

# Ikigai

Ikigai // The Japanese Secret To A Long \u0026 Happy Life Ikigai The Japanese secret to a long and happy life ( English ) Ikigai (detailed summary) - The secret to living your dream life How to Ikigai | Tim Tamashiro | TEDxYYC IKIGAI | A Japanese Philosophy for Finding Purpose Unlock your purpose: IKIGAI by Héctor García and Francesc Miralles | Core Message You've Been Lied To About Ikigai true meaning and how to find it This Simple Japanese Idea Will Change How You Think About Your Entire Life Ikigai | Albert Liebermann and Hector Garcia | Book Summary Best Non Fiction Books for Beginners #11 5 life-changing books you must read in 2024 The problem with Ikigai Find Your Purpose - Ikigai Breakdown (Archive Series) Books That Will Change Your Life in 2024 Don't wait, find your Ikigai | Gangadharan Menon | TEDxSIESCASC Advice for young people: Read dangerous books | Douglas Murray and Lex Fridman Best books on Philosophy for beginners #4 Ikigai 007 00000 0000 0000. 000 00000000 00 000 Unboxing Ikigai by Hector Garcia and francesc miralles #ikigai #trending Ikigai: Find your Purpose Ikigai: The Japanese Secret to a Long and Happy Life | Audiobook in English | @Bookiffer\_audiobooks Wish We Knew These Secrets Earlier | Ikigai Book Summary IKIGAI 00 the Japanese Secret to a Long Happy Life (Full Audiobook) Ikigai, The Japanese Secrets to a Long and Happy Life. Animated book summary. The Japanese Formula For Happiness - Ikigai Ikigai: The Japanese Secret to a Long and Happy Life - Audiobook | Discover the Key to Purpose IKIGAI - A Japanese Secret to a Long \u0026 Happy Life | The Book Show ft. RJAnanthi | SuthanthiraParavai IKIGAI Book Summary In Hindi By Héctor García How To Live A Long And Happy Life - Philosophy of Ikigai Ikigai by Hector Garcia and Francesc Miralles | One Minute Book Review

Practical Guide to Ikigai

Ikigai

Ikigai

IKIGAI JAPANESE SECRET and HYGGE HAPPINESS NOW

Ikigai

Ikigai

How to find your Ikigai: unlock the secret to authentic fulfillment

Ikigai

Ikigai

Ikigai Find your passion, discover your purpose and live a fulfilled life Guidebook for personal growth, happiness and success

IKIGAI for Leaders and Organisations

Ikigai

Finding Your Ikigai

Summary

You Know The Glory, Not The Story!: 25 Journeys Towards Ikigai

Ikigai

Ikigai

The Book of Ichigo Ichie

*Ikigai*

OMB No. 6112978433554 edited by

**MACIAS CARLA**

## PRACTICAL GUIDE TO IKIGAI

Diamond Books

Find your ikigai, or 'reason for being' in this twelve-week personal development program and change your life profoundly. Ikigai is a Japanese term that can be translated, simply, as 'reason for being', and many people across the world believe that finding your own personal ikigai is the secret to a long and happy life. The Book of Ikigai is divided into twelve chapters, one for each week. Each chapter starts with a reflection and personal anecdotes from the author, reiki master Caroline de Surany, and includes playful daily exercises—from drawing to playing a game—to enable you to get closer to your ikigai. Move from Week one: I reconnect with myself, through to Week four: I am not what you think I am, and Week eight: I adopt an attitude of selfcompassion— all the way to Week twelve: I glow. By the time you have finished this book, you will be empowered to understand your own values—what makes you feel connected; what makes you feel love; what gives you a sense of place in the world—and move towards a way of life that will bring you peace of mind and lasting joy. [Ikigai](#) Createspace Independent Publishing Platform

IkigaiPenguin

[Ikigai](#) Scholastic Inc.

