifts of imperfection let go of who you think you're supposed to be and embrace who you are by bren brown book summary readtrepreneur with the advent of social media we are bombarded by the messages they give out every day what people tell us to be and what we see around us become our ideals and who we think we're supposed to be many of us strive to show the best image of ourselves to others to receive acceptance and fit in however all these creates a temporary sense of belonging that only leaves us feeling more empty and unworthy at the end of the day you can't get to courage without walking through vulnerability bren brown in this book bren brown teaches us how to lead a wholehearted life and to be happy and one does not need to be perfect it all lies in our state of mind and how we view ourselves we will learn how to overcome the common feelings many of us face when we feel inadequate and rise better and stronger after that note this summary is wholly written and published by readtrepreneur.com it is not affiliated with the original author in any way p.s. this is

an important book that will change your life for the better with ten guideposts as you realize how insignificant other people's view of you are and learn to believe in your own worthiness the time for thinking is over time for action scroll up now and click on the buy now with 1 click button and get a copy sent to your doorstep right away why choose us readtrepreneur highest quality summaries delivers amazing knowledge awesome refresher clear and concise disclaimer this book is meant for a great companionship of the original book or to simply get the gist of the original book if you're looking for the original book search this link amzn to 2q1hjdp

the gifts of imperfection in the gifts of imperfection 10th year anniversary edition brene brown invites readers to embark on a journey of self discovery and transformation challenging them to embrace their imperfections and live authentically the introduction sets the stage for this transformative work by addressing the societal pressures and internalized beliefs that often hinder our ability to embrace our true selves

with instaread summaries you can get the essence of a book in 30 minutes or less we read every chapter and summarize it in one or two paragraphs so you can get the information contained in the book at a faster rate this is an instaread summary of daring greatly how the courage to be vulnerable transforms the way we live love parent and lead by brene brown below is a preview of the earlier sections of the summary what it means to dare greatly the author has always been inspired by theodore roosevelt's speech citizenship in a republic the speech spoke of vulnerability and of trying even if success is not guaranteed to the author this speech is about the reward of trying not about winning or losing it is for this reason that the author chose the phrase daring greatly for the title of this book introduction my adventures in the arena the author is a social worker who specializes in research she has previously done extensive research and writing on the topics of shame and living a wholehearted life a life filled with courage engagement and purpose in doing this research the author recognized problems in her own life that prevented her from following her own advice one of these problems was a fear of being vulnerable it reached a critical point in 2010 when the author was asked to speak at tedxhouston an independently organized event modeled after ted technology entertainment and design a nonprofit organization devoted to ideas worth spreading the author gave a speech in which she opened up about her personal life and allowed the audience to interact freely with her she was surprised by the response she received at the event and later when her speech was placed on the main ted website this led to the author making many speeches about vulnerability and those speeches became this book

trivia on book the gifts of imperfection by brene brown take the challenge yourself and share it with friends and family for a time of fun you may have read the

book but not have liked it you may have liked the book but not be a fan you may call yourself a fan but few truly are are you a fan trivia on books is an independently curated trivia quiz on the book for readers students and fans alike whether you re looking for new materials to the book or would like to take the challenge yourself and share it with your friends and family for a time of fun trivia on books provides a unique approach to the gifts of imperfection by brene brown that is both insightful and educational features you ll find inside 30 multiple choice questions on the book plots characters and author insightful commentary to answer every question complementary quiz material for yourself or your reading group results provided with scores to determine status promising quality and value come play your trivia of a favorite book

