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Ikigai is a Japanese concept that simply means “reason for being”. Translated roughly into English, it means the “thing that you live for”. Research has found that having a sense of purpose can extend and enrich your life. It can cut your risk of heart disease, stroke, Alzheimer's disease and depression. Ikigai: the Japanese secret to a long, happy life | Jordan ... (PDF) Ikigai: The Japanese Secret to a Long and Happy Life | Tamra Sawyer - Academia.edu Academia.edu is a platform for academics to share research papers. (PDF) Ikigai: The Japanese Secret to a Long and Happy Life ... Quick Summary of the book Ikigai: The Japanese Secret to a Long and Happy Life As mentioned above, this book covers many topics related to the “ art of living .” The authors define ikigai and the rules of ikigai—they conducted a total of one hundred interviews in Ogimi, Okinawa to try to understand the longevity secrets of centenarians and supercentenarians. 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