

# IKIGAI

The japanese secret to  
a long and happy life

HECTOR GARCIA AND FRANESE MIRALLES



# IKIGAI

*.Ikigai* = pronc. *(ee-key-guy)*

*iki* = *life* , *gai* = *worth*



# What is ikigai ?

Ikigai is a Japanese concept  
that means your  
**"purpose for living"** .

## HOW IS IT RELATED TO SOFT SKILLS ??!

1. how to find your true purpose for life (ikigai) .
2. how to manage our work load and personal life.
3. it explains why Japan has highest life expectancy .
4. how to stay resilient when nothing is good in life .





Life is good

**what is purpose of life?**



is to  
live for our "**ikigai** "  
and  
sacrifice life for our "**ikigai**". .

# Why is it important?



A Life without purpose ....  
... is like driving with ***no***  
***destination*** and ***no***  
***directions***

DALAI LAMA



**OK !! But how do i find my purpose ??**

the book of Ikigai have the answer ,

it explains how can a person deal with it .

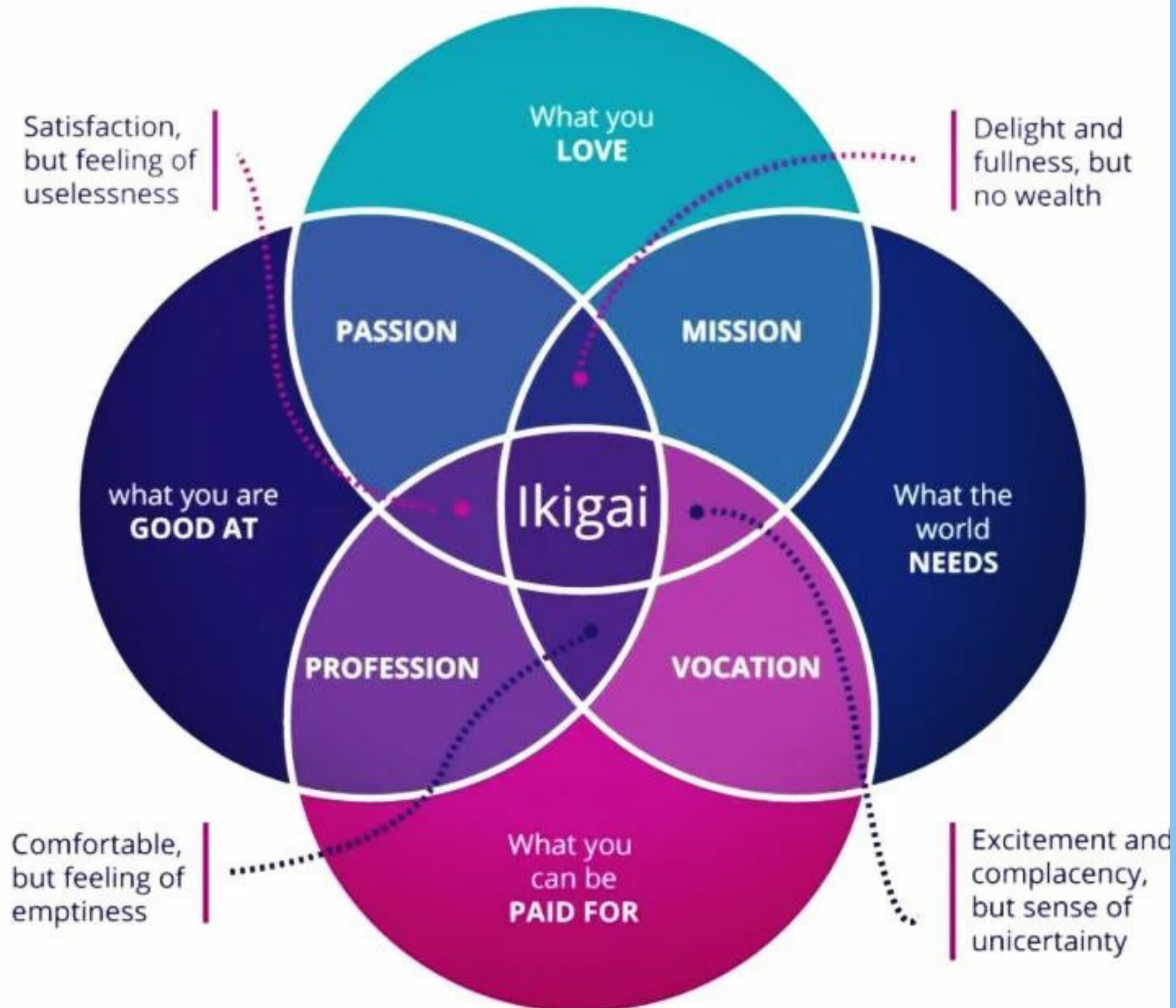
the following venn daigram behind the book explains it all ,it is also the face and the shortest summary of the book .