LEARN THE SECRETS OF CALM AND ANXIETY-FREE LIFE... Have you ever suffered from mild or severe stress and anxiety? Would you like to perfectly balance your mind and your body to achieve fulfillment and happiness? Or maybe, you already heard about IKIGAI, and now you want to master Japanese ways of living? If you answered "Yes" to at least one of these questions, then keep reading... "PRACTICAL GUIDE TO IKIGAI" - an everyday guide that is going to teach you the Japanese way of living and change your perception about life and its purpose. Over 70% of people in the USA at least once a week suffer from daily stress and anxiety. It is no different in almost all western countries. Medications and various drugs became the most popular treatment methods to manage and control such diseases as severe anxiety and depression. Is there a better way? Years ago I was in the same spot you may be right now, looking for my purpose in life, it looked like the only weight I was carrying on my shoulders was the weight of stress and severe anxiety. It wasn't getting better until one day, a day when I decided to listen to my Japanese Grandmother, to look back at my roots, and learn about the IKIGAI method. After many years of practicing and teaching others the Japanese way of living, I decided to create a book and help as many people as I can to find their life path and forget stress and anxiety once and for all. Take a look at only a few things you are going to get out of this book: IKIGAI diagram to figure out your life purpose The most important pillars of IKIGAI The power of small things you need to do every day What is Okinawa diet why it can be called the healthiest? 8 tiny changes to make your life 10-times more enjoyable How to get rid of stress and anxiety once and for all? Happiness and longevity the Japanese way 5 exercises for a happier and more productive life Much much more... If you came to this point, you are definitely ready to start your IKIGAI journey, so don't wait. Scroll up, click on "Buy Now" and start learning!

**IKIGAI JAPANESE SECRET and HYGGE HAPPINESS NOW** Mango Media Inc.

Do you want to live a happier and more fulfilling life? If yes, then this is the right book for you!The Japanese believe that everyone has an Ikigai. It is the meaning of one's life and the reason you wake up every morning. According to them, the secret to living a long, happy, and fulfilling life is finding your Ikigai. When you have discovered your Ikigai, it adds value and joy to every day in your life. It is the intersection point of your passions, talents, and mission. Once you have a sense of purpose, you become a lot more resilient to anything life throws at you. Japanese people are also quite different from westerners in another way- they don't really retire. This is why the Japanese thrive in every situation. Their Ikigai allows them to find joy in being busy, and this is why they remain active throughout their lives. As you read this book, you will discover: -The concept of Ikigai-How you can find your Ikigai-How it will help you improve every area of your life. -You will read about the people of Okinawa and other blue zones in the world to learn how they achieve longevity.-Ikigai will teach you how you can eat, sleep, think, and work better while improving your relationships with the ones around you. So, if you are looking for a guide to help you find meaning in your life and a way to live your best life, click on the Buy Now button and grab your copy today.

## IKIGAI

Athena Publishing

Ikigai - toto krásné japonské slovo znamená: vidět v životě smysl. Různé studie dokládají, že lidé s dostatkem ikigai toho od života očekávají více a jejich život je naplněnější. Zkrátka a dobře: vědí, proč ráno vstát z postele. Ikigai je poklad ukrytý v nitru, stačí ho jen vyzdvihnout. Hluboko v sobě ho máme všichni, jen k němu musíme proniknout, abychom našli více inspirace, radosti ze života, energie a dospěli ke zdravému, šťastnému životu. Ikigai je celistvá životní filozofie a zahrnuje témata jako vědomé dýchání, stravu, vnitřní klid a individuální životní rytmus. Bettina Lemke osvětluje princip ikigai a za pomoci praktických cvičení nás vede k tomu, abychom objevili své vlastní ikigai.