1 new york times bestseller when we deny our stories they define us when we own our stories we get to write the ending don t miss the five part max docuseries brené brown atlas of the heart social scientist brené brown has ignited a global conversation on courage vulnerability shame and worthiness her pioneering work uncovered a profound truth vulnerability the willingness to show up and be seen with no guarantee of outcome is the only path to more love belonging creativity and joy but living a brave life is not always easy we are inevitably going to stumble and fall it is the rise from falling that brown takes as her subject in rising strong as a grounded theory researcher brown has listened as a range of people from leaders in fortune 500 companies and the military to artists couples in long term relationships teachers and parents shared their stories of being brave falling and getting back up she asked herself what do these people with strong and loving relationships leaders nurturing creativity artists pushing innovation and clergy walking with people through faith and mystery have in common the answer was clear they recognize the power of emotion and they re not afraid to lean in to discomfort walking into our stories of hurt can feel dangerous but the process of regaining our footing in the midst of struggle is where our courage is tested and our values are forged our stories of struggle can be big ones like the loss of a job or the end of a relationship or smaller ones like a conflict with a friend or colleague regardless of magnitude or circumstance the rising strong process is the same we reckon with our emotions and get curious about what we re feeling we rumble with our stories until we get to a place of truth and we live this process every day until it becomes a practice and creates nothing short of a revolution in our lives rising strong after a fall is how we cultivate wholeheartedness it s the process brown writes that teaches us the most about who we are one of greater good s favorite books of the year brené brown s research and work have given us a new vocabulary a way to talk with each other about the ideas and feelings and fears we ve all had but haven t quite known how to articulate brené empowers us each to be a little more courageous the huffington post

learn what it means to truly belong have you ever felt like the odd one out have you ever felt as though you don t truly belong renowned researcher and ted talk

host brené brown knows exactly how that feels but as she affirms in her powerful ted talk courage is contagious braving the wilderness 2017 is brown s attempt at attacking the stereotypes that ensnare us and inviting readers to break free of their fear and loneliness do you want more free book summaries like this download our app for free at quickread com app and get access to hundreds of free book and audiobook summaries disclaimer this book summary is meant as a preview and not a replacement for the original work if you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be if you are the original author of any book on quickread and want us to remove it please contact us at hello quickread com

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wilderness by brené brown book summary by flashbooks

1 new york times bestseller brené brown has taught us what it means to dare greatly rise strong and brave the wilderness now based on new research conducted with leaders change makers and culture shifters she s showing us how to put those ideas into practice so we can step up and lead don t miss the five part max docuseries brené brown atlas of the heart one of bloomberg s best books of the year leadership is not about titles status and wielding power a leader is anyone who takes responsibility for recognizing the potential in people and ideas and has the courage to develop that potential when we dare to lead we don t pretend to have the right answers we stay curious and ask the right questions we don t see power as finite and hoard it we know that power becomes infinite when we share it with others we don t avoid difficult conversations and situations we lean into vulnerability when it s necessary to do good work but daring leadership in a culture defined by scarcity fear and uncertainty requires skill building around traits that are deeply and uniquely human the irony is that we re choosing not to invest in developing the hearts and minds of leaders at the exact same time as we re scrambling to figure out what we have to offer that machines and ai can t do better and faster what can we do better empathy connection and courage to start four time 1 new york times bestselling author brené brown has spent the past two decades studying the emotions and experiences that give meaning to our lives and the past seven years working with transformative leaders and teams spanning the globe she found that leaders in organizations ranging from small entrepreneurial startups and family owned businesses to nonprofits civic organizations and fortune 50 companies all ask the same question how do you cultivate braver more daring leaders and how do you embed the value of courage in your culture in dare to lead brown uses research stories and examples to answer these questions in the no bs style that millions of readers have come to expect and love brown writes one of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable observable and measurable it s learning and unlearning that requires brave work tough conversations and showing up with your whole heart easy no because choosing courage over comfort is not always our default worth it always we want to be brave with our lives and our work it s why we re here whether you ve read daring greatly and rising strong or you re new to brené brown s work this book is for anyone who wants to step up and into brave leadership

discover the power of vulnerability and bravery and learn how to rise strong when life knocks you down life is tough sometimes life knocks us down and when we fall it hurts when we struggle and find ourselves in the deep dark recesses of our minds it can feel as if the weight of the world is on our shoulders luckily social scientist brené brown s research reveals the power of vulnerability and bravery in creating a life of joy love creativity and belonging of course living a brave life won t always come easily inevitably life will knock us down how we rise from that fall however is important throughout brown s research she

