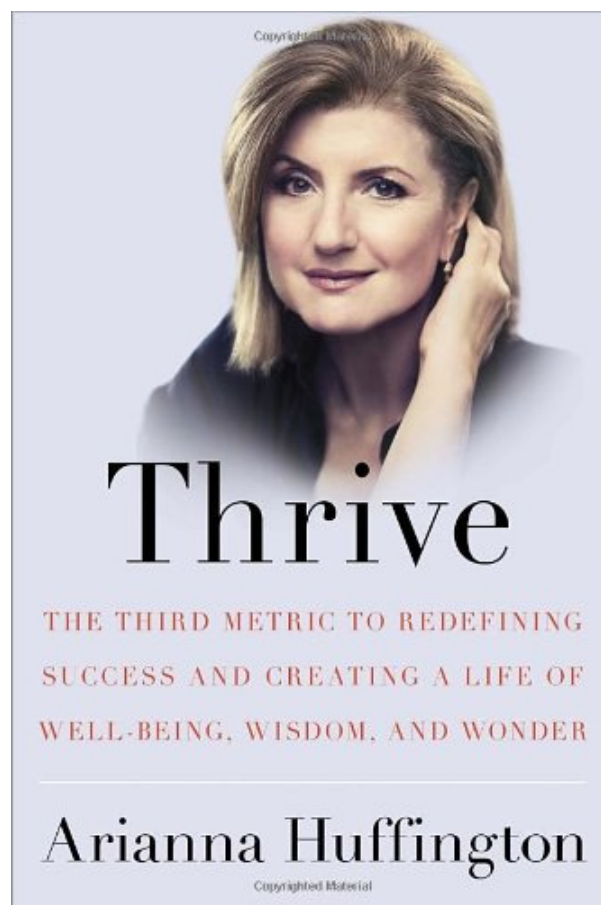
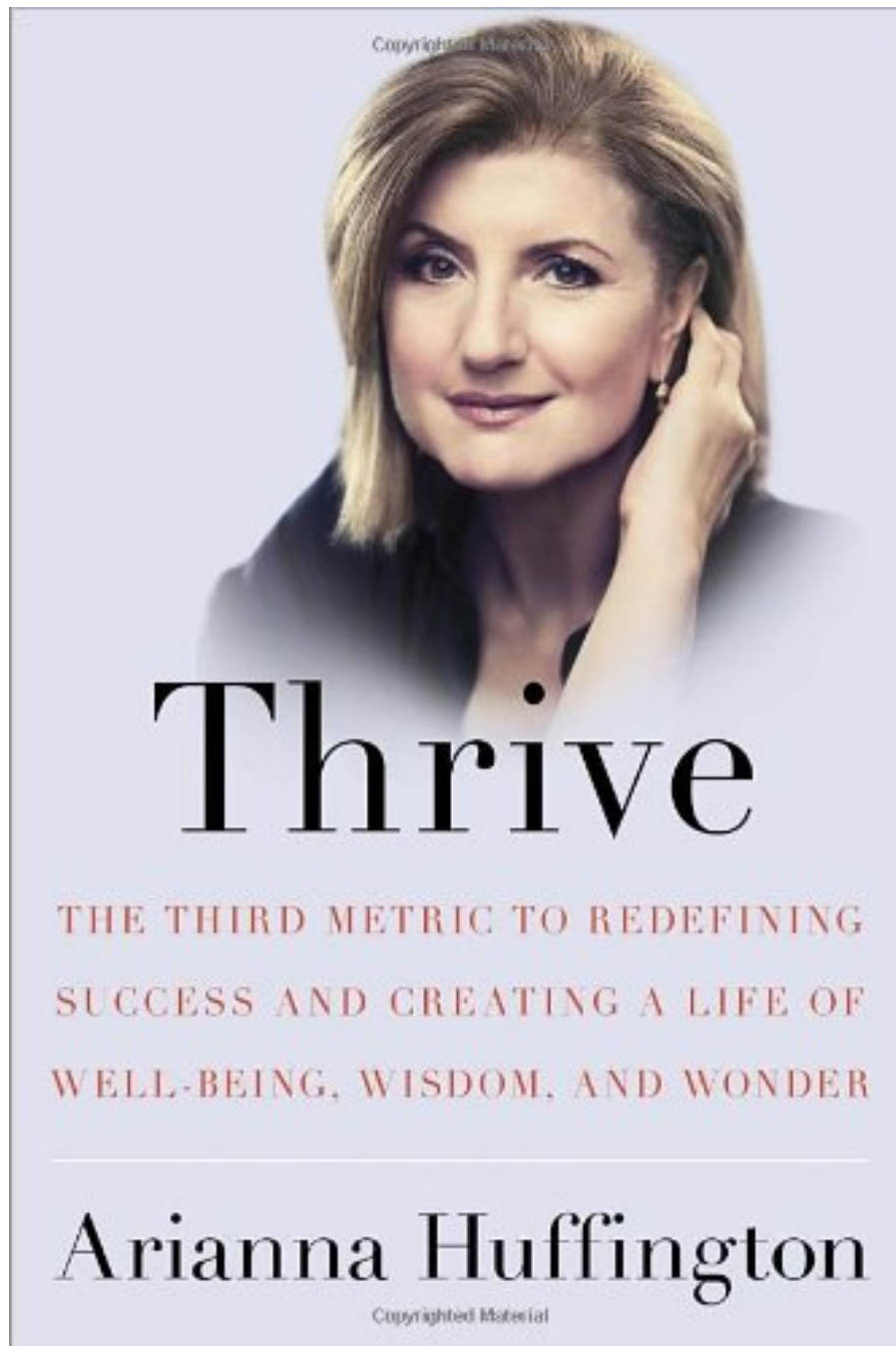


