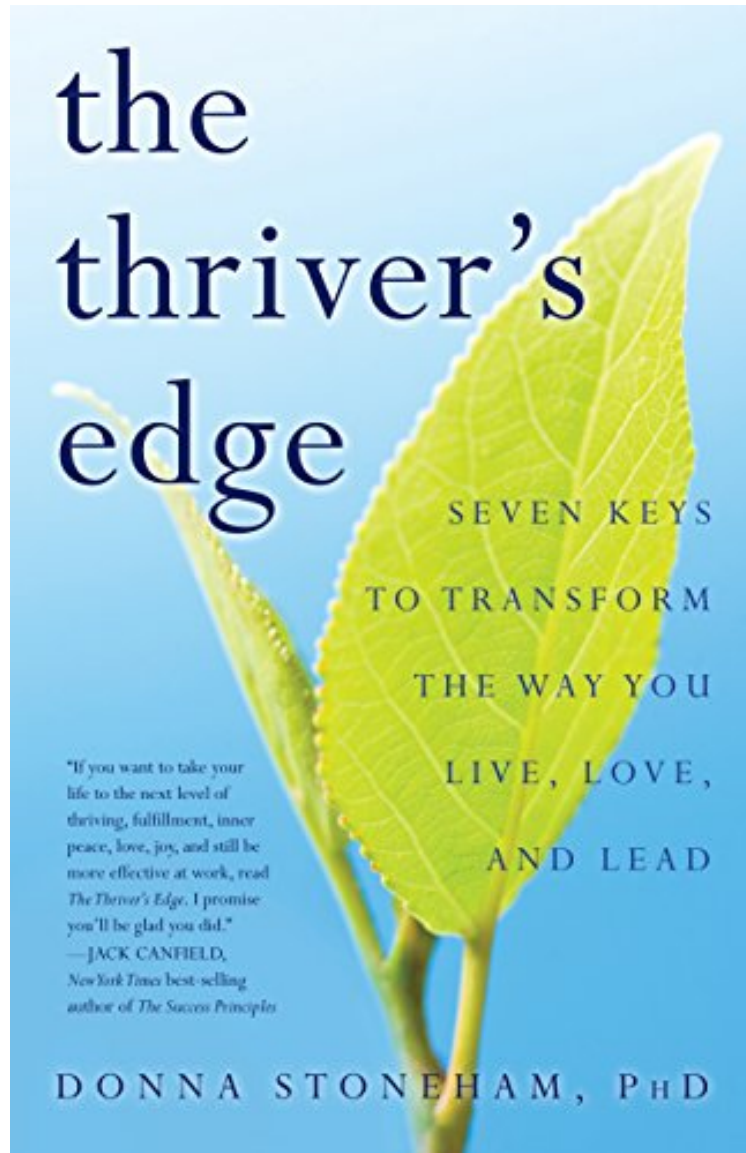


[Download] The Thriver's Edge: Seven Keys to Transform the Way You Live, Love, and Lead

## The Thriver's Edge: Seven Keys to Transform the Way You Live, Love, and Lead

Donna Stoneham

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**Donna Stoneham : The Thriver's Edge: Seven Keys to Transform the Way You Live, Love, and Lead** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Thriver's Edge: Seven Keys to Transform the Way You Live, Love, and Lead:

4 of 4 people found the following review helpful. A giftBy Jennifer MilesRich and powerful, The Thriver's Edge speaks to the soul. With words that beautifully capture the pendulum of life's tribulations and raptures, Donna has

