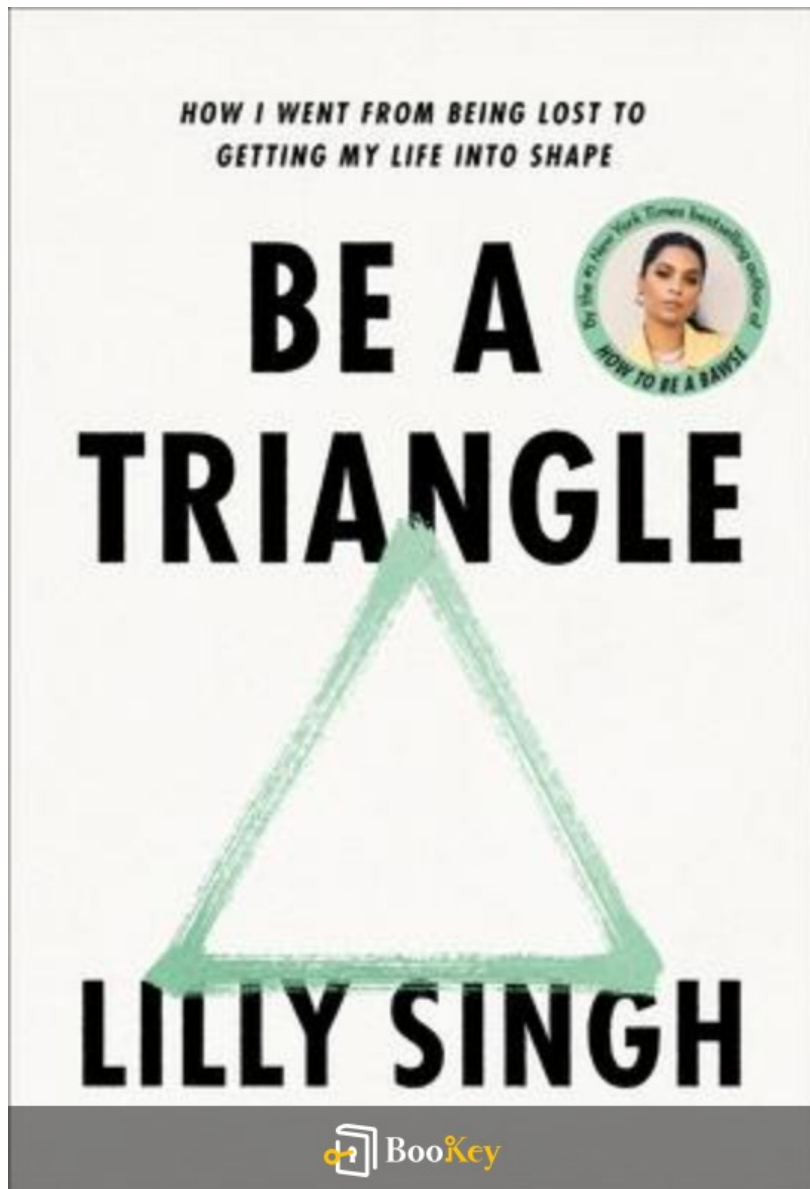


Be A Triangle PDF

Lilly Singh



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About the book

Book Review: "Be a Triangle" by Lilly Singh

In her impactful book **Be a Triangle**, Lilly Singh combines engaging personal stories with invaluable insights, creating a unique roadmap for self-exploration and emotional balance. Through her own journeys of burnout and challenges with identity, Singh presents a narrative that goes beyond simple advice, encouraging readers to envision their existence through the unwavering shape of a triangle.

This triangle metaphor urges individuals to solidify their core values and inner resilience, enabling them to steer through the complexities of modern life with a strong sense of purpose. With her characteristic blend of humor, authenticity, and perceptive reflections, Singh crafts a refreshing guide to establishing a robust foundation for personal well-being. **Be a Triangle** is not only timely in its relevance but also stands as a classic reference for anyone seeking stability in their lives.

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About the author

Profile: Lilly Singh

- Name: Lilly Singh
- Birthdate: September 26, 1988
- Birthplace: Scarborough, Ontario, Canada

Career Highlights:

- Multifaceted Talent: Lilly Singh is celebrated for her versatility as a comedian, actress, talk show host, and YouTube influencer.
- YouTube Fame: She gained international recognition with her channel, *IISuperwomanII*, where her engaging and humorous videos attracted millions of subscribers.
- Mainstream Success: Transitioning from digital to mainstream media, Lilly hosted NBC's late-night talk show, "A Little Late with Lilly Singh," and has appeared in various films and television series.
- Author: Her debut book, "How to Be a Bawse," achieved bestseller status, showcasing her ability to resonate with audiences through her unique insights.