# IKIGAI

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"





# things that we need to find!

## IN YOURSELF

- what we love ??
- what are we good at ??

## IN WORLD

- needs??
- is it payable





**how many years  
does a average  
*Indian* lives !**

average life expectancy

**COUNTRY**

**AGE**

Japan

84.79 years

world

74.81 years

india

68.51 years

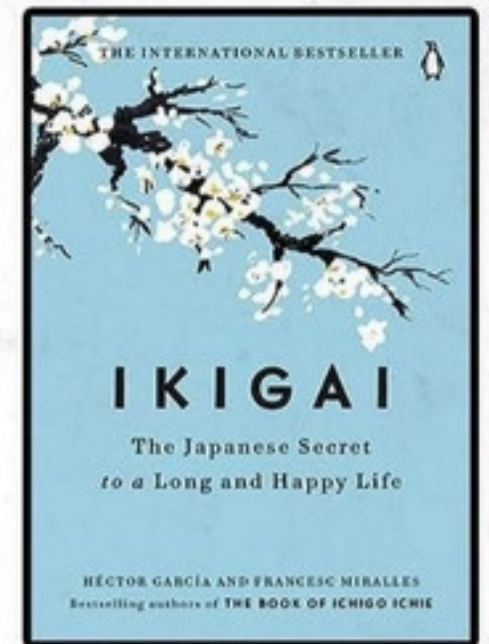




**other valuable  
things to learn !**

# **How to live to 100 years old**

(From Ikigai: The Japanese Secret  
to Living a Long and Happy Life)



