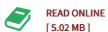




Thrive: The Third Metric to Redefining Success and Creating a Happier Life

By Arianna Huffington

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Thrive: The Third Metric to Redefining Success and Creating a Happier Life, Arianna Huffington, In Thrive, Arianna Huffington, the co-founder and editor-in-chief of the Huffington Post and one of the most influential women in the world, has written a passionate call to arms, looking to redefine what it means to be successful in today's world. She likens our drive for money and power to two legs of a three-legged stool. It 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 - in order to live a healthy, productive, and meaningful life. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritising the demands of a career and two daughters. 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 workplaces, and our lives.



Reviews

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-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really heliove

-- Dr. Celestino Spinka III

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Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

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