



Thrive: Summary of the Key Ideas - Original Book by Arianna Huffington: The Third Metric to Redefining Success and Creating a Life of Well- Being, Wisdom and Wonder

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"Thrive" deals with the topic of success and how we have forgotten to really live in our quest of it. Life is not all about making lots of money, being famous or being recognized. To be truly successful in life, we need to change our definition of success. Our pursuit of money and power has made us oblivious to the fact that there is a third, very important, metric of success, which is our own wellbeing.

Who should read this book:

- People who are stressed and find it hard to create a balance between their work and family life.
- People who are lost in their quest for success.
- People who are successful according to normal standards, but are still unhappy.

In this summary:

Chapter 1: Redefining success

Chapter 2: The three-legged stool

Chapter 3: Sources of stress and burnout

Chapter 4: Finish things, experience wonder and remove poison

Chapter 5: Sleep deprivation

Chapter 6: Meditation


Chapter 7: Mindfulness


Chapter 8: Unplugging ? escaping the digital world

Chapter 9: Giving ? small gestures of kindness

Chapter 10: You-time: make time for yourself

Chapter 11: Final Summary

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Victor Loy:

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