provided space to unpack and celebrate the turbulent journey to self. Her authenticity and humble wisdom challenge us to be vigilant about choosing to move beyond surviving; to rise and share our greatest strengths and gifts with others; to thrive as the greatest expression of ourselves and to take our own authentic place in this precious life. The Thriver's Edge is a gift, thank you Donna. Jennifer K Miles 0 of 0 people found the following review helpful. Excellent Medicine By P. Gregory Though reading self-help books can sometimes feel like a chore, the good ones are worth their weight in gold. Donna Stoneham's "The Thriver's Edge: Seven Keys to Transform the Way You Live, Love, and Lead" is pure gold indeed. In a short span of pages, the author delivers valuable words of wisdom that transcend the book beyond the notions of "bad, or good" in terms of content, and dare I say...entertainment value. In very articulate terms, using engaging real-life stories as examples, Stoneham outlines what it means to thrive, as opposed to survive. Thriving involves many things, including altering one's perception, being humble, taking more control of one's life, and have a healthy amount of gratitude in one's daily existence in order to fortify one's life, as well as the lives of others. Being grateful is the key to thriving. "The Thriver's Edge: Seven Keys to Transform the Way You Live, Love, and Lead" offers up so many pearls of wisdom, that I found myself highlighting several notes in the book, something I rarely ever do. Stoneham uses a very insightful quote by Physicist Max Plack: "When you change the way you look at things, the things you look at change" to shed light on an important step towards thriving: altering one's perception of people, places, things, and events. In other words, one could look at something with a narrow, negative point of view, which has no benefit at all other than making you feel bad, OR...one could approach the same thing with an entirely positive approach, which benefits you and the world. There really IS a silver lining to every cloud. This goes hand in hand with the most important key to thriving: gratitude. In appreciating what one has, and what is in front of them, one can achieve not only a state of true presentness of being, but also an enlightened sense of one's life, which in turn can lead to a joy that can affect others in a positive way as well. It's not so much the power of positive thinking, as much as it is the strength of stopping to smell the roses, take in one's blessings, and pay it forward as you go about your life. In addition, Donna Stoneham discusses the specific role we have in our own life, and whether we are happy in that role or not, or is it something we want to change, to "get on the right bus" to where and who we want to be. Another key is to understand that we get more by giving more. We are better off living under "What I can I offer to the world?" rather than "What can the world give me?" Again, I never feel comfortable reading self-material, and the experience of reading "The Thriver's Edge: Seven Keys to Transform the Way You Live, Love, and Lead" may not have been a fun time. I even dreaded reading the book at times. However, like any good medicine, Donna Stoneham's book offers value far beyond the notions of what tastes good, or what is fun to read. "The Thriver's Edge: Seven Keys to Transform the Way You Live, Love, and Lead" is excellent medicine, that I believe too many of us really need. 0 of 0 people found the following review helpful. I highly recommend The Thriver's Edge to anyone who wishes to make this one life we have the best it can be! By Roberta Dolan If you've never tried reflective, life improving strategies this is the book for you. If you are someone like myself, frequently journaling, reflecting and conversing about living your most authentic life, this is the book for you! For the novice at self-fulfillment Dr. Stoneham shares her Thriver model by clearly explaining seven steps anyone can follow, providing examples from her own personal journey to becoming one who thrives. For those like myself The Thriver's Edge is like a nudge in the right direction. Some steps are one's you may have taken or contemplated but by reading her logical progression and being reminded of the value of qualities such as trust, resilience and inner direction you will be inspired to get moving towards living on The Thriver's Edge. The Reflection Questions and Practices following each step, along with the Invitation to Practice provide the framework to begin your own journey. I highly recommend The Thriver's Edge to anyone who wishes to make this one life we have the best it can be! Roberta Dolan ~ author of Say It Out Loud

Are you more afraid of success than failure? Do you undervalue your worth? Are you unaware of the limitations that keep you from flourishing in your life, work, and relationships? A major reason why people don't thrive is because we're focusing on the wrong things on keeping up rather than waking up to what matters most. In The Thriver's Edge, master executive coach and transformational leadership expert Dr. Donna Stoneham uses her powerful THRIVER model to help readers uncover the beliefs and fears holding them back from more fully expressing their gifts. Page by page, Dr. Stoneham explores the many ways to develop and integrate the seven keys—trust, humility, resilience, inner direction, vision, expansiveness, and responsibility—that lead to thriving, illustrating her points with personal stories and inspirational examples of various people who have flourished in the midst of adversity. At the end of each chapter, powerful reflection questions and practices encourage readers to put these seven keys into practice. Practical, applicable, and transformative, The Thriver's Edge is a coach in a book that teaches readers to unleash their potential, fulfill their dreams and offer their best to the world.