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In *Thrive*, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world.

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.

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By Tough Lady

I am not through reading the book. I ordered the book before it hit the market after watching her being interviewed about the book. I had to put the book down because it was too much storytelling for me. I wish it was more concise. I admire Ms. Huffington and she is very honest in the book. I do believe that we need to redefine how we measure success. I retired from a fortune 500 company after 30 years, putting in the long hours and unused weeks of vacation. The \$\$'s and benefits were great, but once you're gone, you realize that all that stress and time spent for the sake of a company's bottom line, is not the best way to live. A good career is admirable but our personal and family life deserve the best of us.

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Appreciate the message, but execution quickly starts to drag

By 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.

104 of 122 people found the following review helpful.

Common Sense is Not Always Common Practice

By Brendon Burchard

This is a brilliant book full of practical wisdom for dramatically improving your life. So many of the facts and stories shared here remind you of things that just got away from you in all the stress and time famine we deal with today: you forgot to be intentional, to sleep, to linger in the moments that matter with full presence, to be more understanding and empathetic and giving with others, to have a full life of fun and wonder outside of your inbox, to say "no" so that you don't drive your life into the ground. These might sound like common sense takeaways, but we all know that common sense is not always common practice. Sanity on the path to success, it turns out, is a choice. With all its tips on mindfulness, self-control, productivity,

forgiveness, and giving, this book is a great roadmap for that journey.

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THRIVE: THE THIRD METRIC TO REDEFINING SUCCESS AND CREATING A LIFE OF WELL-BEING, WISDOM, AND WONDER BY ARIANNA HUFFINGTON PDF

The e-books *Thrive: The Third Metric To Redefining Success And Creating A Life Of Well-Being, Wisdom, And Wonder* By Arianna Huffington, from straightforward to complicated one will certainly be an extremely helpful jobs that you could require to change your life. It will certainly not provide you negative statement unless you don't get the definition. This is undoubtedly to do in checking out an e-book to get over the definition. Commonly, this publication qualified *Thrive: The Third Metric To Redefining Success And Creating A Life Of Well-Being, Wisdom, And Wonder* By Arianna Huffington is read because you actually such as this sort of e-book. So, you could get less complicated to recognize the perception as well as significance. Once again to constantly bear in mind is by reading this publication **Thrive: The Third Metric To Redefining Success And Creating A Life Of Well-Being, Wisdom, And Wonder** By Arianna Huffington, you can fulfil hat your curiosity begin by finishing this reading book.

Amazon.com Review

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

Arianna Huffington and Mark Hyman discuss Arianna's new book *Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder*.

Arianna Huffington is the chair, president, and editor-in-chief of the Huffington Post Media Group, a nationally syndicated columnist, and author of fourteen books. Mark Hyman, MD is a seven-time New York Times bestselling author—including the recently released *Blood Sugar Solution 10-Day Detox Diet*—founder and medical director of The UltraWellness Center in Lenox, Massachusetts and Chairman of The Institute for Functional Medicine.

Mark Hyman: Arianna, in *Thrive* you talk about our need to redefine success beyond money and power to include what success means to us and that to live a truly successful life we need to integrate well-being, wisdom, wonder, and giving into our lives. You open the book describing your collapse in 2007 from exhaustion leading to a broken cheekbone and a round of visits to doctors and hospitals for tests. You were clearly running on empty, as I know so many people are—tell us about that experience and how it led to your larger wake-up call in terms of health and well-being.