## IKIGAI

Createspace Independent Publishing Platform

Unlock The Many Secrets Of Ikigai and Hygge With This Amazing And Unique Guide: Improve Your Quality Of Life And Living Long, Work, And Relationships!Do you wish to improve your quality of life and living long?Would you like to find happiness by dealing with procrastination and achieving success? If so, then keep on reading! You will find that this book is perfect for you. Discover more about two of the oldest and most unique philosophies that is practiced widely today - Ikigai and Hygge! Read to this book, and see your worries and bad habits disappear, as you find yourself on a learning journey working on your qualities and improving your life! Find once again your lost focus and achieve your goals! Ikigai and Hygge will help you find purpose and joy in life, and by fixing your bad habits and lifestyle, help you achieve a long and happy life. With this guide, you will be able to study and master different terms, definitions, and practical examples that will help you in your everyday life. Here's what you can learn from our amazing guide on Ikigai and Hygge: Discover the many secrets behind the success of Ikigai and Hygge What does the 80 percent secret represent Various case studies that will help you understand Ikigai better Words of wisdom from the longest-living people in the world How do yoga, Wabi-Sabi, Quigong, and tai chi fit into the concept of Ikigai and Hygge And much more! If you are still wondering whether this book can help you, then you shouldn't worry anymore. Here, you will get acquainted with the Japanese and Danish culture and history, but also learn about different concepts that will help you master! This book is perfect for you if you are looking to change your life for better! Scroll up, click on "Buy Now with 1-Click", and Get Your Copy Now!

## HOW TO FIND YOUR IKIGAI: UNLOCK THE SECRET TO AUTHENTIC FULFILLMENT

Kyle Books

Ikigai - The Japanese Secret to a Long and Happy Life by Hector Garcia At some stage in life, we will all inevitably question the point of existence, and try to pinpoint the purpose or ambition that legitimizes our time on the earth. The word ikigai has no literal translation but stems from the words iki, meaning life, and kai, meaning worth. Your ikigai lies somewhere between your values and your desires and evolves throughout your lifetime in accordance with the person you are. "The Ikigai Method" proposes several ways to help better understand your reason for being. By reflecting on the past, grounding ourselves in the present, and projecting ourselves in the future we can revolutionize our lives for the better! Why read this summary: Save time Understand the key concepts Notice: This is a IKIGAI: THE JAPANESE SECRET TO A LONG AND HAPPY LIFE Book Summary. Richard Koch Book. NOT THE ORIGINAL BOOK.

Kyle Books

Would you like to perfectly balance your mind and your body to achieve fulfillment and happiness? Or maybe, you already heard about IKIGAI, and now you want to master Japanese ways of living? This is question we've all asked ourselves and a question that is answered in great detail with the help of Ikigai in this complete guide book by author Jim Lee who broke down the details of of how the Japanese practice can help discover life's purpose. This is an everyday guide that is going to teach you the Japanese way of living and change your perception about life and its purpose. Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work for you, loved ones and the society as a whole. Here's what you can expect from The Ikigai; The Complete Guide: - What Ikigai Is All About! - How to Find Your Ikigai - Some Key Ideas of Ikigai - Discovering Life's Purpose - Reasons You Need To Discover Life's Purpose - The Importance of Finding Your Purpose - Understanding the Four Circles of Ikigai - How to Define your Purpose with Ikigai? That is not all that this book has to offer! This Japanese concept of work-life

balance, Ikigai can give you a fulfilling, happy & long life. If you need to get a grip of your life facets then this complete guide is what you need! Copyright (c) 2020 Jim Lee © 2020 Jim Lee

## IKIGAI

### The Experiment

"Awakening Your Ikigai is really quite a delightful look at sometimes mystifying Japanese traditions."—The New York Times Book Review Introducing IKIGAI: find your passions and live with joy Ikigai is a Japanese phenomenon commonly understood as "your reason to get up in the morning." Ikigai can be small moments: the morning air, a cup of coffee, a compliment. It can also be deep convictions: a fulfilling job, lasting friendships, balanced health. Whether big or small, your ikigai is the path to success and happiness in your own life. Author Ken Mogi introduces five pillars of ikigai to help you make the most of each day and become your most authentic self: 1. starting small → focus on the details 2. releasing yourself → accept who you are 3. harmony and sustainability → rely on others 4. the joy of little things → appreciate sensory pleasure 5. being in the here and now → find your flow. Weaving together insights from Japanese history, philosophy, and modern culture, plus stories from renowned sushi chef Jiro Ono, anime filmmaker Hayao Miyazaki, and others, Mogi skillfully shows the way to awaken your ikigai.

