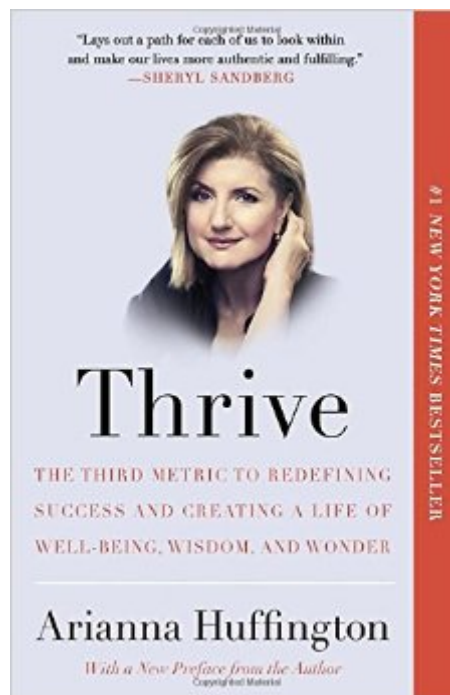


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# Thrive: The Third Metric To Redefining Success And Creating A Life Of Well-Being, Wisdom, And Wonder





## Synopsis

In *Thrive*, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world. Â Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye -- the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group -- one of the fastest growing media companies in the world -- celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? Â As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success -- money and power -- has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as *Thrive* shows, literally killing us. We need a new way forward. Â In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg -- a third metric for defining success -- to truly thrive. That third metric, she writes in *Thrive*, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes -- they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. Â In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters -- of juggling business deadlines and family crises, a harried dance that led to her collapse and to her "aha moment." Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives. From the Hardcover edition.

## Book Information



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## Customer Reviews

I chose this book after it was the subject of a panel discussion put on by my company's women's leadership network. I say this because I came into the book with a surface level understanding of the subject matter - redefining success beyond wealth and power. I very much appreciate and agree with the overall message of the book. As someone who is ambitious in her career, I tend to read a lot of books aimed at women and business, and found this to be a nice counterpoint to other books I have read lately like *Lean In: Women, Work, and the Will to Lead*. So many books seem to define success in the same cookie cutter way that I found it refreshing to find a book that took a different stance. However, reading this, I couldn't help but wonder if it could have been a much shorter book or perhaps even an in-depth magazine article. I say this because initially when I was reading the book I found myself devouring it and excited to read the pages that followed. But as it wore on it started to feel repetitive and long winded and about 75% of the way through I found I had to skim it in order to finish it. I also found myself increasingly frustrated with how often the book quoted from other books. Don't get me wrong, I understand that in books of this nature it makes sense to leverage works that have come before you, but quickly it started to feel like most of the book came from somewhere else. It was especially annoying because many of the books are recent best sellers so I found her recounting things I had already had. I also think it is worth caveating that it is unclear to me whether the advice in this book is really applicable to the masses.

I will save you \$15 by giving you a Cliff's notes synopsis of this book. A friend previewed this book



for a possible selection for our book group, in the non-fiction category. She thought it was awful and I agreed. Huffington fell and hit her head, and in a moment of clarity she decided to make her life more meaningful, write a book and make more money. She suggests: 1. Don't work so hard! Money is not all that important. (Although I do not see AH giving away all her money now that she has found peace ) This only applies to millionaires who do not suffer when their income drops from six million to only five or so. She does not have any practical tips for all of us out here who work way too hard just to make expenses. And if we take the luxury of working less, we will be out of a job. 2. Don't be so hard on your employees and make them work dreadful overtime. No comment. 3. Learn to meditate and develop natural peace. (Again, this is expensive and it helps to have full time housekeepers ) 4. Enjoy the ride, don't stress out , learn to live in the moment, cut out activities that waste your time. 5. Oh, and THE THIRD METRIC! It sounds like AH has found the MEANING OF LIFE ! A gimmick to sell this awful book. This is all it is: When you are just out of college and are working so hard to get ahead, you will think of others as competition. Do not waste this time in your life by working all the time. Enjoy being poor! It is better than realizing later that money does not define success. That is all the THIRD METRIC is.

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