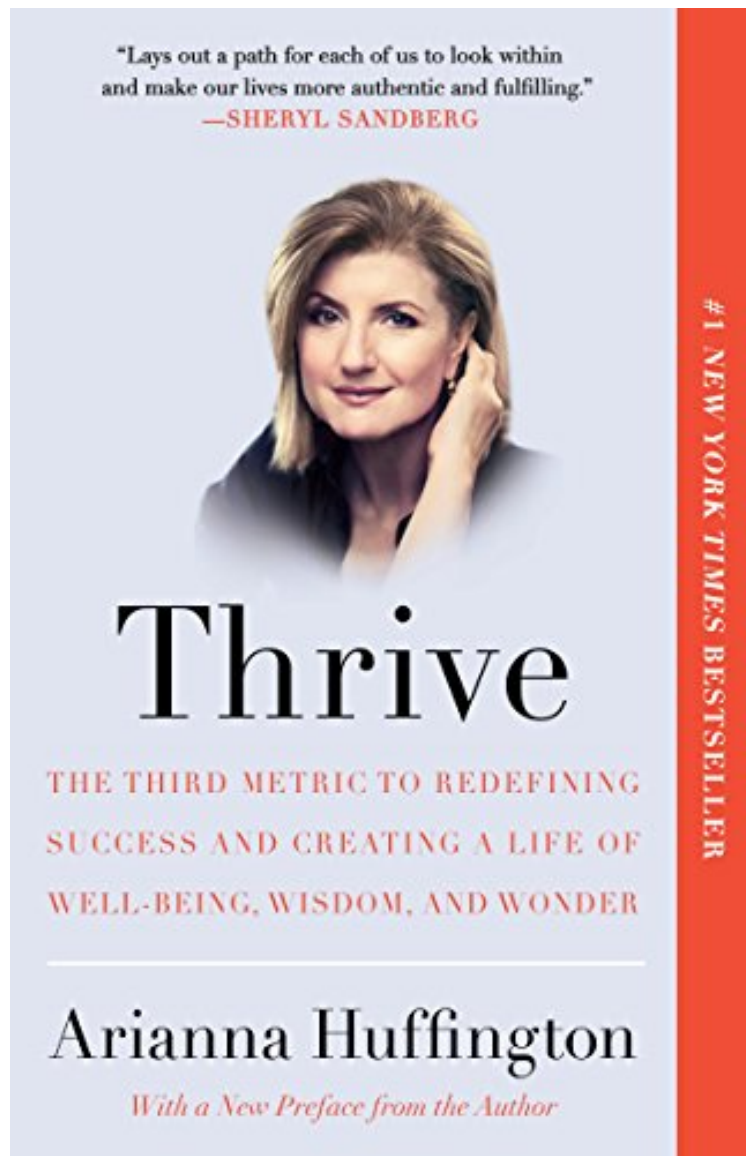


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Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder

Arianna Huffington

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Arianna Huffington : Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder before purchasing it in order to gage whether or not it would be worth my time, and all praised Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder:

101 of 106 people found the following review helpful. Appreciate the message, but execution quickly starts to dragBy

Chicago Book Addict 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. It seemed like a lot of the suggestions here presume you aren't struggling to get by. For those in that position I can see where the advice in this book could seem out of touch. It really does seem geared toward people who have the resources to be able to make significant changes in their life and still have the financial resources to pay to bills. I also couldn't help but wonder if this is the kind of advice that is easier to heed when you've already reached the typical markers of success (power and wealth) and harder if you've never gotten there. Overall, I think the message of the book is good. I just wish it had been better edited and Huffington more judicious about what she chose to include as I really had to psych myself up to read this toward the end.

0 of 0 people found the following review helpful. I just love her. She's a charismatic and big-hearted person
By Shawn Rosenberg
Arianna Huffington. I just love her. She's a charismatic and big-hearted person, but this review is for her book, not about her so... :) In all honesty, I only bought this book because there was a free workshop run by her in NYC, with featured speakers like Julianne Moore, Kenneth Cole, Diesel CEO Alessandro Bogliolo, and many other celebrities, for buying this book that normally cost \$200 bucks for a 2 days event. This book pretty much touch what the Thrive workshop was about. The life struggle Arianna had to go through and word of wisdom were all too inspirational. There was a continuous strong emphasis on meditation as the key to life success, pretty standard advice, but the book dwells more into it than the workshop. Very inspiring and a great read by the one and only Ms. Huffington Post herself.

0 of 0 people found the following review helpful. and her journey to recover her health is packed full of excellent ideas, suggestions
By Gentle Soul
A honest discussion of the trials Arianna experienced living a very successful but stress laden life. Her candid revelations of how some of the choices she made and beliefs she lived by endangered her wellbeing and health. Her wise and dedicated commitment to change, and her journey to recover her health is packed full of excellent ideas, suggestions, tips, and how to's that are relevant to everyone struggling with our 21st Century over electronically programmed and over worked world . A must read, AND a must follow guidebook to living a healthier more balanced life!

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. 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?

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.

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.

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.

.com Author One-on-One: Arianna Huffington and Mark Hyman