



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

*Arianna Huffington*

[Download now](#)

[Click here](#) if your download doesn't start automatically

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

*Arianna Huffington*

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

**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.**

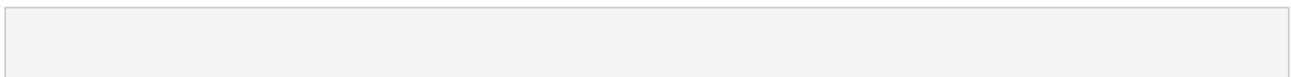
Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye -- the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group -- one of the fastest growing media companies in 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.

*From the Hardcover edition.*



 [Download Thrive: The Third Metric to Redefining Success and ...pdf](#)

 [Read Online Thrive: The Third Metric to Redefining Success a ...pdf](#)

## **Download and Read Free Online Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder Arianna Huffington**

---

### **From reader reviews:**

#### **Monte Lawson:**

The book Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder will bring that you the new experience of reading a book. The author style to spell out the idea is very unique. In case you try to find new book you just read, this book very suitable to you. The book Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder is much recommended to you to study. You can also get the e-book through the official web site, so you can more easily to read the book.

#### **Chester Grantham:**

Spent a free time and energy to be fun activity to perform! A lot of people spent their leisure time with their family, or their very own friends. Usually they performing activity like watching television, likely to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Might be reading a book can be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to test look for book, may be the e-book untitled Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder can be great book to read. May be it is usually best activity to you.

#### **Margaret Velasquez:**

People live in this new morning of lifestyle always make an effort to and must have the free time or they will get wide range of stress from both way of life and work. So , if we ask do people have spare time, we will say absolutely without a doubt. People is human not just a robot. Then we consult again, what kind of activity do you possess when the spare time coming to an individual of course your answer can unlimited right. Then do you try this one, reading books. It can be your alternative in spending your spare time, the actual book you have read will be Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder.

#### **Cathy Duran:**

As a student exactly feel bored for you to reading. If their teacher inquired them to go to the library in order to make summary for some e-book, they are complained. Just little students that has reading's spirit or real their interest. They just do what the instructor want, like asked to go to the library. They go to generally there but nothing reading really. Any students feel that reading through is not important, boring and can't see colorful photos on there. Yeah, it is for being complicated. Book is very important for yourself. As we know that on this time, many ways to get whatever we would like. Likewise word says, many ways to reach Chinese's country. Therefore , this Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder can make you experience more interested to read.

**Download and Read Online Thrive: The Third Metric to Redefining  
Success and Creating a Life of Well-Being, Wisdom, and Wonder  
Arianna Huffington #9VKDJU4S8BY**

# **Read Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder by Arianna Huffington for online ebook**

Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder by Arianna Huffington Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder by Arianna Huffington books to read online.

## **Online Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder by Arianna Huffington ebook PDF download**

**Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder by Arianna Huffington Doc**

**Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder by Arianna Huffington Mobipocket**

**Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder by Arianna Huffington EPub**