

Arianna Huffington Quotes

*Sleep, Thinking, Mother, People, Moving, Mean, Business, World, Giving,
Important, Believe, Self, Way, Media, Attitude, Stress, Women, Inspiring, Ideas,
Trying*

Failure is not the opposite of success; it's part of success.

~Arianna Huffington

The economic game is not supposed to be rigged like some shady ring toss on a carnival midway.

~Arianna Huffington

We take better care of our smartphone than ourselves. We know when the battery is depleted and recharge it

~Arianna Huffington

There's no love more intense than the love we have for our kids - and where there is intense love, there is also intense fear lurking beneath the surface.

~Arianna Huffington

Mainstream media tend to just mouth the conventional wisdom, to see everything through the filter of right and left.

~Arianna Huffington

We need to accept that we won't always make the right decisions, that we'll screw up royally sometimes - understanding that failure is not the opposite of success, it's part of success.

~Arianna Huffington

The fastest way to break the cycle of perfectionism and become a fearless mother is to give up the idea of doing it perfectly - indeed to embrace uncertainty and imperfection.

~Arianna Huffington

We think, mistakenly, that success is the result of the amount of time we put in at work, instead of the quality of time we put in.

~Arianna Huffington

The first step toward changing the world is to change our vision of the world and of our place in it.

~Arianna Huffington

In life, the things that go wrong are often the very things that lead to other things going right.

~Arianna Huffington

Naysayers have little power over us - unless we give it to them.

~Arianna Huffington

We all have within us the ability to move from struggle to grace.

~Arianna Huffington

Fearlessness is like a muscle. I know from my own life that the more I exercise it the more natural it becomes to not let my fears run me.

~Arianna Huffington

Fearlessness is not the absence of fear. It's the mastery of fear. It's about getting up one more time than we fall down.

~Arianna Huffington

But you have to do what you dream of doing even while you're afraid.

~Arianna Huffington

Success is not a straight line, it's much more of a dance and being open to possibilities.

~Arianna Huffington

Life is a dance between making it happen and letting it happen.

~Arianna Huffington

The more fearless we are in our personal lives, the more of that spirit we'll bring to changing our world.

~Arianna Huffington

America being behind France in upward mobility is a little bit like France being behind America in Croissants and Afternoon Sex.

~Arianna Huffington

The happiest people are the most giving people

~Arianna Huffington

Living in a state of gratitude is the gateway to grace.

~Arianna Huffington

Ninety nine percent of the time it's not urgent and to create a culture where you are constantly plugged in and expected to be always-on is to create a culture of burnout.

~Arianna Huffington

Live life as if everything is rigged in your favor.

~Arianna Huffington

I think while all mothers deal with feelings of guilt, working mothers are plagued by guilt on steroids!

~Arianna Huffington

The essence of leadership is being able to see the iceberg before it hits the Titanic.

~Arianna Huffington

Fearlessness is the mother of reinvention.

~Arianna Huffington

The journey toward self-discovery is life's greatest adventure.

~Arianna Huffington

I failed, many times in my life. One failure that I always remember was when my second book was rejected by 36 publishers. Many years later, I watched HuffPost come alive

~Arianna Huffington

People discover that by helping others, even when they themselves are suffering, they end up improving their own lives.

~Arianna Huffington

I studied, I met with medical doctors, scientists, and I'm here to tell you that the way to a more productive, more inspired, more joyful life is: getting enough sleep.

~Arianna Huffington

Liberation is an evershifting horizon, a total ideology that can never fulfill its promises.

~Arianna Huffington

The average smartphone user checks his or her device every six and a half minutes.

~Arianna Huffington

Being fearless doesn't mean living a life devoid of fear, but living a life in which our fears don't hold us back

~Arianna Huffington

It's time for our business and political leaders to help redefine morality beyond sex, drugs, and rock and roll to include lying, hypocrisy, and callous indifference to those in need.

~Arianna Huffington

It would be futile to attempt to fit women into a masculine pattern of attitudes, skills and abilities . . .

~Arianna Huffington

If you take care of your mind, you take care of the world.'

~Arianna Huffington

It's not 'What do I want to do?', it's 'What kind of life do I want to have?'

~Arianna Huffington

Never make decisions from a place of lack.

~Arianna Huffington

Meditation is not about stopping thoughts, but recognizing that we are more than our thoughts and our feelings.

~Arianna Huffington

Nothing is ever enough when what you are looking for isn't what you really want.

~Arianna Huffington

Happiness is dealing with setbacks with more grace, understanding and acceptance

~Arianna Huffington

Don't wait until you're not afraid of something to do it. Do it despite the fear and you'll start to develop a 'fearlessness muscle'.

~Arianna Huffington

It's no longer an exaggeration to say that middle-class Americans are an endangered species.

~Arianna Huffington

Our current obsession with creativity is the result of our continued striving for immortality in an era when most people no longer believe in an afterlife.

~Arianna Huffington

We don't have to wait until we move or change jobs to change our lives. Nor do we have to wait for large-scale, upstream change. We can initiate change right now. There are endless starting points.

~Arianna Huffington

I'm much more creative when I've actually taken care of myself.

~Arianna Huffington

Everything you do, you'll do better with a good night's sleep.

~Arianna Huffington

We are not on this earth to accumulate victories, things, and experiences, but to be whittled and sandpapered until what's left is who we truly are.

~Arianna Huffington

Failure is a stepping stone to success.

~Arianna Huffington

You can't manage creativity. You need to manage for creativity. You need to create the space for it to emerge.