**stay active;  
don't retire**



**take it  
slow**



**don't fill  
your  
stomach**



**daily gentle  
exercise**



**connect  
with  
nature**



**live in the  
moment**



**surround  
yourself  
with good  
friends**



**follow your  
passion  
(Ikigai)**



**smile**



**be  
grateful**





# treasure of knowledge

read this book for more interesting concepts,

price = starting from 200 Rs

pages= 179

time estimate= 1 week

languages = english ,hindi,marathi  
,other indian languages too

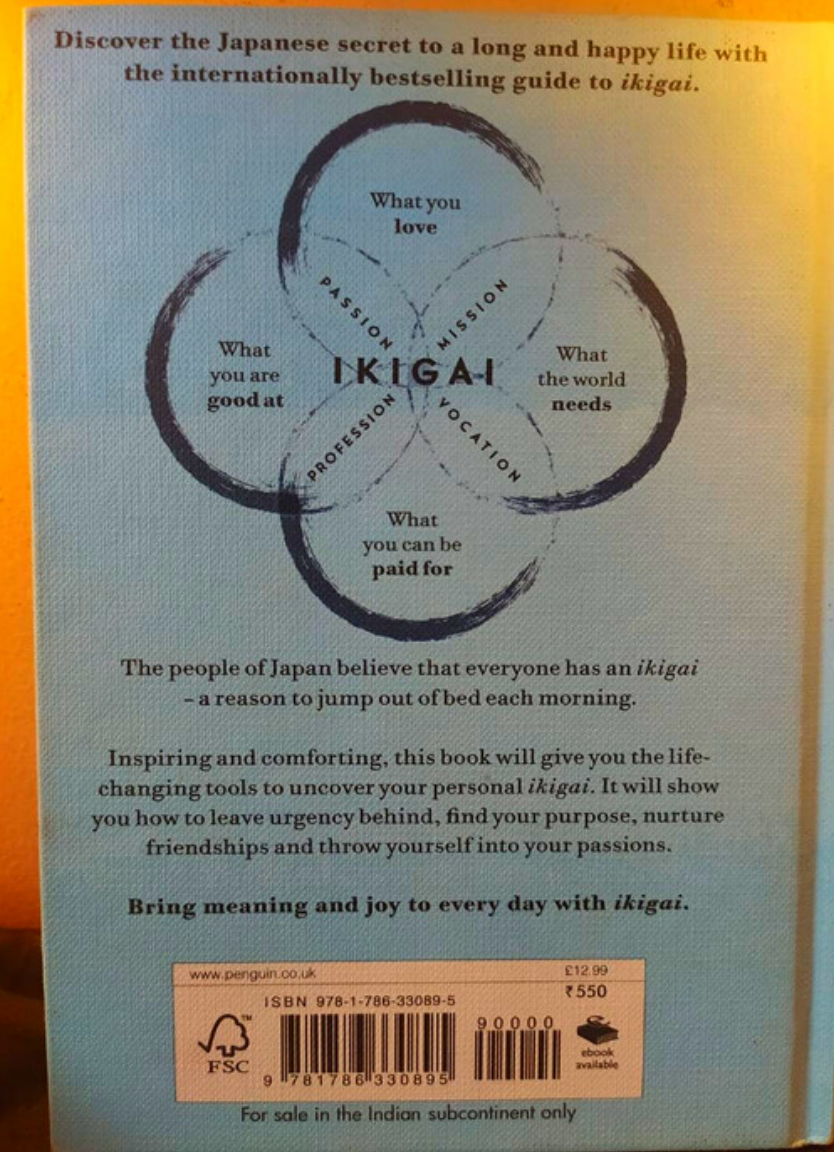
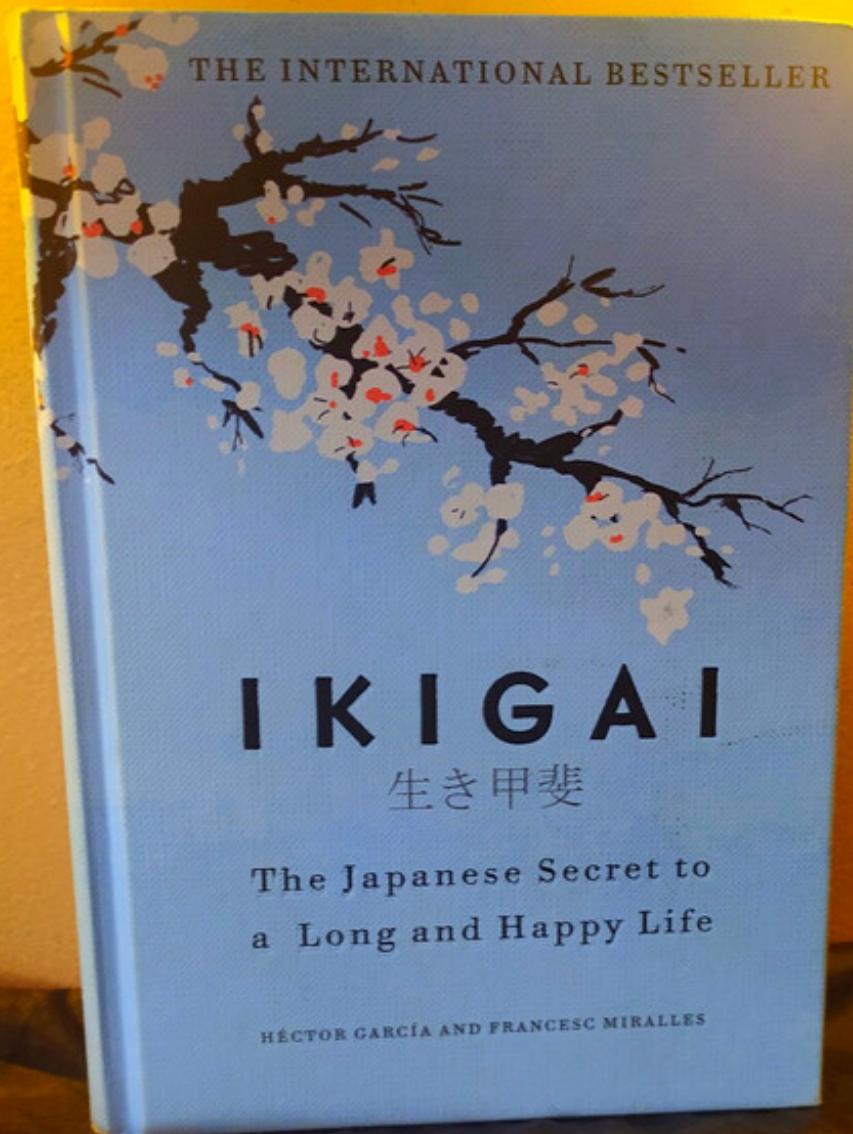


Creativity is intelligence  
having fun.

ALBERT EINSTEIN



# INTERNATIONAL BEST SELLER







*Thank  
you!*