

Iki-gai - Frances Matthews & Hector Garcia

Iki-gai refers to the act of having a purpose in life coming from the Japanese words iki ("to live") and ai ("love"). The meaning of Iki-gai can be summed up about having a purpose in life and having a purpose which you can passionately work towards. This should be something that.

Iki-gai could also be described as something which is, at the intersection of what you love, what you are good at, what the world needs, what you can be paid for. That you were to create a venn diagram the act of Iki-gai would be the center of all these intersections. The author starts off by investigating the variables which cause individuals within these zones to live lives which are statistically longer than anywhere else. From here the author takes about how traumatic stress within life is good for you as it allows you to become stronger and more adept when you partake in stressful situations in the future. This will allow you to become a more well rounded individual in the future. Another aspect which the author discusses pertaining to the importance of happiness is the importance of movement throughout the day no matter how little movement you obtain overall.

consistency is key in this aspect of life is important. You do not necessarily have to do intensive exercise, but you should be doing some kind of movement which provides you with much needed endorphins. Another tip coming from the author is to listen to the lessons of the elders. This is due to the fact that, time is the most powerful indicator in existence, and the wisdom attained through time could be hard to make. One of these lessons coming from the Okinawan centuries is to attempt to stress as little as possible. This is analogous to stoic principles which pertain to the act of changing what you can change, and putting your best effort, and not worrying about things that you cannot change.

Ikegami also implies a form of the bubble strategy because the author understood the fact that you must earn a living to have a baseline level of happiness. Another point that the author makes is that you should always be busy in life as lack of stimulation can lead to the deterioration of health.

Overall the primary premise of Ikegami is that an individual should have a reason to wake up in the morning due to a sense of purpose in life, this is vital as it allows you to be continuously improving and ~~and if agree~~ with daily life allowing you to live life to its fullest.