If you want to take your life to the next level of thriving, fulfillment, inner peace, love, joy, and all the important things we want in life and still be more effective at work, read The Thriver's Edge. Inspire yourself; promise you'll be glad you did."-- Jack Canfield, New York Times best-selling author of The Success Principles and co-creator of the Chicken Soup for the Soul series; series "All too often, we let the busy-ness of every day take over the meaning of our lives. Reading

this book will change that; by bringing trust and vision to consciousness, we can live and lead more expansively and successfully than ever. After reading *The Thriver's Edge*, you'll have renewed enthusiasm and purpose for all that you do!"--Marshall Goldsmith author of New York Times bestseller *What Got You Here Won't Get You There* From the Author Join the Thriver Movement A movement is a group of people committed to reaching hearts and minds and inspiring change to build a better world. Right now, 3 out of 4 people on the planet aren't thriving (including 1 in 2 adults in the US). Thriving doesn't happen in a vacuum. We need each other. When we learn how to live on the thriver's edge, we help others to thrive by paying it forward and encouraging them to do the same. My dream is that through working together, by 2020, we can reach 2 million people and create a ripple effect of thriving in the world that will help raise those statistics, one person at a time. It's a simple equation. One person learns to thrive and supports another to do the same. Then that person pays it forward and inspires the next person, until each of us becomes a stone that casts a ripple of ever-widening circles of thriving in our families, our communities, and in the teams and organizations we serve. From the Inside Flap "In a world dominated by fear-based approaches to success, *The Thriver's Edge* offers an inspiring and life-affirming alternative. Donna Stoneham writes with the wisdom of one who has guided many people in manifesting their inner gifts."--Tara Brach, Ph.D., author of *Radical Acceptance* and *True Refuge* "The Thriver's Edge is living proof that we can achieve success in the corporate world without sacrificing our personal integrity or starving our soul. In this wise and wonderful book, Donna Stoneham takes us by the hand and shows us how we too can bridge the worlds of business and spirituality."--Jalaja Bonheim, PhD, author of *The Sacred Ego: Making Peace with Ourselves and Our World* "In *The Thriver's Edge*, Dr. Donna Stoneham has masterfully distilled decades of life experience and professional expertise into seven practices essential to thriving. Skillfully presented in a clear and straightforward way, these practices come alive in all their depth and substance with stories and examples that ring true to the reader's own experience. Stoneham's suggestions for developing the seven keys are practical and doable. The series of reflective questions and her sage advice steadily guide readers in their quest to step into a bigger life, express their deepest potential, and become their greatest selves."--Linda Graham, MFT, author of *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being* "The Thriver's Edge poses a powerful question: Consider for a moment how our world be transformed if we supported one another to become the magnificent beings we are designed to be. This book consistently shows us how to do that in ways that support us to thrive, not just survive, which is something the world needs more than ever."--Niki Barr, PhD, author of *Getting Off the Emotional Roller Coaster of Cancer* "The Thriver's Edge is an inspiring, uplifting, and empowering book grounded in the real world experience of a successful executive coach and transformational expert Dr. Donna Stoneham. Sharing transformational experiences that aid in the learning process, Stoneham provides numerous inquiry practices that offer real takeaway value, and she makes deep concepts meaningful and accessible for the reader. *The Thriver's Edge* is well-written, intellectually stimulating, relevant, and spiritually rewarding."--Sandra and Daniel Biskind, authors of *Peace: Power Up Your Life from The Codebreaker Platinum Series* "Your book was powerful, motivating, and it reinforced some decisions I need to make in my life. After open-heart surgery, my focus was to survive, but now that I'm healthy again, I want to thrive. Life is too short to do otherwise."--Bob Lee, author of *Living with Heart Disease: Denial, Clarity and Gratitude*