Arianna Huffington: I had my personal wake-up call on April 6, 2007, when I found myself on the floor in a pool of blood. I had collapsed from exhaustion, breaking my cheekbone and cutting my eye. I was working eighteen-hour days to build The Huffington Post, while being a mom to my two teenage daughters. What this wake-up call taught me was that even though I was considered successful by our society's conventional measures of success, I was not living a successful life by any sane definition of success. Something had to radically change in my life.

As I've learned firsthand, overwork, stress, and sleep deprivation have profound effects on virtually every part of our lives. Our current model of success is not working for anyone. It's not working for women, and really, it's not working for men either.

Mark Hyman: All so true. Stress really does impact your physical well-being, which is why I loved your discussion of the power of meditation in our lives to relieve stress and bring balance. You make the point that even a brief meditative moment can have a restorative effect. Tell us more about that and your daily practice.

Arianna Huffington: There is more and more scientific evidence about the impact of mindfulness and meditation in our lives. The list of all the conditions that these practices impact for the better—depression, anxiety, heart disease, memory, aging, creativity—sounds like a label on snake oil from the 19th century! Except this cure-all is real, and there are no toxic side effects. Indeed, 2013 was the year when meditation and mindfulness finally and overwhelmingly stopped being seen as something vaguely flaky, vaguely New Age-y, definitely California, and fully entered the mainstream.

I personally start every morning with at least 20 to 30 minutes of meditation. If you're just beginning, you can start by introducing 5 minutes of meditation into your day. Even just a few minutes will open the door to creating a new habit—and all the many proven benefits it brings.

Mark Hyman: Throughout the book you caution against the dangers of living in a permanently connected state. I agree that it is a growing problem in society today. I know over Christmas you participated in a digital detox yourself. Is it truly possible to disconnect, even when you are running the biggest online news site in the world?

Arianna Huffington: I'm happy to say that yes, it is possible! I spent the week between Christmas and New Year's in Hawaii with my daughters, my sister, and my ex-husband—with no TV and no social media. Almost immediately, I was floored by the realization of just how much my phones had become almost physical extensions of myself—I would instinctively reach for them like phantom limbs! Unplugging meant rediscovering and savoring the moment for its own sake. Which is to say, taking in a view without tweeting it. Eating a meal without Instagramming it. Hearing my daughters say something hilarious and very shareable without sharing it. The unplugged version of myself was better able to give these things my full attention. And when I came back to the office, I was truly refreshed.

Mark Hyman: All important points. What do you want to see readers take away from this book?

Arianna Huffington: In the book, I pull together three threads: my personal journey and my hard-earned lessons; scientific studies about the importance of slowing down, sleep, meditation, and disconnecting from our devices; and many daily practices, tools, and techniques that can begin to transform our lives.

I very much hope that the book will chart another way forward—a way available to all of us right now, wherever we find ourselves. A way based on the timeless truth that life is shaped from the inside out—a truth that has been celebrated by spiritual teachers, poets, and philosophers throughout the ages, and has now been validated by modern science.

So I very much hope that the book will help make room in our definition of success for well-being, wisdom, wonder, and giving, and help us move from knowing what we need to do to actually doing it.

Review

“A convincing, compact, anecdote-laced guide for achievers of every stripe.”
—Elle

“In *Thrive*, Arianna urges all of us to get in touch with who we really are so that we can live life on our own

terms. From the importance of sleep to the imperative to listen to our own inner voice for ways to deal with the daily time crunches we all feel, this book lays out a path for each of us to look within and make our lives more authentic and fulfilling.”

—Sheryl Sandberg

“Provides powerful ideas about how to approach life differently.”

—U.S. News

“At once intimate and formidable, this book is Arianna Huffington at her persuasive best. Thrive is a clarion call, a meditation, and a practical response to the question of how to live.”

—Susan Cain, author of New York Times bestseller *Quiet: The Power of Introverts in a World That Can't Stop Talking*

“Refreshingly practical . . . Lean In may be able to tell women how to get what they want, but Thrive may help them to figure out what that is.”

—Businessweek

“Once in a generation, a book comes along that can truly transform your life. This is it. Thrive doesn't show just how to become more successful; it shows how to realize and experience what matters most.” —Dean Ornish, founder of Preventive Medicine Research Institute, bestselling author of *The Spectrum*

“Full of compelling arguments (backed by substantial research) about why we need to redefine success.”