listened to a wide range of people leaders of fortune 500 companies artists couples in long term relationships teachers and parents as they shared their stories of being brave falling and getting back up what did each of these people have in common each person recognized the power of emotion and wasn't afraid to lean in to discomfort when we try to rise from the fall our courage is tested but no matter the struggle the process of rising strong is the same throughout rising strong you'll learn why being brave means taking a risk and how to use the rising strong process to change your perspective do you want more free book summaries like this download our app for free at quickread.com app and get access to hundreds of free book and audiobook summaries disclaimer this book summary is meant as a preview and not a replacement for the original work if you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be if you are the original author of any book on quickread and want us to remove it please contact us at hello.quickread.com

learn the invaluable lessons from daring greatly how the courage to be vulnerable transforms the way we live love parent and lead by Brené Brown and apply it into your life without missing out what's it worth to you to have just one good idea applied to your life in many cases it may mean expanded paychecks better vitality and magical relationships here's an introduction of what you're about to discover in this premium summary of daring greatly how the courage to be vulnerable transforms the way we live love parent and lead by Brené Brown New York Times bestselling author Dr. Brené Brown releases her third book entitled daring greatly how the courage to be vulnerable transforms the way we live love parent and lead which revolves around the fundamental human needs for connection love and belonging Dr. Brown a researcher with a doctorate degree in social work has spent two decades exploring the correlation between these fundamental needs and the concept of shame that hampers essential human relationships Dr. Brown offers a solution to this dilemma by highlighting the need to embrace vulnerability thereby drastically altering how people interact with each other daring greatly is a challenge to be courageous in order to experience more fulfilling and meaningful human connections plus executive snapshot summary of daring greatly how the courage to be vulnerable transforms the way we live love parent and lead background story and history of daring greatly how the courage to be vulnerable transforms the way we live love parent and lead for a much richer reading experience key lessons extracted from daring greatly how the courage to be vulnerable transforms the way we live love parent and lead and exercises to apply it into your life immediately about the hero of the book Brené Brown tantalizing trivia questions for better retention scroll up and buy now 100% guaranteed you'll find thousands of dollars worth of ideas in this book or your money back faster you order faster you'll have it in your hands please note this is a summary and workbook meant to supplement and not replace the original book

a comprehensive summary of the gifts of imperfection by brené brown about the original book in the book the gifts of imperfection by brené brown brown tries to help us find courage to overcome paralyzing fear and self consciousness strengthening our connection to the world she bolsters the self esteem and personal development process through her characteristic heartfelt honest storytelling with original research and plenty of encouragement she explores the psychology of releasing our definitions of an imperfect life and embracing living authentically about this summary this summary guide is proudly brought to you by mercy brain it contains a comprehensive well detailed summary and key takeaways of the original book by brené brown it summarizes the book in detail to help people effectively understand articulate and imbibe the original work by brown disclaimer this book is not meant to replace the original book but to serve as a companion to it

1 new york times bestselling author brené brown returns with an urgent call to reimagine the essentials of courageous leadership in a time when uncertainty runs deep and bluster hubris and even cruelty are increasingly framed as acceptable leadership brown delivers practical actionable insights that illuminate the mindsets and skill sets essential to reclaiming focus and driving growth through connection discipline and accountability over the past six years brené brown along with a global community of coaches and facilitators has taken more than 150 000 leaders in 45 countries through her dare to lead courage building work in strong ground brown shares the lessons from these experiences along with wisdom from other thinkers this is a vital playbook for everyone from senior leaders developing and executing complex strategies to gen z ers entering and navigating turbulent work environments it is also an unflinching assessment of what happens when we continue to perpetuate the falsehood that performance and wholeheartedness are mutually exclusive with equal amounts of optimism and caution about ai brown writes i hear a lot of experts trying to soothe people s anxiety about the pace of technological change by offering platitudes like what makes us human will ensure our relevance this is dangerous simply because right now we re not especially good at what makes us human we re not hardwired for this level of uncertainty and many of us feel as if the constant need to self protect is driving the humanity right out of us this is why organisational transformation today must foster deep connection deep thinking and deep collaboration we need the courage to lead people in a way that honours and protects the wisdom of the human spirit brown offers a broad assessment of the skill sets and mindsets we need moving forward including the capacity for respectful and difficult conversations increased productive urgency and smart prioritisation rather than reactivity strategic risk taking paradoxical thinking and situational and anticipatory awareness skills she identifies the toughest skill set as the discipline humility and confidence to unlearn and relearn brown writes individuals and organisations are building new muscles finding our strong ground that athletic stance is the only thing that can provide both unwavering stability in a maelstrom of uncertainty and a platform for the fast explosive change that the world is demanding

