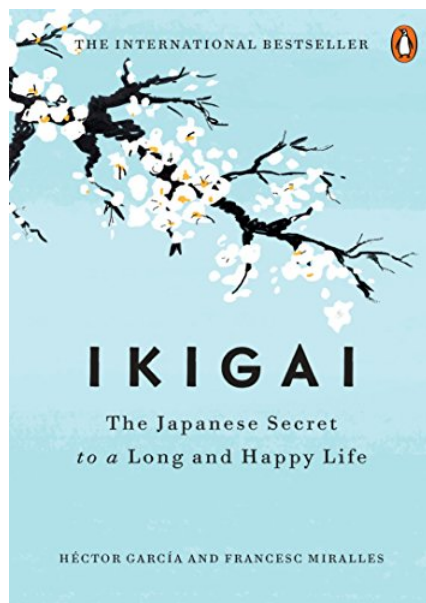


# HhXEI [GET] Ikigai: The Japanese Secret to a Long and Happy Life



CONTINUE ►

Los Angeles Times bestseller Ifhygge is the art of doing nothing, ikigai is the art of doing something and doing it with supreme focus and joy. New York Post Bring meaning and joy to all your days with this internationally bestselling guide to the Japanese concept of ikigai (pronounced ee-key-guy) the happiness of always being busy as revealed by the daily habits of the worlds longest-living people. Only staying active will make you want to live a hundred years. Japanese proverb According to the Japanese, everyone has an ikigai a reason for living. And according to the residents of the Japanese village with the worlds longest-living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai the place where passion, mission, vocation, and profession intersect means that each day is infused with meaning. Its the reason we get up in the morning. Its also the reason many Japanese never really retire (in fact theres no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because theyve found a real purpose in life the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds one of the worlds Blue Zones. Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and their best-kept secret how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who doesnt want to find happiness in every day?

Los Angeles Times bestseller Ifhygge is the art of doing nothing, ikigai is the art of doing something and doing it with supreme focus and joy. New York Post Bring meaning and joy to all your days with this internationally bestselling guide to the Japanese concept of ikigai (pronounced ee-key-guy) the happiness of always being busy as revealed by the daily habits of the worlds longest-living people. Only staying active will make you want to live a hundred years. Japanese proverb According to the Japanese, everyone has an ikigai a reason for living. And according to the residents of the Japanese village with the worlds longest-living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai the place where passion, mission, vocation, and profession intersect means that each day is infused with meaning. Its the reason we get up in the morning. Its also the reason many Japanese never really retire (in fact theres no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because theyve found a real purpose in life the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds one of the worlds Blue Zones. Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and their best-kept secret how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who doesnt want to find happiness in every day?

[Ikigai: The Japanese Secret to a Long and Happy Life pdf free](#)

[Ikigai: The Japanese Secret to a Long and Happy Life epub download](#)

[Ikigai: The Japanese Secret to a Long and Happy Life online](#)

[Ikigai: The Japanese Secret to a Long and Happy Life epub download](#)

[Ikigai: The Japanese Secret to a Long and Happy Life epub vk](#)

[Ikigai: The Japanese Secret to a Long and Happy Life pdf download](#)

[Ikigai: The Japanese Secret to a Long and Happy Life read online](#)

[Ikigai: The Japanese Secret to a Long and Happy Life epub](#)

[Ikigai: The Japanese Secret to a Long and Happy Life vk](#)

[Ikigai: The Japanese Secret to a Long and Happy Life pdf](#)

[Ikigai: The Japanese Secret to a Long and Happy Life amazon](#)

[Ikigai: The Japanese Secret to a Long and Happy Life free download pdf](#)

[Ikigai: The Japanese Secret to a Long and Happy Life mobi](#)

Ikigai: The Japanese Secret to a Long and Happy Life PDF - KINDLE - EPUB - MOBI

Ikigai: The Japanese Secret to a Long and Happy Life download ebook PDF EPUB, book in english language

[download] Ikigai: The Japanese Secret to a Long and Happy Life in format PDF

Ikigai: The Japanese Secret to a Long and Happy Life download free of book in format