



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

Donna Stoneham

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Ask Yourself:

- 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--1) trust, 2) humility, 3) resilience, 4) inner direction, 5) vision, 6) expansiveness, and 7) 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.

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