

1. Record Nr.	UNINA9910150491803321
Autore	Ltd Bokish
Titolo	A Joosr Guide to&#x2026; Thrive by Arianna Huffington : The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder
Pubbl/distr/stampa	Hove, : Bokish Ltd, 2015
ISBN	1-78567-078-6
Descrizione fisica	1 online resource (25 p.)
Disciplina	650.1
Soggetti	Business Success in business Success Work-life balance
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Copyright Page; Contents; What's it about?; Defining success through money and power is unsustainable; Stress leads to low levels of well-being; You cannot thrive without wisdom; Have a child's outlook towards the world; Coincidence can renew your faith in wonder, and mortality reminds us to live; Giving is as much for your good as others' good; The tragedy of time famine, and why it is preventing us from thriving; Focusing on your third metric will actually make you a more productive employee; Final summary; Now read the book
Sommario/riassunto	In today's fast-paced world, it's tough to find the time to read. But with Joosr guides, you can get the key insights from bestselling non-fiction titles in less than 20 minutes. Whether you want to gain knowledge on the go or find the books you'll love, Joosr's brief and accessible eBook summaries fit into your life. Find out more at joosr.com. In the modern world, we have become obsessed with power and money, often at the price of our happiness. Arianna Huffington suggests a third metric for measuring success that will redress that balance. Success has become synonymous with po