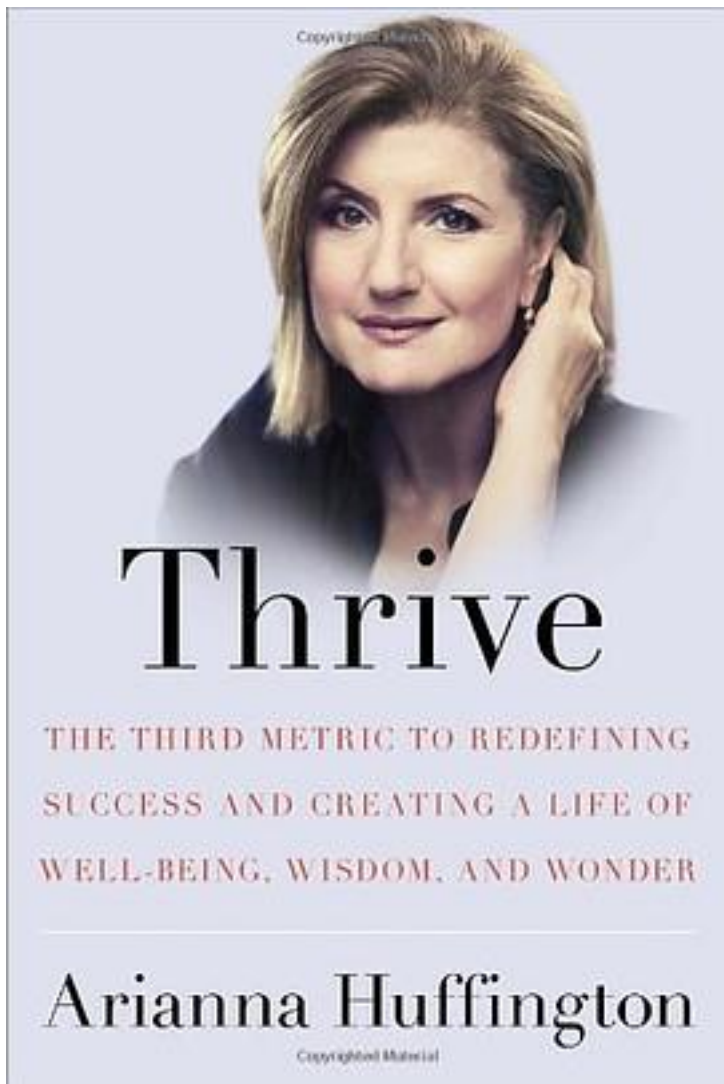


# Thrive



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著者:Arianna Huffington

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n 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.

#### 作者介绍:

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. In May 2005, she launched The Huffington Post, a news and blog site that quickly became one of the most widely-read, linked to, and frequently-cited media brands on the Internet. In 2012, the site won a Pulitzer Prize for national reporting. In 2013, she was named to the Forbes Most Powerful Women list. In 2006, and again in 2011, she was named to the Time 100, Time Magazine's list of the world's 100 most influential people. Originally from Greece, she moved to England when she was 16 and graduated from Cambridge

University with an M.A. in economics. At 21, she became president of the famed debating society, the Cambridge Union. She serves on several boards, including EL PAÍS, PRISA, the Center for Public Integrity, and the Committee to Protect Journalists.

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标签

女性

自我完善

传记

英文原版

成长

个人提升

自我提升

生活

评论

确实有点鸡汤。

-----  
说服自己了无数次克服掉厌倦的情绪最终读完了这本书。虽然同样站在女性角度，但作者是不甚熟悉的人从事着我不甚熟悉的职业说着一些比较陈词滥调的道理，因此跟S

heryl  
Sandberg在说服力上相去甚远。这本书对我最大的影响是终于开始对meditation感兴趣了，想要一试。

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the soup is toxic!!!

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一小时演讲的内容，非要用一本长篇大论的书来实现。。

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第一章没看完弃了~作者讲的是除了金钱和权利地位之外的成功准则，讲的是成功女性最终的归宿还是家庭。这些道理其实我早已了然，可惜对于连金钱权利地位都没有且称得上是囊中羞涩的我来说，毫无用处，对家人的责任更需要我去追求普世意义上的成功。

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全是废话啊

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磨叨 真不给力啊。有点失望

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the perfect balance of scientific evidence and beautiful philosophical prose

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河粉屯女士的心灵鸡汤。挤地铁打工无聊的必备读物。

-----  
原来不是只有我一个人觉得不好看！

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非常装非常假  
假装自己多麼有正能量的那麼一人。是那種在Instagram碰到都不想點進去看她的profile的那麼一人。

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这本书里的概念与如今的普遍大众鸡汤书籍比较相似，也有许多重复的地方。书中提到除了金钱和权利，更重要的是学会在忙碌的生活中学着照顾好自己的身体和你的精神世界。例如：每天拥有8小时充足的睡眠，每天写下你值得庆幸感恩的5句话，每天练习冥想，每天至少有2小时脱离高科技产品的时间。书中还提了很多其他方面的建议，例如要多读书多充电多提问，也要学会时不时问自己一些深度思考的问题，比如说问问你自己“Why you are here, What is the point of your life?”，同时不要吝啬给予他人赞美和快乐，明白你的Life Value意义在何。总之四大点：Well-being, Wisdom, Wonder, Giving. 一句老话：让我们一起跳出舒适圈Comfort Zone!

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感觉灌的不是我这个年龄该喝的汤 但还是一口一口抿着干了  
但愿能在身体里留下些什么吧

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really can't stand this kind of "chicken soup" stuff

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重新定义成功的女性励志书  
有一个成功快乐的女儿，母亲很关键的，作者的母亲是一个智慧老太，有见解，活的通透  
当下好多人缺少的是这种淡然处之的心态，而能写励志书的人往往在事业成功、财富自由之后的娱乐 该怎么看待事业生活，全在人心

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没有太多闪光点，我甚至想把它归入鸡汤文类别。观点平淡无奇表达也很松散，东一枪西一捶，中间都想弃读，为了有始有终一带而过吧。 [/cp]

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## 书评

阿里安娜·赫芬顿（Arianna Huffington）出生于1950年的雅典。她毕业于剑桥大学，23岁的时候出版了第一本书《The Female Woman》。在90年代她曾经是美国知名的保守主义政治评论家，后来转入自由派阵营

。不过她更广为人知的身份是美国在线媒体的领头羊之一《赫芬顿邮报》的联合...

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赫芬邮报创始人出的心灵鸡汤，许多RUMI的诗句被引用  
如何看待成功，重新定义成功——lead the good life rather than money and power  
四个维度来定义成功：WELL-BEING, WISDOM, WONDER, AND GIVING. WELL-BEING:  
deposit your health bank; it was a way of life--a daily pra...

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