

Insomnia (n.)

When people overstretch themselves in the hope of being recognized and promoted, they are more likely to ignore their bodies' warning signals and thus sacrifice their physical and mental wellness, eventually leading them to suffer from **insomnia** or depression.

Interpretation (n.)

Besides, interpretation of success varies from one person to another and its standards cannot be exclusively determined.

Means (n.)

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.

Nurture (v.)

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.

Overstretch (v.)

When people **overstretch** themselves in the hope of being recognized and promoted, they are more likely to ignore their bodies' warning signals.

Promising (adj.)

For example, even though a housewife only stays at home and does not have a **promising** career in the eyes of many, she nevertheless has every right to consider herself successful for feeding her family as well as managing her home day and night.

Pursue (v.)

Very often, overly pursuing career success is counterproductive or even destructive.

Rigidly (adv.)

Rigidly equating success with career performance is demeaning and causes one to lose his or her self-dignity and respect for others.

Sacrifice (v.)

When people overstretch themselves in the hope of being recognized and promoted, they are more likely to ignore their bodies' warning signals and thus sacrifice their physical and mental wellness, eventually leading them to suffer from insomnia or depression.

Self-dignity (n.)

R rigidly equating success with career performance is demeaning and causes one to lose his or her **self-dignity** and respect for others.