## IKIGAI

### Mladá fronta

In The Ikigai Journey, authors Hector Garcia and Francesc Miralles take their international bestseller Ikigai: the Japanese Secret to a Long and Happy Life a step further by showing you how to find your own ikigai through practical exercises, such as employing new habits and stepping outside your comfort zone. Ikigai is the place where our passion (what we love), mission (what we hope to contribute), vocation (the gifts we have to offer the world) and profession (how our passions and talents can become a livelihood) converge, giving us a personal sense of meaning. This book helps you bring together all of these elements so that you can enjoy a balanced life. Our ikigai is very similar to change: it is a constant that transforms depending on which phase of life we are in. Our "reason for being" is not the same at 15 as it is at 70. Through three sections, this book helps you to accept and embrace that—acting as a tool to revolutionize your future by helping you to understand the past, so you can enjoy your present. Section 1—Journey Through the Future: Tokyo (a symbol of modernity and innovation) Section 2—Journey Through the Past: Kyoto (an ancient capital moored in tradition) Section 3—Journey Through the Present: Ise (an ancient shrine that is destroyed and rebuilt every twenty years) Japan has one of the longest life spans in the world, and the greatest number of centenarians—many of whom cite their strong sense of ikigai as the basis for their happiness and longevity. Unlike many "self-care" practices, which require setting aside time in an increasingly busy world, the ikigai method helps you find peace and fulfillment in your busy life.

*Ikigai Find your passion, discover your purpose and live a fulfilled life Guidebook for personal growth, happiness and success* Hardie Grant

You Are 1-Click Away From Learning What You Need To Do To Get Up Each Morning, And Live A Long, Happy Life Through Leveraging The Japanese Philosophy Of Ikigai! The Japanese have always fascinated everyone who's been in touch with their lifestyle and culture. Having one of the longest lifespans is one of them! If you ask the average Japanese why they live for so long, and why they're often so happy, you'll likely get all kinds of responses, but if you dig deeper, you'll find that the main reason is a belief and adherence to a philosophical concept known as Ikigai. Loosely translating to "reason for being or waking up (every day)", it's the reason their lives matter and also the reason these people live a happy life. So if you've not been the happiest or most optimistic individual recently; you've not been able to find meaning in life, or even find what you love in relation to your values, then this is your book. Perhaps more importantly, if you want to prolong your life and have a reason to enjoy every moment of your life, having found your "Ikigai", you're in safe hands. Ikigai is a book that is designed to guide any soul that is caught up in the modern rat-race; desperately seeking to find true peace and a meaning of their life. It is meant to show you the way to increase happiness and extend your life in very simple steps. If questions like... What does it really entail, beyond the definition? How exactly does it prolong life? How do you find your own Ikigai? What techniques can you follow to achieve better inner peace and happiness? And other related ones are going through your mind, keep reading... Here's a more precise list of the topics it covered: The basics of Ikigai for beginners, including what it is, how it works, history and more The health benefits of Ikigai How the Ikigai helps prolong life Locating and finding your own Ikigai through self-reflection Ikigai as a practice in today's fast paced life The place of the Ikigai diet and the Okinawan diet in nourishing your Ikigai The meaning of life for entrepreneurs The significance of finding your true Ikigai as a leader ...And so much more! Even if you've done everything within your ability to find yourself and true happiness, and failed, this book is giving you another chance. Armed with an approach and a practice that has flourished for centuries, you're guaranteed to turn your life around and have a more, positive outlook, and a longer life. Do you want to get started? Scroll up and click Buy Now with 1-Click or Buy Now!