Impact: Lilly Singh combines her diverse experiences and distinctive viewpoint to offer her readers an inspiring blend of humor and wisdom, establishing her as a prominent figure in today's pop culture landscape.

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Be A Triangle Summary

Written by Listenbrief

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Be A Triangle Summary Chapter List

1. Understanding the Concept of Being a Triangle and Its Significance
2. Embracing Your Authenticity Through Emotions and Self-Expression
3. Building Resilience and Confidence in a Judgmental World
4. Fostering Meaningful Connections and Authentic Relationships
5. Finding Your Path and Defining Success on Your Own Terms

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1. Understanding the Concept of Being a Triangle and Its Significance

In "Be a Triangle," Lilly Singh introduces a unique and compelling metaphor: the triangle. This concept holds great significance and serves as a framework for personal development, emphasizing the importance of authenticity, resilience, and meaningful connections in our lives. The triangle is a symbol that represents the intersection of our thoughts, emotions, and actions—essentially, it stands for the essence of our true selves.

At the core of the triangle concept is the idea of embracing authenticity. Being a triangle means you are made up of three essential components: your identity, your beliefs, and your values. When these three sides align, they create a strong foundation for self-expression and emotional well-being. For instance, consider an individual exploring their identity as part of the LGBTQ+ community. By embracing their beliefs and values in conjunction with their identity, they can express themselves authentically, building confidence and pride in who they are. On the contrary, if one of these components is misaligned—say, if external pressures suppress their true self—this can lead to internal conflict and frustration.

The significance of the triangle also lies in its ability to foster resilience in a judgmental world. Lilly Singh speaks to the pressures that society places on

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individuals, often causing them to compromise their authenticity for acceptance. In one poignant example, she discusses her own experiences within the entertainment industry, where the temptation to conform to industry standards was strong. However, by holding true to her triangle—her identity as a creator, her beliefs about representation, and her values around authenticity—she was able to navigate the challenges of judgment.

Resilience is about persevering through difficulties, and Singh illustrates that keeping our triangle intact, especially under scrutiny, empowers us to face criticism without compromising ourselves.

Moreover, the triangle concept encourages readers to foster meaningful connections and authentic relationships. Singh emphasizes that genuine relationships thrive when built on the foundation of authenticity. For example, when we are true to ourselves, we attract like-minded individuals who appreciate us for who we are, rather than for a mask we might wear out of fear of judgment. An example is found in friendships where deep understanding and support emerge from being honest about vulnerabilities. In contrast, surface-level relationships may be based on pretense, leading to feelings of loneliness and disconnection despite being surrounded by people.

The final aspect of the triangle dives into finding one's path and defining success on one's own terms. In her book, Singh encourages readers to reject the societal yardsticks of success which often rely on conventional

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milestones like fame, wealth, or approval. Instead, being a triangle allows individuals to carve out their unique journey based on personal aspirations and inner satisfaction. An illustrative case can be drawn from entrepreneurs who stay true to their values while pursuing their ventures, creating businesses aligned with their passion rather than succumbing to pressure from mainstream expectations. For instance, a person who values sustainability may choose to develop a green business model that prioritizes ethical practices over profit maximization, thus creating success that reflects their beliefs and goals.

In conclusion, the concept of being a triangle as outlined by Lilly Singh is not just a metaphor but a practical guide for living authentically. By embracing our true selves—balancing our identity, beliefs, and values—we cultivate resilience against external judgments, foster meaningful relationships, and define our success on our own terms. This holistic approach to personal growth encourages individuals to live with intention and purpose, urging them to become the truest version of themselves in all aspects of life.

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2. Embracing Your Authenticity Through Emotions and Self-Expression

In “Be a Triangle,” Lilly Singh delves into the profound notion of authenticity, urging readers to embrace their true selves through the lens of emotions and self-expression. She posits that emotions are not just fleeting sensations, but rather vital indicators of our inner truths. Embracing these feelings is a fundamental step toward living authentically. Singh highlights that our emotions, whether positive or negative, connect us to our genuine selves, serving as both a compass and a catalyst for self-discovery.

Singh passionately discusses the importance of allowing oneself to feel deeply and express those feelings honestly. For instance, she recounts her own experiences of grappling with expectations and societal norms that often suppress individuality. In her early career as a content creator, Lilly found herself torn between the persona that garnered attention and the true essence of who she was. It was through her vulnerability—sharing her struggles, insecurities, and triumphs with her audience—that she slowly reclaimed her authenticity. This journey illustrated the power of emotional expression not only for personal relief but also for fostering connections with others who resonate with our stories.