note this is a summary guide and is meant as a companion to not a replacement for the original book about book daring greatly by brene brown how embracing our vulnerability and imperfection is necessary for achieving our full potential and through embracing our deepest rooted fears of shame and humiliation how to embrace our vulnerability the author offers us the guidance for a better life and professional life and to initiate a fundamental transformation in our lives based on the wholehearted way of thinking that the author needs to adapt a new culture of vulnerability about the author brene brown phd is an awarded and renowned professor at the university of houston graduate college of social work and has been researching the topic of shame and vulnerability for more than a decade her former work includes other books related to the topic such as i thought it was just me 2007 and the gift of imperfection 2010 introduction whether it is a silent scolding or for doing something wrong or our bodies calling out in making a mistake we all have feelings of shame at one time or another in fact shame is like an inherent part of the human condition but did you know that shame is actually very harmful and takes us from loving us to our full potential in this book you will find out what exactly shame is and where it arises from you will discover how it is a feeling of unworthiness and how it is endemic in our culture you will also discover the path for finding a way to vulnerability means that willingly to openly admit failures and weaknesses and it will help you build up resilience to finding a way to vulnerability and be honest with what you have if you then manage to build a culture of vulnerability it will work at home and at work you will find the places of shame and find that it results in more resilient and healthier families

daring greatly a complete summary daring greatly is a book written by researcher brene brown the main subject of this book deals with is something that some people may find odd this book deals with the subject of vulnerability and what is even more interesting and intriguing is that the author points to vulnerability as something positive brown suggests that vulnerability can be used to benefit human lives because by being vulnerable and by risking being hurt or by risking of failure we also open doors to countless possibilities in our lives daring greatly is another great work from brene brown the one that will serve to open eyes of many people and show them new ways and new perceptions of things that they feared of or rejected before here is a preview of what you will get a summarized version of the book you will find the book analyzed to further strengthen your knowledge fun multiple choice quizzes along with answers to help you learn about the book get a copy and learn everything about daring greatly

dare to lead by brene brown book summary important note this is a book summary of dare to lead by brene brown not the original book about dare to lead brave work tough conversations whole hearts by brene brown dare to lead by brene brown questions popular beliefs about contemporary workplace culture and teaches you that the essential qualities for effective leadership are vulnerability trust and tenacity here is what you will learn about in this book

summary how to be vulnerable how to build trust with others how to get rid of the perfectionist mindset we ll cover all of the above and much much more as we go through our big ideas from dare to lead by brené brown important note each book summary executive summary or set of book notes we publish are designed to be supplementary companions to and not replacements for the original full version of the book we ve summarized our goal is to introduce readers to the full book we believe in the value of reading original works in their entirety and in no way claim to replace any of the original books which we publish summaries or book notes for

download now to get key insights from this book in 15 minutes for more than a decade brené brown has found a special place in our hearts as a gifted mapmaker and a fellow traveler she is both a social scientist and a kitchen table friend whom you can always count on to tell the truth make you laugh and on occasion cry with you and what s now become a movement all started with the gifts of imperfection which has sold more than two million copies in 35 different languages across the globe what transforms this book from words to effective daily practices are the 10 guideposts to wholehearted living the guideposts not only help us understand the practices that will allow us to change our lives and families they also walk us through the unattainable and sabotaging expectations that get in the way brené writes this book is an invitation to join a wholehearted revolution a small quiet grassroots movement that starts with each of us saying my story matters because i matter revolution might sound a little dramatic but in this world choosing authenticity and worthiness is an absolute act of resistance

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