



## EPISODE ONE **Compassion in the Crucible** WITH ARIANNA HUFFINGTON

On this episode, Shawn speaks with Arianna Huffington, founder and CEO of Thrive Global, a corporate and consumer well-being and productivity platform with the mission of changing the way we live and work by destroying the delusion that burnout is the price we have to pay for success. Arianna explores the role of creative disruption in her work, dreams about a disrupted post-pandemic future, speaks boldly about the challenges of compassion, and even poses the question, "Is Shawn a mutant?" Come combust with us as we dive into these topics and more.



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### THEMES & INSIGHTS

1. You're never too old to create something great and disruptive.
2. Knowing that we need to live healthier isn't always enough. Platforms like Thrive Global can help change our mindsets and integrate new healthy behaviors into everyday life.
3. Practicing kindness and compassion is like exercising a muscle. It requires repetition and practice throughout one's life. Compassionate people are made, not born.
4. Learning to let life unfold without our total control allows us to operate from a place of creativity and abundance, rather than scarcity and fear.

### COMBUSTION QUOTES



"I collapsed from exhaustion, burnout, and sleep deprivation in 2005.... I just simply did not have the luxury of taking care of myself. And after I broke my cheekbone and had to go through multiple tests to find out what was wrong with me, basically, recognized that this was not just my problem, that burnout was actually a global problem."



"[My disruptive mindset] really goes back to the way I was brought up by my fearless mother who made me feel that anytime you want to do something new, there are no guarantees of success. But her point was failure is not a problem. In fact, she used to say to me, 'Failure is not the opposite of success, it's a stepping-stone to success.'"



"The crucible has become metaphorically to mean a time of trial, a time that tests us. And I think we're going through this time, there are incredible losses of loved ones, of jobs, of a sense of normalcy. And at the same time, there is this huge opportunity to imagine a new world that's more compassionate, that's fairer, that's not full of all the things we didn't like about our old world..."

### RESOURCES

[ARIANNA'S BOOKS](#)

[SLEEP RESOURCES](#)

[TED TALK](#)