

Self-centered (adj.)

People become increasingly **self-centered** and unappreciative when success is so narrowly defined by career achievements.

Unappreciative (adj.)

People become increasingly self-centered and unappreciative when success is so narrowly defined by career achievements.

Adversely (adv.)

Given that being overly focused on one's career **adversely** pushes people to their limits and that success can be assessed by various means, I strongly believe we should stop being so career-oriented and instead have a more holistic view on life and achievement.

Facets (n.)

As a result, for the sake of nurturing a welcoming society that embraces individuality, we should value and take pride in the **facets** of life that truly deliver meaning, irrespective of our occupational success.

Hinder (v.)

Laying heavy emphasis on career accomplishments, instead of helping people to achieve better results, **hinders** people from properly choosing between work and lifestyle.

Holistic (adj.)

Given that being overly focused on one's career adversely pushes people to their limits and that success can be assessed by various means, I strongly believe we should stop being so career-oriented and instead have a more **holistic** view on life and achievement.

Onerous (adj.)

As a result, people who value themselves singularly by their career highs suffer badly, as they are doomed to be overwhelmed by the **onerous** burden they impose on themselves and the dissatisfaction brought by their poor work-life balance.

Overwhelmed (adj.)

As a result, people who value themselves singularly by their career highs suffer badly, as they are doomed to be **overwhelmed** by the onerous burden they impose on themselves and the dissatisfaction brought by their poor work-life balance.