This understanding extends to the significance of self-expression through various channels. Singh encourages readers to explore and utilize different

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forms of expression—be it through art, writing, music, or even candid conversations. She emphasizes that when we express ourselves genuinely, we invite others into our world, fostering empathy and understanding. Take, for example, the rise of social media platforms where millions share their narratives. Individuals who narrate their experiences of mental health challenges, body acceptance, or cultural identity foster community and validation, creating spaces for dialogue and acceptance.

Lilly also presents the concept of emotional bravery, advocating that vulnerability is not a weakness but a powerful strength. By opening up about our emotions and experiences, we not only affirm our own identities but also dismantle the barriers that create isolation. She cites instances where public figures have shared their struggles with mental health or success and failure, creating resonance and solidarity with countless others who feel similar pressures. This act of transparency encourages others to step out of their shadows and embrace their own unique stories.

Moreover, Singh's exploration of authenticity underlines the importance of recognizing and accepting our emotions in real-time, rather than suppressing or masking them. She offers practical strategies, such as journaling, meditation, and seeking supportive communities, to cultivate emotional intelligence. These tools empower individuals to understand their feelings and articulate their experiences more clearly, which enhances self-awareness

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and personal growth.

In summary, “Be a Triangle” serves as a vital reminder of the significance of embracing authenticity through the expression of our emotions. Lilly Singh's call to honor our feelings and give voice to our authentic selves resonates deeply, inviting readers to engage in a transformative journey. By acknowledging our emotions and expressing them openly, we not only enhance our own lives but also contribute to a culture of acceptance and connection that celebrates genuine self-expression.

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3. Building Resilience and Confidence in a Judgmental World

In a world that often feels critical and judgmental, building resilience and cultivating confidence can seem like an uphill battle. Lilly Singh, in "Be a Triangle," emphasizes the importance of strengthening our mental and emotional fortitude as a means of navigating societal pressures and expectations. Resilience is not merely about bouncing back from setbacks; it involves adapting to challenges and transforming them into opportunities for growth.

One of the key foundations of resilience is the understanding that everyone faces judgment at one point or another. This judgment can come from various sources—social media, peers, family, and even ourselves. For instance, consider the case of a budding artist who posts their work online. The initial response might be overwhelming, filled with both praise and criticism. The artist's ability to sift through feedback and stay true to their vision is a testament to resilience. Rather than allowing negative comments to stifle their creativity, the artist learns to view criticism as a valuable tool for improvement, learning to defend their choices and embrace their unique style.

Building confidence is intrinsically linked to resilience. When we arm ourselves with the skills to manage judgment constructively, our self-esteem

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flourishes. Singh urges her readers to engage in self-reflection, recognizing and celebrating their strengths, which are often buried under layers of doubt and external expectations. For example, when an individual who has faced repeated failures—whether in personal relationships or career endeavors—starts acknowledging their efforts, they begin to form a more positive self-narrative. This shift in mindset allows them to face future challenges with renewed vigor, instilling a sense of personal agency and confidence.

Moreover, surrounding ourselves with supportive individuals plays an essential role in nurturing resilience. In a judgmental world, it becomes crucial to create a circle of friends and mentors who uplift rather than undermine. Consider the scenario of a college student who is experiencing pressure to conform to certain academic standards. By cultivating relationships with like-minded peers—those who appreciate innovation over conformity—they create a safe space where they can express their academic journey without fear of ridicule. This encouragement fosters resilience, allowing them to pursue their passions fearlessly.

In addition to external support, Singh highlights the power of self-care and positive affirmations. Developing daily practices such as mindfulness, journaling, or simply taking time for oneself can significantly bolster one's sense of self-worth and resilience. For instance, a busy professional might



find that taking just 10 minutes each morning to reflect on their goals and achievements helps build a confident stance against workplace judgments.

In summary, Singh's discussion on building resilience and confidence in a judgmental world underscores the importance of self-awareness, community, and self-care. By embracing these principles, individuals not only equip themselves to handle the inevitable judgments of others but also cultivate a strong sense of self that allows them to thrive. In doing so, they can confidently present their authentic selves to the world, unencumbered by the fear of outside opinions.

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4. Fostering Meaningful Connections and Authentic Relationships

In her book "Be a Triangle," Lilly Singh emphasizes the importance of nurturing authentic relationships and fostering meaningful connections as a core component of personal growth and emotional well-being. Throughout her narrative, Singh articulates how building these relationships requires intentional effort, vulnerability, and a sincere desire to engage with others at a deeper level.

At the heart of establishing meaningful connections is the idea of authenticity. Singh suggests that in a world often filled with curated personas and social media facades, genuine connections can feel rare yet profoundly fulfilling. To foster these connections, one must be willing to remove the masks we often wear in social settings. This is not just about being true to oneself but about creating an environment where others feel safe to be authentic as well. By showcasing our vulnerabilities and true selves, we invite others to do the same, paving the way for deeper understanding and trust.