### IKIGAI for Leaders and Organisations Pier 9

Based on the wisdom of the old Japanese philosophy of IKIGAI (the reason/purpose of life), Frank Brueck, developed a unique model to review your own (working) life in these trying times. He simply asks: Have you managed to fully integrate the following four key dimension into your personal and organisational life: What you are really good at? What do you love to do? What the world needs? What you need for the market? Only when you manage to truly live all these four dimensions individually as a leader and collectively in an organisation, you may reach your IKIGAI - a state in which purpose and meaning fulfil your daily life and in which you generate a positive impact for society and the environment. The book describes how you can assess yourself and how you can find out which one of the eight IKIGAI Leader Types you are and how you can improve yourself towards the state of IKIGAI. When IKIGAI is reached you do not only feel deeply satisfied and passionate about the things you do, but may even experience a state of flow carrying you through your professional life. In this state work will not drain your energies, but will provide new energy and balance. The model with 8 different IKIGAI Business Types works also for organisations. Companies can operate very successfully in a dynamic and yet balanced way without falling into the trap of exploitation of people and the environment. This is a collective state of leadership and a collective state of IKIGAI for an entire organisation. It is reflected in the corporate culture, crystallises in behaviours and serves as a source of power and inspiration for all members of an organisation. This book is a very practical guide with assessments, lots of real life cases and examples. A must-read for leaders and managers, but also for consultants and coaches who will enjoy a new unique way to assist their clients in a direct and meaningful way.

### Ikigai Createspace Independent Publishing Platform

In every corner of the globe, the pursuit of purpose and meaning is a universal quest that resonates deeply within us all. Now, Peter Lee, the visionary co-founder of Kizzi Magazine, a publication dedicated to holistic business strategies, presents a guiding beacon for your journey in How To Find Your Ikigai. Why is discovering your Ikigai—a Japanese concept representing the convergence of passion, mission, vocation, and profession—so vital? Because it holds the key to unlocking a life that

goes beyond mere existence and instead, ignites a blazing path to authentic fulfillment. In a world overflowing with distractions, How To Find Your Ikigai is your roadmap to steering your life towards one that resonates with purpose, significance, and unwavering joy. This isn't your typical self-help book; it's a transformative companion designed to help you seamlessly weave your unique Ikigai into the fabric of your everyday existence. Peter Lee's mastery of holistic well-being, gleaned from pioneering strategies in the business arena, translates into actionable insights that will revolutionize your understanding of Ikigai. Inside these pages, you'll embark on an expedition of self-discovery that spans from unearthing the historical roots of Ikigai to practical techniques for identifying your passions and values. Armed with real-life anecdotes, thought-provoking exercises, and profound wisdom, you'll navigate the terrain of change, embrace adversity with resilience, and craft a life marked by purposeful intent. Are you ready to embrace a life that resonates with the core of your being? How To Find Your Ikigai is your gateway to a world where each day is an opportunity to flourish and every step you take is guided by a purpose that shines from within. Join the ranks of those who have unlocked the secret to authentic fulfillment and embark on a transformational journey to a life of purpose, passion, and unbridled happiness.

## FINDING YOUR IKIGAI

### Penguin

Discover your Ikigai - find your passion, discover your purpose and live a fulfilled life! In this book, you'll learn everything you need to unlock your full potential and achieve lasting happiness and success. Dive into the fascinating world of Ikigai, a centuries-old wisdom from Japan that will inspire you. Highlights of the book: Meaning of Ikigai: Learn how Ikigai can positively impact your life and lead you to greater happiness, contentment, and well-being. Practical application in everyday life: Integrate Ikigai into your life and develop your passions in different areas. Overcome obstacles and live your Ikigai to the fullest. Spiritual Dimension: Discover the connection between Ikigai and Zen Buddhism, mindfulness and Eastern wisdom. Experience practical meditations and rituals for a deeper spiritual experience. Ikigai in Business and Career: Learn how to apply Ikigai in a professional context and shape your career according to the principles of Ikigai. Travel and Culture: Explore the fascinating connection between Ikigai and Japanese culture, especially Okinawa. Integrate elements of the Okinawa way of life for your own well-being. Psychology and Well-Being: Deepen your understanding of Ikigai through psychological perspectives and utilize scientific findings for a fulfilling life. Practical Exercises and Reflections: Using exercises and reflection questions, find your own ikigai and anchor it in your daily life. Community and Relationships: Build deeper connections with others and work together on projects that have a positive impact on society. Adaptation and Flexibility: Adapt your Ikigai to change and discover new opportunities for continued growth. Overcoming Obstacles: Learn effective strategies to overcome obstacles to your Ikigai. Long-term focus: Take a long-term perspective and work continuously to develop your Ikigai. Don't miss the opportunity to live a full and meaningful life. Walk the path to your Ikigai and find out how to discover your true purpose. Get this book today and start your journey to a life of purpose and meaning!