—Real Simple

“A captivating look at what it takes to live a more meaningful, satisfying life. Brimming with passion, supported by science, and crowned with practical insights, Arianna's exceptional book will transform our workplaces, schools, and families.” -Adam Grant, Wharton professor and author of *Give and Take*

“More a-ha moments than an episode of Oprah.” -People

"Reading this book is the best thing you can do for yourself and your loved ones. A monumental work that will change your life, and your health." -David B. Agus, M.D., Professor of Medicine and Engineering, University of Southern California and author NY Times bestsellers, *The End of Illness* and *A Short Guide to a Long Life*

“Begs us to redefine how we measure success: As women everywhere put their foot to the gas pedal in their careers, what happens when we go too far?” –Shape

“Filled with cutting edge scientific research, captivating stories, and straightforward everyday practices, [Thrive] is a call-to-action that informs, invigorates, and inspires all at once.” -Daniel J. Siegel, M.D., author of *Brainstorm* and *Mindsight*, professor, UCLA School of Medicine

"Arianna Huffington has written a passionate and much needed prescription for reshaping life from the inside out. Turn off your cell phone, your email, Facebook, Twitter, Instagram and every other tool of the stressed-out, distracted world to spend some time thinking about grace, joy and wonder. You'll be glad you did." –Ellen Goodman, Pulitzer prize winning columnist and bestselling author of *I Know Just What You Mean*

"This is a generous, urgent, vital book, a chance to redefine how we keep score before it's too late. Arianna has given us a gift, and delivered it with style." -Seth Godin, bestselling author of *The Icarus Deception*

"Arianna's honest, raw and compelling call for us to Thrive, in the midst of a jumbled, chaotic world by redefining what matters – well-being, wisdom, wonder, service and each other – is the right book, at the right time to heal us from our disconnection to ourselves and each other." -Mark Hyman, MD, author of the #1 New York Times bestseller, *The Blood Sugar Solution*

"Thrive is a book that makes me smile just thinking about it. It is a book of wit, wisdom, and practical advice for changing our lives by changing our values. After all, why should we be content just to live when we can thrive?" -Anne-Marie Slaughter, professor, Princeton University, author of *What Works for Women at Work*

"In our relentless pursuit of more and more success, we have lost touch with our true selves, our bodies, our families and our friends. In *Thrive* Arianna brilliantly explores how we can climb out of our stressed out, over-committed lives and once again create lives of balance and well-being." -Jack Canfield, Co-author of *The Success Principles*(TM)

"Socrates, Plato, Aristotle...Arianna. Beyond politics, there is her wisdom, applicable to everyone. This book probably added ten years to my life, some of which I'll spend re-reading it." -Bill Maher, host of *Real Time with Bill Maher*, bestselling author of *The New Rules*

"Rich in worldly wisdom and brimming with motivation, Arianna gently shows us how to face the craziness of life today with awareness, grace and a sense of humor." -Congressman Tim Ryan, Ohio, author of *A Mindful Nation*

"You can feel Arianna's passion on every page of this book. In *Thrive*, Arianna has created a new paradigm for redefining how to systematically build a life of purpose and balance and accomplishment—the whole life we're all ultimately after." -Tony Schwartz, CEO, *The Energy Project*, author of *The Way We're Working Isn't Working*

"Beautiful, bold and brilliant... I did not just read this book, I entered into long conversations with it. *Thrive* profoundly transforms our understanding of success and wakes us up from the broken dreams we chase." -Elif Shafak, bestselling author of *Honor* and *The Forty Rules of Love*

"Warning: The content of this book is highly contagious. Even slight exposure may set you on a path to far clearer seeing, a radical resetting of your priorities, deep contentment, and, of course, thriving. Chances are, it will also melt your heart." -Jon Kabat-Zinn, professor, UMass Medical School, author of *Full Catastrophe Living*

"One of the most important books of this century. Weaving a tapestry of home-spun wisdom, science and compelling life stories, this is a profoundly uplifting and practical book that has something for everyone. A must read for anyone wishing to live life more fully." -Richard J. Davidson, founder and chair, Center for Investigating Healthy Minds, University of Wisconsin-Madison

"Desperately needed in today's Type A, hurry-up world. [*Thrive*] just screamed at me to slow down, turn off the inner dialogue, sleep more, and stay in daily touch with my source of being." -Wayne Dyer

About the Author

Arianna Huffington, a member of Oprah's SuperSoul 100, is the cofounder, president, and editor in chief of the Huffington Post Media Group, one of the world's most influential news and information brands. She is the author of fourteen books, including *Third World America* and *On Becoming Fearless*, and the mother of two daughters, Christina and Isabella.

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