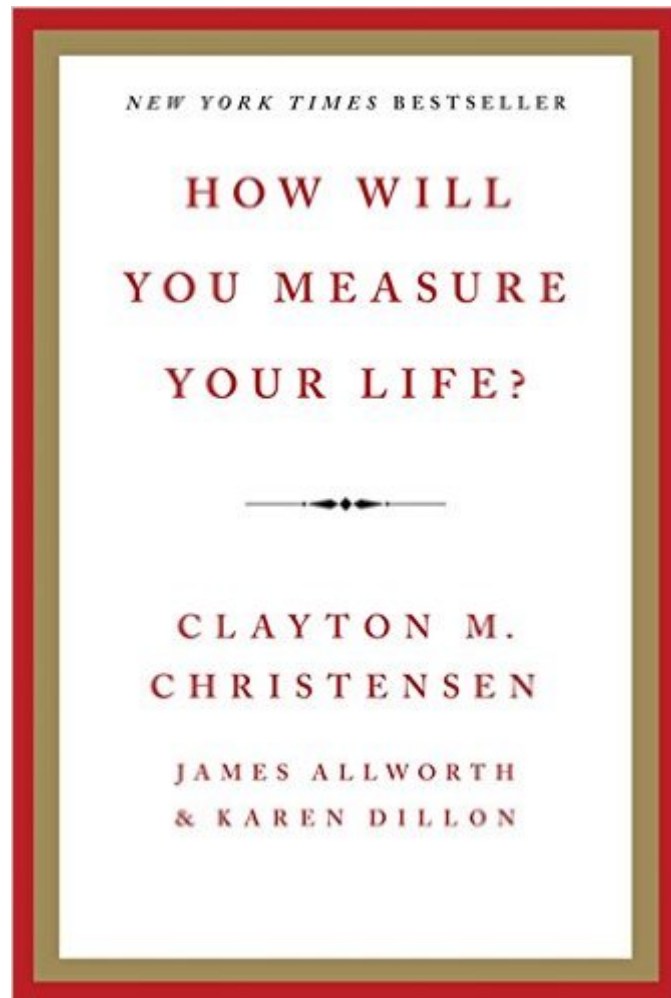


The book was found

How Will You Measure Your Life?



Synopsis

From the world's leading thinker on innovation and New York Times bestselling author of *The Innovator's Dilemma*, Clayton M. Christensen, comes an unconventional book of inspiration and wisdom for achieving a fulfilling life. Christensen's *The Innovator's Dilemma*, notably the only business book that Apple's Steve Jobs said "deeply influenced" him, is widely recognized as one of the most significant business books ever published. Now, in the tradition of Randy Paus's *The Last Lecture* and Anna Quindlen's *A Short Guide to a Happy Life*, Christensen's *How Will You Measure Your Life* is with a book of lucid observations and penetrating insights designed to help any reader—student or teacher, mid-career professional or retiree, parent or child—forge their own paths to fulfillment.

Book Information

Hardcover: 240 pages

Publisher: Harper Business (May 15, 2012)

Language: English

ISBN-10: 0062102419

ISBN-13: 978-0062102416

Product Dimensions: 5.5 x 0.8 x 8.2 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (628 customer reviews)

Best Sellers Rank: #3,268 in Books (See Top 100 in Books) #15 in [Books > Health, Fitness & Dieting > Mental Health > Emotions](#) #99 in [Books > Business & Money > Personal Finance](#) #129 in [Books > Self-Help > Motivational](#)

Customer Reviews

Christensen is one of the deepest thinkers and most thoughtful people I have had the pleasure to meet or hear present. Those traits of deep integrity, thought, consideration come through in this book. However, the title will be misleading as this is not another self help book, nor it is an attempt for Christensen to break into the Tuesday with Morrie crowd. Rather, Christensen turns his considerable intellect and experience to perhaps the most fundamental question of all -- why are we here and how do we know we are making a difference. The book is exceptional in its combination of deep feeling that is personal and experiential alongside deeper thought and business experience. This is a business view of life, not in terms of profit or loss, but more in terms of ideals, ethics, integrity and brutal honesty about yourself, who you are and where you are going. Such

deep moral subject matter could be dry and preachy, but Christensen and his co-authors are anything but. They explain their position in a series of theories -- simple ideas that you can use as tools to inspect and apply to your own experience. They avoid simple formulaic answers like you would find in some books and generic principles about success contained in others. This is a book that exposes the theory behind the issues below, the sources of conventional business and management wisdom and offers new ways of thinking about these important issues.

