

Career-oriented (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.

Counterproductive (adj.)

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

Demeaning (adj.)

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

Destructive (adj.)

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

Depression (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**.

Embrace (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.

Exclusively (adv.)

(ək'zü-lə-tivē) 



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

Fierce (adj.)

With competition becoming increasingly **fierce** in the workplace, whether or not one's success is to be equated with his or her career performance has triggered a heated debate.

Impose (v.)

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.

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.