

INTRODUCING...

The Vulner**ABLE** Book

*VulnerABLE: How to Notice the Power
of Vulnerability Through Lettuce,
Laundry, and Love.*

By Julia Ruggiero




From Vulnerable to VulnerABLE

Every single person has something special to share with the world. When our voices come together, and we notice the word “-able” in “vulnerable”, we can create a safe space for vulnerability and acceptance for ourselves and others.

Acknowledging our ability to be vulnerABLE reminds us to refuse to let fear, especially the fear of being judged, control our own and others' worth. To truly embrace our vulnerability, we need to make a commitment to not let judgment control our actions, giving ourselves and the world compassion.

Mission:

The VulnerABLE Movement aims to continue changing the connotations of vulnerability from helpless, powerless, and weak to helpful, powerful, and influential.



The VulnerABLE Book

VulnerABLE is a non-fiction book that speaks to people going through a time of transition; people looking to gain power over shame and doubt and notice the power in their voices. With a focus on mental health awareness, Julia Ruggiero shares personal stories from her own life growing alongside her Obsessive Compulsive Disorder, as well as sharing stories from others, every reader can find a glimpse of wisdom to notice the rocky but powerful and beautiful path of vulnerability. In this book, you'll learn how to notice vulnerability in both small and large moments, gaining the confidence in knowing you are not alone through three parts:

- * How our own voices and thoughts hold us back from embracing our worth
- * How other's voices, criticism, and opinions influence how we look at ourselves
- * How to notice the bigger, realistic meaning of love and connection

No matter your age, gender, beliefs, and the like, this book talks about vulnerability in various different walks of life and explains why everyone's voice has worth. Some of the topics discussed include women and vulnerability, men and vulnerability, romantic relationships and vulnerability, parents and vulnerability, students and vulnerability, mental illness/suicide/eating disorders/phobias/Obsessive Compulsive Disorder/cancer/shame/guilt/self-doubt and vulnerability, bullying, jealousy, public speaking, entrepreneurship, faith, and more.

ABOUT THE AUTHOR

Julia Ruggiero is a writer, marketer, and speaker. Her passions include writing and speaking about mental health awareness, relationships, leadership, entrepreneurship, and the power of vulnerABILITY. Julia believes that everyone has something special within themselves to share with the world.

Julia currently lives in PA and works in nonprofit marketing at the Pittsburgh Zoo & PPG Aquarium. For more information, you can connect with Julia at www.juliaruggiero.com and both @juliacruggiero and @vulnerABLEmovement on Instagram.

“If all were to read VulnerABLE, we would surely live in a better world.”

-Rob Kasper, Author of Destination Space

"You don't have to be considered somebody special to have a voice."

"Get used to the sound of your own voice."

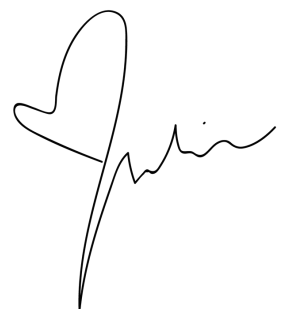
NOTEABLE BOOK QUOTES:

"Vulnerability is not one thing, one act, or one decision. It's exposure: the consistent embrace of uncertainty and risk. Vulnerability isn't cannonball jumping into an icy lake; it's slowly creeping into the water one inch at a time. Exposure suddenly makes you realize that – in the words of Elsa from Frozen – 'the cold doesn't bother me anyway.'"

"Is your story left untold?"

"Right now, the spotlight is on you. Feel this moment. Accept what you're feeling. It's your turn to speak. What are you going to do with your voice?"

"We are in this together. Yes, that also means you making peace with self-criticism. Stand up to that shame and say, 'I hear you, but I'd rather not take your advice'"



"Ruggiero's honesty and candor lock you in from the first word you read... heartbreakingly real, with tangible strategies for living VulnerABLE-y in a world that needs it. Her story and message are must-reads."

– HALEY HOFFMAN SMITH, FORBES MOST INFLUENTIAL SPEAKER, AUTHOR OF *HER BIG IDEA: THE NEXT GEN-HER-ATION OF FEMALE ENTREPENURS*

REVIEWS *5/5 Stars on Amazon*

"Is your mind a prison or a sanctuary? The answer depends on whether you consider "vulnerability" a strength or a weakness. In *VulnerABLE*, author Julia Ruggiero explores how our bad habit of judging ourselves and others in such a way that we constantly feel exposed and fearful can be conquered. Learning that we can embrace our human imperfections, speak up with confidence and authenticity, and take control of the fact that your fears are my fears is empowering."

– ROBIN SACKS, CONFIDENCE COACH, MOTIVATIONAL SPEAKER, AND AUTHOR OF *GET OFF MY BUS!*

"We need Julia and this book now more than ever. **In a society filled with mental, emotional and spiritual suffering**, *VulnerABLE* takes us away from our mental chatters into the portal to freedom– into the readers deepest soul & heart. This book not only relieves the struggles of being human, but shows us how we can use our struggles as a way to deeper human connection and world peace. Thank you, Julia, for your stories and your vulnerability that will continue change the world. We need you and this book now more than ever."

– KIYOMI LAFLEUR, CREATOR OF AWAKEN INTO LOVE





FEATURED IN:

Sweet High Interview:

<https://www.sweethigh.com/read/strength-in-vulnerability-interview-julia-ruggiero-091219>

Let's Talk Lit *VulnerABLE* Book Review:

<https://adelinemacioce.com/home/review-week-2019-day-2-my-best-friend-wrote-a-book>

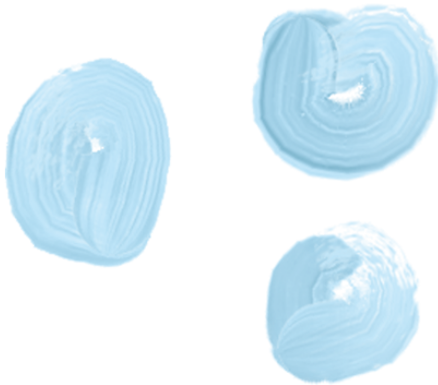
Littsburgh Feature:

<https://www.littsburgh.com/start-reading-vulnerable-how-to-notice-the-power-of-vulnerability-through-lettuce-laundry-and-love-by-julia-ruggiero/>

Dare to Dream Retreat at John Carroll University
presented by the Veale Foundation

More features:

<https://www.juliaruggiero.com/in-the-press>



More VulnerABLE content:

Medium *VulnerABLE* Blog Series:

<https://medium.com/vulnerable-how-to-notice-the-power-of-vulnerabilit>

Free *VulnerABLE* Resources:

<https://www.juliaruggiero.com/startyourjourney>

Book me to Speak:

<https://www.juliaruggiero.com/speaking>



CONNECT WITH ME



WEBSITE

www.juliaruggiero.com
(can also be found at www.vulnerablemovement.com/org)



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VULNERABLE MOVEMENT INSTAGRAM

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FACEBOOK COMMUNITY

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ovement/](http://www.facebook.com/groups/vulnerablemovement/)



LINKEDIN

[www.linkedin.com/in/
/juliaruggiero](http://www.linkedin.com/in/juliaruggiero)

SHARE YOUR VOICE

I invite you to share your story with the VulnerABLE community.

When you feel called to do so, share your reality rather than a filter. I want to help you share your voice.

Remember to hashtag your Instagram photos and/or stories with #vulnerablemovement and #vulnerABLEbook2019, and tag @vulnerablemovement so that we can encourage vulnerability around the world, together.