This book grew out of Christensen's address to the HBS Class of 2010. When they entered the school our economy was strong and their ambitions could be limitless. Then came an economic tailspin that we've named the 'Great Recession.' His address to the graduates, and the focus of this book, centered on how to apply his principles to their personal lives. His first key point is that when people ask what he thinks they should do, he has learned to rarely directly answer their question. Instead, he runs the question through one of his models involving an industry quite different from their own. Then, more often than not, they'll say "I get it," and answer their own question more insightfully than he believes he could have. On the last day of class Christensen asks his students to apply the models he's presented during the course to themselves to answer three questions: 1) How can I be sure I'll be happy in my career? 2) How can I be certain my relationships with my family become an enduring source of happiness. 3) How can I be certain I'll stay out of jail. (Not a facetious question - Jeff Skilling was Christensen's classmate at HBS, and two of the 32 in his Rhodes scholar class spend time in jail.) Addressing the first question, Christensen references Frederick Herzberg's assertion that money isn't the most powerful motivator in our lives - it's the opportunity to learn, grow in responsibilities, contribute to others, and be recognized for achievements. He also points out that if management is practiced well it helps others learn and grow, take responsibility and be recognized. Doing business deals doesn't provide the deep rewards that come from building up people.

How Will You Measure Your Life aims to be a fluff free piece on finding purpose and happiness in your life. To achieve this, Christensen examines how businesses thrive and fail, turning those examples as lessons for our personal lives. He breaks down the book into 3 parts: 1. FINDING HAPPINESS IN YOUR CAREER--Readers familiar with the book "Drive" by Daniel Pink or the two factor theory will find similar advice here. Most people think getting rewards for jobs (i.e. money, benefits, vacation) will increase happiness. Instead these factors merely reduce dissatisfaction. Whereas, Challenging work, recognition, and responsibility will increase our satisfaction in a job.

Christensen urges us not to focus on the result of our career, but on the process (which is a running theme throughout the book). I felt this simple cliché was clouded in Academic language. When I state "Academic," - I merely mean using too many words or new jargon to describe simple concepts. For example, he states if you are currently unhappy in your job, try out new things on the side or use an "emergent strategy," while if you are happy in your career, use a "deliberate strategy" to get better. Despite using the words "emergent", "deliberate", and "strategy", I felt this was pretty common advice.

2. FINDING HAPPINESS IN YOUR RELATIONSHIPS--this section is particularly useful if you are a parent, as much of part II is dedicated to raising better children. Instead of rewarding children for the result (i.e. getting an A), we should congratulate them on their work ethic. I found the point of treating ourselves and people in our lives as "jobs" a particularly fascinating way to look at life. For example, we "hire" school so children can feel successful and have friends.

[Download to continue reading...](#)

Measure for Measure (Folger Shakespeare Library) Measure for Measure: Unabridged (Dover Thrift Editions) Measure for Measure (Signet Classics) Measure and Category: A Survey of the Analogies between Topological and Measure Spaces (Graduate Texts in Mathematics) How Will You Measure Your Life? Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Social Media Metrics: How to Measure and Optimize Your Marketing Investment Social Media Metrics: How to Measure and Optimize Your Marketing Investment (New Rules Social Media Series) What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty (What Your Doctor May Not Tell You About...(Ebooks)) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) Take Back Your Life: 103 Highly-Effective Strategies to Snuff Out a Narcissist's Gaslighting and Enjoy the Happy Life You Really Deserve (Detoxifying Your Life) Tired of Trying to Measure Up: Getting Free from the Demands, Expectations, and Intimidation of Well-Meaning People The True Measure of a Man (Deluxe Paperback) Getting Started with Sensors: Measure the World with Electronics, Arduino, and Raspberry Pi The Measure of Our Success: A Letter to My Children and Yours Measure of Man and Woman: Human Factors in Design Beyond Measure: Rescuing an Overscheduled, Overtaxed, Underestimated Generation The Measure of All Things: The Seven-Year Odyssey and Hidden Error That Transformed the World Let's Measure It! Learn to Read, Math (Learn to Read, Read to Learn: Math) Numeros que mueven al mundo/ Numbers that Move the World: La medicion de la pobreza en Mexico/ The Measure of Poverty in Mexico (Spanish Edition)