~Arianna Huffington

Lasting social change unfolds from inside out: from the inner to the outer being, from inner to outer realities.

~Arianna Huffington

Those who have matured spiritually, now put service to others at the center of their quest and of their lives.

~Arianna Huffington

We're more than just our job titles or our list of professional accomplishments.

~Arianna Huffington

Moving ourselves to the background and others to the foreground is evidence that the (spiritual) search is achieving its purpose.

~Arianna Huffington

Increasingly, staying in the middle class - let alone aspiring to become middle class - is becoming a game of chance.

~Arianna Huffington

Meditation, yoga, and walks are all ways to regulate our stress and reconnect.

~Arianna Huffington

Don't miss the moment. It's all we have

~Arianna Huffington

For a hot-shot CEO taking over a troubled company, mass firings are the ultimate quick fix, the accounting equivalent of crack: cheap, easy to score, instantly gratifying, and highly addictive.

~Arianna Huffington

The harder you try to suppress the truth, the more inevitable it is that it will find a way to come out.

~Arianna Huffington

Arianna, your performance will actually improve if you can commit to not only working hard, but also unplugging, recharging and renewing yourself.

~Arianna Huffington

You can do not just twice as much but 200 times as much when you have a good partner.

~Arianna Huffington

I come from a Greek household. My mother wouldn't let the FedEx man

come in without eating.

~Arianna Huffington

The more we refuse to buy into our inner critics - and our external ones too - the easier it will get to have confidence in our choices, and to feel comfortable with who we are.

~Arianna Huffington

I've always said that I think one of the best and cheapest ways to become healthier and happier is through mindfulness exercises like meditation.

~Arianna Huffington

Don't just climb the ladder, chart a new path.

~Arianna Huffington

There is nothing like becoming a mom to fill you with fear.

~Arianna Huffington

In theory we are all equal before the law. In practice, there are overwhelming privileges that come with winning the birth lottery.

~Arianna Huffington

I don't like the idea of [having] a thick skin. I think we [should] be more childlike.

~Arianna Huffington

When life is at that extremely hard time, all we can control is our attitude.

~Arianna Huffington

Be a go-giver, not a go-getter

~Arianna Huffington

Today we often use deadlinesâ€™real and imaginaryâ€™to imprison ourselves.

~Arianna Huffington

To live exuberantly, we must be prepared to illuminate the dark spots in ourselves.

~Arianna Huffington

Money and power by themselves are a two-legged stool. You can balance on them for a while, but eventually you're going to topple over.

~Arianna Huffington

Any time we have projects that we haven't begun or completed, they drain energy.

~Arianna Huffington

Not only is it harder to be a man, it is also harder to become one.

~Arianna Huffington

I wish I'd known sooner that success isn't defined by who goes the longest without vacation.

~Arianna Huffington

Well, you could become a Southern Baptist. I mean, instead of having to obey the Pope, you could just obey your husband.

~Arianna Huffington

Eulogies never talk about what was on your resume. Be remembered for how you made people feel and your passions

~Arianna Huffington

There may be no single thing that can teach us more about life than death.

~Arianna Huffington

Discover the great ideas that lie inside you by discovering the power of sleep.

~Arianna Huffington

The Republican Party seems unwilling and unable to offer solutions to the crises we are facing, other than pitching the same failed ideas that got us into the mess we are in the first place.

~Arianna Huffington

I think all the obituaries for newspapers we're hearing are premature. Many papers are belatedly but successfully adapting to the new news environment. I

~Arianna Huffington

We all have within us a centered place of wisdom, harmony, and balance.

~Arianna Huffington

Failure is an integral part of life and that perfection is not of this world.

~Arianna Huffington

The next generation will remake the world in a way that allows us to live in a more sustainable way, both personally and globally.

~Arianna Huffington

Often, you'll fail. But, as my mother also taught me, failure isn't the opposite of success - it's a stepping stone to success.

~Arianna Huffington

Newt Gingrich and his fellow conservative Republicans talked a good game but, despite the lip service they offered about poverty and race and other social issues, they didn't really mean it.

~Arianna Huffington

I think especially as women we need to recognize that feeling pressure is completely self-imposed.

~Arianna Huffington

Have you noticed that when we die, our eulogies celebrate our lives very differently from the way society defines success?

~Arianna Huffington

When your house is burning down, you don't worry about the remodeling.

~Arianna Huffington

Hollywood has gone from the capital of conspicuous consumption to the cutting edge of conspicuous conservation.

~Arianna Huffington

Both political parties have a richly vested interest in corporate corruption.

~Arianna Huffington

A little learning is a dangerous thing. I must say that Rush Limbaugh is increasingly becoming a warning to kids of the perils of dropping out of school.

~Arianna Huffington

Basically, success the way we've defined it is no longer sustainable. It's no longer sustainable for human beings or for societies.

~Arianna Huffington

I always try to practice what I preach. I meditate for fifteen minutes every day and do yoga several times a week.

~Arianna Huffington

Being a mother is the role I'm most proud of.

~Arianna Huffington

That's what I try to do as a writer and as the editor of HuffPost: cover important stories in an obsessive way that enables them to break through the din of our multimedia universe.

~Arianna Huffington

Before checking that last email before you go to bed, say to yourself, No, I am important. This is important. My body is more important.

~Arianna Huffington

I'm passionate. I find if I really believe something, I want to put my entire being behind it.

~Arianna Huffington

Learning to code is useful no matter what your career ambitions are.

~Arianna Huffington

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