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The Superstar Paradox: 5 Reasons Overachievers Miss the Mark

How overachievers can stop sabotaging their own success—or level of satisfaction after attaining superstar status

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By Merilee Kern, MBA

In today's fast-paced business climate where nothing is certain but rapid-fire change, masses in business and work life have surrendered themselves to "overachievement" in pursuit of career success. Not just ordinary success, but rather the kind that exceeds expectations courtesy of excessive "above and beyond" effort put forth. Some relent to a life of overachievement willingly and enthusiastically as they yearn to earn, while others grievously succumb to a multitude of pressures (both external and self-inflicted) and work themselves to extremes in order to achieve and maintain an enviable stature and lifestyle overall.

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