

# AN EVENING WITH DR. BRENÉ BROWN

The Midlife Journey: Falling Apart, Growing Up and Finding Joy

Tuesday, September 29, 2009

**MIDLIFE IS NOT A CRISIS. MIDLIFE IS AN UNRAVELING.**

An Excerpt from *Wholehearted*, a Memoir by Brené Brown

“By definition, you can’t control or manage an unraveling. You can’t cure the midlife unraveling with control any more than the acquisitions, accomplishments and alpha-parenting of our thirties cured our deep longing for permission to slow down and be imperfect.

Midlife is when the universe gently places her hands upon your shoulders, pulls you close, and whispers in your ear: ♡

**It's time. All of this pretending and performing — these coping mechanisms that you've developed to protect yourself from feeling inadequate and getting hurt — has to go. Your armor is preventing you from growing into your gifts. I understand that you needed these protections when you were small. I understand that you believed your armor could help you secure all of the things you needed to feel worthy and lovable, but you're still searching and you're more lost than ever. Time is growing short. There are unexplored adventures ahead of you. You can't live the rest of your life worried about what other people think. The time has come to let go of who you think you're supposed to be and embrace who you are.”**

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## PRESENTING SPONSOR & LOCATION



The Council's New Conference Center  
303 Jackson Hill St.  
Houston, Texas 77007

6:30 pm Check-in, Dessert and Gourmet Coffee  
7:00 pm Presentation

## REGISTRATION

\$25/person or \$40/couple  
281-200-9523 Reply Line  
713-200-9777 Fax  
brenébrowworkshops@council-houston.org  
www.council-houston.org

Join us for an evening of exploration, laughter, and hope as we learn about “the power of embracing our messy, imperfect, wild, stretch-marked, wonderful, heartbreaking, grace-filled, and joyful lives.”

**Space is limited and will sell out quickly, so register online today!**



EMBRACE WHO