### Summary Independently Published

In this book, you can learn about the Japanese philosophy Ikigai and, more importantly, learn about how you can start living a joyful and fulfilled life regardless of your personal circumstances. In this short book, I'll share with you what Ikigai is, why you should learn and pursue it, and how to go about discovering your Ikigai. By the end of the book, you'll be in a very good position to start discovering and pursuing your Ikigai en route to a life of joy and fulfillment.

**You Know The Glory, Not The Story!: 25 Journeys Towards Ikigai** Tuttle Publishing  
AS HEARD ON THE STEVE WRIGHT SHOW 'FORGET HYGGE. IT'S ALL ABOUT IKIGAI (THAT'S JAPANESE FOR A HAPPY LIFE)' The Times Find out how to live a long and happy life thanks to the ikigai miracle, a Japanese philosophy that helps you find fulfilment, joy and mindfulness in everything you do. It is extraordinary that Japanese men's longevity ranks 4th in the world, while Japanese women's ranks 2nd. But perhaps this comes as no surprise when you know that the Japanese understanding of ikigai is embedded in their daily life and in absolutely everything that they do. In their professional careers, in their relationships with family members, in the hobbies they cultivate so meticulously. Ken Mogi identifies five key pillars to ikigai: Pillar 1: Starting small Pillar 2: Releasing yourself Pillar 3: Harmony and sustainability Pillar 4: The joy of little things Pillar 5: Being in the here and now The Japanese talk about ikigai as 'a reason to get up in the morning'. It is something that keeps one's enthusiasm for life going, whether you are a cleaner of the famous Shinkansen bullet train, the mother of a newborn child or a Michelin-starred sushi chef. The Five Pillars at the heart of everything they do. But how do you find your own ikigai? How does ikigai contribute to happiness? Neuroscientist and bestselling Japanese writer Ken Mogi provides an absorbing insight into this way of life, incorporating scientific research and first-hand experience, and providing a colourful narrative of Japanese culture and history along the way.

## IKIGAI

### Penguin

Want to Learn the Secrets to a Long, Happy, Fulfilled Life? Then Keep Reading! Do you want to live a life that aligns with your values? Are you looking for motivation and courage to pursue all your passions? Would you like to get paid for things you're actually good at instead of struggling to learn how to make a living? You came to the right place! With all the noise of the modern world, more and more people fall victim to depression and anxiety. Studies show that most young adults have their first existential crisis as early as 25 years old. Why? Because we struggle to find our purpose. Purpose is what drives humans to wake up every morning. Without purpose, we lose motivation and meaning. Whether it's striving to be great at your job or having financial stability, everyone can benefit from having purpose. So, what's yours? If you don't have the answer yet, don't fret. This is why we're here - to help (I guess you could say that's our purpose, too). Introducing "Ikigai" by renowned life coach Michael Luck. Ikigai is a Japanese concept that allows what you're good at and what you love doing to intersect. Through best practices, you will cultivate a life you'll be proud of! In this eye-opening book, readers like you will learn the Japanese art of finding purpose... and all the happiness and meaning it brings! Throughout this comprehensive guide, you will: Learn the crucial steps in finding what your purpose or calling is Live to the fullest without sacrificing earning potential by realigning your strengths Find out how you can harness the power of ikigai to help your business succeed Nourish your mind, body, and soul by learning the best practices and diets And so much more! This book acknowledges that dissatisfaction is a common ailment of human beings. We all want to be more, so we strive for more. But "more" isn't necessarily what's right for us. No matter how much money you make, you will always feel empty if you're not living an authentic life - a life aligned with your purpose. So, what are you waiting for? Scroll up, Click on "Buy Now with 1-Click", and Start Living a Long, Happy, More Purposeful Life Today!

