

Beyond Endurance

— Let's update our values and live a joyful life —

Do you believe in the idea that good things come if you just endure hardship? That you
5 shouldn't complain, even when you're struggling? In other words, the belief that
"endurance is a virtue"? This belief is quite old and probably feels out of place—or
even unpleasant—for many people living in today's world. What are your thoughts on
this? Not too long ago, this kind of thinking was widely accepted and used as a guiding
principle in many areas of life. Some people even pushed themselves so far that they
10 ended up with serious health problems. I remember one person who said, "I'm so
frustrated," and then disappeared from the company as if nothing had happened.

Today, we're surrounded by digital tools like social media. If you say something like
"endurance is a virtue," people might just respond with, "That's so outdated."

To be clear, enduring pain or stress doesn't necessarily lead to anything good. The
15 words you accept and the food you eat today can directly affect your body. I hope that
you realize—sooner rather than later—that the greatest happiness lies in taking care of
your own health. Ironically, it's often the people who say, "What are you talking
about?" who need to update their values the most.



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Based in Tokyo. For the past ten years, he has chosen to live a life grounded in joy and peace. Drawing from his own experiences, he offers gentle yet perceptive insights into the ways we connect with others. With a calm and reflective voice, he continues to explore the deep inner theme of forgiveness, sharing his perspective through carefully chosen words.