

Arianna Huffington

Founder of The Huffington Post

"Arianna shows that sleep is not just vital for our health, but also critical to helping us achieve our goals."

Arianna Huffington is the founder of *The Huffington Post*, the founder and CEO of Thrive Global, and the author of 15 books, including, most recently, *'Thrive'* and *'The Sleep Revolution'*. She has been named in *Time Magazine's* list of the world's 100 most influential people and the Forbes Most Powerful Women list.

TOPICS:

- Maintaining Your Brain
- Redefining Success
- How Sleep Increases Productivity
- Business Growth & Trends
- Happiness & Mindfulness

LANGUAGES:

She presents in English.

PUBLICATIONS:

2017	The Sleep Revolution
2015	Thrive
2009	Pigs at the Trough
2008	Right is Wrong
2007	On Becoming Fearless...In Love, Work, and Life
2004	Fanatics & Fools
2000	How to Overthrow the Government

IN DETAIL:

In May 2005, Arianna launched *The Huffington Post*, a news and blog site that quickly became one of the most widely-read, linked to, and frequently-cited media brands on the Internet. Celebrated for her work as the co-founder and editor-in-chief of the must-read *Huffington Post*, which in 2012 won its first Pulitzer Prize, Arianna has garnered worldwide acclaim. In 2016 she launched Thrive Global, a corporate and consumer well-being and productivity platform with the mission of changing the way we work and live by ending the collective delusion that burnout is the price we must pay for success. She serves on numerous boards, including Uber, Onex, and Global Citizen. Her two books, *'Thrive: The Third Metric to Redefining Success and Creating a Life of Well-Being, Wisdom, and Wonder'* and *'The Sleep Revolution: Transforming Your Life, One Night At a Time'*, both became instant international bestsellers.

WHAT SHE OFFERS YOU:

Arianna Huffington is one of our leading authorities on the life well-lived. At the forefront of one of the world's most successful news site and a key figure in the current communications revolution, Arianna Huffington discusses the new media, politics, the economy and lessons she has learned on the road to success.

HOW SHE PRESENTS:

Arianna provides audiences with her honest and outspoken views in unforgettable presentations, delivered in her confident and, always high in actionable content.