



Ikigai

Chapter-1 The art of staying young while growing old

- Whatever you do, never retire, Ikigai means doing what we love and means we never want to quit it too. So, whatever you do if you do what you love never retire
 - The Island of eternal youth Okinawa (Japan): they follow the principle called 80 percent, they will just eat until 80 percent of their stomach is full.
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Chapter-2 The Antiaging secrets

- Aging's escape velocity: means every year your aging extends another year until you will never reach it
- Active mind: Your mind should be active and happy always
- Stress: This is the killer of health, mind and everything, never have high pressure in mind which cause you lots of problems
- Mild stress is good for you

- Don't sit a lot, don't sleep less or more
 - Always stay happy and stoic, never waste your energy in reacting to things that can't be controlled
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Chapter-3 Logotherapy

- The purpose of life is the reason you wake up everyday
 - Doctors evaluate those with depression and suicidal thoughts concluded that they don't recognize their purpose to live
 - So doctors help them finding their purpose and that is called logotherapy
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Chapter-4 Flow

- This is a state of mind where you will not focus on anything else except the task you do
 - One will attain the state of flow when they really like what they are doing
 - Once it is attained they will not worry about hunger, emotions and another task
 - Multitasking is the killer of productivity, where as doing one task per moment helps the task to be performed faster and efficient
 - Always choose a difficult task to attain the state of flow
 - Meditate
 - Use flow to find your ikigai, if you attain the state of flow in something you do, that is something you love and that is your ikigai.
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Chapter-5 Words of wisdom for those who lived long

- Nothing much in this chapter we just get to know few who lived longer and mostly the same message is repeating.

Chapter-6 Lessons from centenarians

- Don't worry
 - Have Good habits
 - Nurture Friendship
 - Don't hurry or rush
 - Be optimistic
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Chapter-7 What to eat and drink

- They are just yapping and the contents start to become repeated
 - In your diet make sure you include fiber, fish oil and antioxidant
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Chapter-8 Exercises

- I thought the book will be bad but this chapter saved it focused more on physical activates and not the hard exercise they are more simple but more powerful
 - Never sit a lot, walk short and keep your body moving and put your shoulders up
 - There are many different arts of exercising
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1. Radio Taiso

- A short, structured set of physical exercises broadcast daily on Japanese radio.
- Practiced by people of all ages, especially the elderly.
- Focuses on joint mobility, light cardio, balance, and coordination.

- Purpose: keep the body active every day with minimal strain and no equipment.
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2. Yoga

- Ancient practice combining physical postures, breathing, and mindfulness.
 - Emphasizes flexibility, balance, posture, and controlled breathing.
 - In the book, yoga is highlighted for its role in longevity and stress reduction.
 - Purpose: maintain physical health while calming the mind.
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3. Tai Chi

- A Chinese martial art practiced through slow, flowing movements.
 - Low-impact and suitable for older adults.
 - Improves balance, muscle strength, circulation, and mental focus.
 - Purpose: cultivate harmony between body and mind through movement.
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4. Qigong (Chi Kung)

- A system of coordinated body movements, breathing, and meditation.
 - Similar to Tai Chi but often simpler and more repetitive.
 - Aimed at improving the flow of vital energy (qi).
 - Purpose: enhance vitality, reduce stress, and support internal health.
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5. Shiatsu

- A Japanese form of bodywork based on finger pressure.
 - Works along the body's energy meridians.
 - Used to relieve tension, improve circulation, and promote relaxation.
 - Purpose: maintain physical and energetic balance.
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6. Shodō (Japanese Calligraphy)

- The art of writing Japanese characters with brush and ink.
 - Requires posture, controlled breathing, and concentration.
 - Considered a meditative practice as much as an art.
 - Purpose: develop mindfulness, patience, and inner calm.
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7. Ikebana (Japanese Flower Arrangement)

- Traditional Japanese art of arranging flowers.
 - Emphasizes simplicity, balance, and harmony with nature.
 - Each arrangement is intentional and reflective.
 - Purpose: cultivate aesthetic awareness and presence.
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8. Martial Arts (General Mention)

- Includes disciplines such as karate, judo, and kendo.
 - Practiced not only for self-defense but for personal development.
 - Emphasizes discipline, respect, and continuous improvement.
 - Purpose: strengthen both character and body.
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Core Idea of the Chapter

Chapter 8 emphasizes **gentle, consistent physical activity combined with mindful artistic practices** as a key pillar of longevity, happiness, and ikigai—especially as people age.

If you want, I can also:

- Condense this into a **study table**
 - Create a **daily routine inspired by Chapter 8**
 - Explain **which practices are best for beginners or seniors**
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Chapter 9 Resilience and wabi-sabi

- Nothing interesting in this chapter
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Epilogue

1. Stay active don't retire
 2. take it slow don't hurry
 3. 80 percent rule
 4. Connect
 5. get in shape
 6. smile
 7. Nature
 8. give thanks
 9. live in the moment
 10. follow your ikigai
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