### Ikigai Jurij Statjow

Discover the art of mindfulness through words, phrases, haikus, and photographs that reflect the stillness and meditative nature of Japanese culture. From the wistful poetry of mono-no-aware, a word that asks us to recognize the bittersweet transience of all things, to the quiet harmony of wa,

which knits together all of society's structures, *Ikigai and Other Japanese Words to Live By* is an introduction to the intricacies and value of Japanese phrases and concepts. This book inspires you to incorporate these into your own lifestyle and adopt a more mindful attitude towards stress, seeking meaning beyond materialism. In addition to over 40 Japanese words, *Ikigai* features musings on places of beauty, community, and time and nature in Japanese thought. Imperfect beauty and reflection are encouraged by way of compelling haikus and Michael Kenna's black-and-white photography. Organized thematically into seven sections including Harmony, Beauty, Nature, Mindfulness, Gratitude, Time, and Respect, this book inspires calm mindfulness in a harried world.

**The Book of Ichigo Ichie** World Scientific

Japanese philosophy *Ikigai* is the meaning of life or some important good reason that causes a person to wake up in the morning, and the discovery of which brings satisfaction and gives more significance and fullness of human life. Many people look for a reason to get up in the morning, but few people understand that it is necessary to look inside your soul, listening to your inner voice, and not to succumb to the opinion of others. The finding your *ikigai* is a fundamentally important task for everyone who seeks to live a long, happy life filled with meaning, and not just to exist in our difficult world. If a person has found his destination, his life is filled with joy, energy and harmony, and its quality and duration will increase. My book is a great guide that can make you happy person. Today you will learn how to cope with stress, understand that it is important to do business that brings you pleasure, you realize that makes you vulnerable, you look differently at your work and hobbies, you will see the beauty that you have not noticed before, and feel the joy of every day of your life.

Opening the main business of your life will require a significant investment of your time and energy. You will have to make a meaningful and important decision. Unfortunately, many people understand its necessity too late. The sooner you start searching for your *ikigai*, the sooner you will feel calm and satisfaction from your life. It is never too late to start looking for *ikigai*! However, the earlier you start searching, the more chances you have to find the right direction that will easily replace motivating trainings and unsuccessful attempts to force yourself to love what you do not like. Such search need a lot of work, energy and awareness. Please be patient! The search can take years and the most important thing in it is to keep looking for your *ikigai*. In addition, my book will teach you to

be happy and live every day with joy and enthusiasm. It will help you improve your health, establish relationships with people at work and at home, you can live in harmony with yourself. This is a great guide to improve the quality of your life. It is a simple, concise and understandable book based on an ancient Japanese concept. I am sure that my book and Japanese philosophy will help you find your *ikigai* and make you a happy person.

**THE BOOK OF IKIGAI**

Noura Books

Do you feel that life is slipping by so fast that you might never get the chance to live with the meaning, happiness and joy you know you deserve? Do you get overwhelmed by your circumstances and the current situation you are in? Irrespective of what stage you are in life; a student wanting to have more choices in career, a woman who is asking herself "Is this all that is there?" an executive working hard to get that next promotion, a person in middle age trying to find out the meaning of his life and existence, Finding your *Ikigai* will be the guiding light that leads you to a brilliant new way of living. In this easy-to-read yet wisdom-rich manual, the author offers simple solutions to life's most complex problems, and a powerful way to enjoy the journey while you create a legacy that lasts. Pointing out what one essentially needs in a mandate to excel, both personal and professional lives, it is kind of a self-help book that quintessentially talks about achieving success in life. The reader can learn to mould their thoughts and actions and achieve success in their chosen field. Each one of us has a reservoir of potential, and this book helps the reader to tap into their inner resources to achieve success and happiness. The key is to strive constantly for self-improvement. It is a guide to up-surfing of one's true potential, steering clear of self-deception, steering away from your fears and transforming them into victories. We all have an *Ikigai*, a reason to live, a purpose to fulfil. It's the Japanese word for 'a reason to live' or 'a reason to jump out of bed in the morning.' Finding your *Ikigai* is easier than you might think. This book will help you work out what your own *Ikigai* really is, and equip you to change your life. You have a purpose in this world: your skills, your interests, your desires and your history have made you the perfect candidate for something. All you have to do is find it. Do that, and you can make every single day of your life joyful and meaningful!

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