That's just how life is.

The world is full of things that can hurt us.

It's easier to isolate yourself than risk pain.

Allowing yourself to be vulnerable is scary.

But when we open our hearts, vulnerability takes courage.

Finding true connection heals us, and helps us heal others.

...is why we're here.

Celia Bean 2018
University of Utah
based on a TED Talk by Brené Brown

but it is the birthplace of love.