Singh illustrates this concept with a powerful notion: the Triangle represents the interplay between self, others, and the world around us. Each side of the Triangle depends on the others for balance and strength. This metaphor encourages readers to visualize how their relationships can transform when

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built on honesty and reciprocal support. For instance, Singh recounts her own experiences where opening up about her insecurities led her friends to share their struggles as well. In doing so, they created a bubble of empathy where they could not only support each other but also celebrate each other's successes without jealousy. This mutual understanding reinforces the idea that meaningful connections stem from shared experiences and collective vulnerability.

Furthermore, the book delves into the idea of the quality versus quantity of relationships. Followers might find themselves grappling with the challenge of maintaining numerous superficial connections, especially on platforms like Instagram or Twitter. Singh argues that assessing the true value of relationships is crucial. It's not about having many friends but rather a few key relationships that provide support, understanding, and encouragement throughout life's challenges.

To illustrate this point, Singh shares anecdotes from her journey in the entertainment industry, where it's easy to feel isolated among peers. Despite those challenges, she highlights the friendships that have remained solid and fulfilling, those relationships where the individuals truly understand one another and foster a connection that transcends the superficiality of fame. She emphasizes that cultivating these deeper relationships requires effort—making time, being present, and actively listening to one another.

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Moreover, Singh advocates for the importance of nurturing connections not just within our inner circles but also within our wider communities. In her book, she encourages readers to engage with others irrespective of background, to foster inclusivity and kindness. Singh believes that by reaching out, sharing experiences, and showing compassion, the potential for deeper connections broadens. She provides an example of volunteering in community projects, where individuals can come together for a common cause—this shared commitment often leads to unexpected friendships and bonds built on shared values and experiences.

Ultimately, fostering meaningful connections and authentic relationships is about cultivating a landscape of mutual respect, love, and growth. Singh's narrative reinforces the idea that as triangles, our passion for genuine relationships can illuminate both our paths and those of others. By being ourselves and encouraging those around us to do the same, we create an environment rich with empathy and connection, allowing us to thrive together as a community.

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5. Finding Your Path and Defining Success on Your Own Terms

In the exploration of how to find your path and define success on your own terms, Lilly Singh emphasizes the necessity of looking inward rather than relying on external benchmarks often set by society. She argues that success is not a one-size-fits-all concept but a deeply personal journey that requires understanding one's own values and aspirations. This perspective encourages readers to tap into their unique gifts and passions to carve out their individual definitions of success.

For Singh, the process begins with self-reflection. She suggests taking the time to ask oneself challenging questions: What brings you joy? What are your dreams? What skills do you possess that you can share with the world? By thinking critically about these questions, individuals can begin to unravel the layers of societal expectations they may have internalized, revealing their authentic self beneath.

Singh shares the story of her own journey, illustrating how she navigated her path in the entertainment industry. Initially influenced by societal pressures, she found herself trapped in a career path that didn't resonate with her true self. It wasn't until she started creating content on YouTube—expressing her unique voice and personality—that she began to feel fulfilled. This shift allowed her to redefine what success meant for her, moving away from



conventional markers like wealth and status, and instead focusing on happiness, connection, and personal growth.

Emphasizing the importance of passion, Singh notes that success is intrinsically linked to pursuing what truly lights you up. This pursuit often requires courage, especially when the chosen path diverges from the norm. She cites examples of well-known figures who have also followed unconventional paths to success, such as Oprah Winfrey, who turned her early hardships into a drive for greater purpose, ultimately building a media empire centered around authenticity and empowerment. These examples reinforce the idea that success is often the result of following one's passion despite adversity.

Furthermore, Singh challenges societal norms surrounding success by advocating for a broader understanding that includes mental health, relationships, and personal fulfillment. She explains that success should encompass the entirety of one's well-being and happiness, not merely professional accomplishments. This holistic view encourages individuals to prioritize what truly matters in their lives, such as nurturing relationships or maintaining mental wellness over the relentless chase of career milestones.

Singh's message is clear: success must be individualized. She encourages readers to acknowledge their growth stories, understanding that each journey

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is unique. In doing so, they can better appreciate their accomplishments, no matter how small they may appear in the larger context of societal expectations.

Ultimately, finding your path and defining success on your own terms is reflected in the courage to live authentically. Singh emphasizes that this process is ongoing; it requires continual self-discovery and adaptation as life presents new challenges and opportunities. By embracing this fluidity and allowing oneself the grace to redefine success as one evolves, individuals can foster a more fulfilled and meaningful life.

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