

IKIGAI: THE JAPANESE SECRET TO A LONG AND HAPPY LIFE

AUTHOR : HECTOR GARCIA AND FRANCESC MIRALLES

Ikigai by Héctor García & Francesc Miralles is a book which talks about finding your purpose and then following it with all heart to live a happy and satisfying life. The authors take us in this search along with them and make us understand how people of Japan have been living a long and happy life.

ABOUT THE BOOK

It defines what Ikigai is and its rules.
The book says that living a long and full life is under your control to an extent.

#The authors of this book conducted 100 interviews in Ogimi, Okinawa (the world's longest-living community) to gain an in-depth understanding of the longevity secrets.

#Each chapter of the book delivers a well-researched account of Okinawans' lifestyle, attitude, mindset, diet, and routine. The authors argue that your Ikigai keeps your body fighting and living longer.

WHAT IS IKIGAI?



Ikigai is a Japanese concept that roughly translates to 'a reason for being.' It is the intersection of what you love, what you are good at, what the world needs, and what you can be paid for. By finding your ikigai, you can lead a more purposeful and fulfilling life. In the professional context, ikigai can help you find a career that aligns with your passions and strengths while also meeting your financial needs.

HOW TO FIND YOUR IKIGAI?

Finding your **ikigai** requires self-reflection and exploration. Start by asking yourself what you love to do, what you are good at, what the world needs, and what you can be paid for. Make a list of your answers and look for patterns or overlaps. This can help you identify potential career paths that align with your ikigai. Remember that finding your ikigai is a journey, not a destination. It may take time and effort, but the rewards are worth it.

ABOUT THE AUTHOR

- HECTOR GARCIA
- FRANCESC MIRALLES

HECTOR GARCIA

Hector García is the best-selling author of *Ikigai: The Japanese Secret to a Long and Happy Life* (with Francesc Miralles). Hector García writes about Japanese culture and how its wisdom can help us to lead better lives.

Hector García was born 17 January 1914 in Spain. A former software engineer, he worked at CERN in Switzerland before moving to Japan, where he developed voice recognition software and the technology needed for silicon valley startups to enter the Japanese market. He is the creator of the popular blog. And he is author of the bestselling *Ikigai: The Japanese Secret to a Long and Happy Life* translated into 70 languages. This book originally written in Spanish language.



FRANCESC MIRALLES

Francesc Miralles of full name is Francesc Miralles Cotijoch born 27 August 1968 in Barcelona, Spain. He is a Catalan writer, essayist, translator and musician. Francesc Miralles is an award-winning author who has written a number of bestselling self-help and inspirational books. He studied journalism, English Literature and German and has worked as an editor. A translator, a ghost writer, and a musician. His novel *Love in lowercase* has been translated into twenty languages.

His non-fiction works include *Ikigai: The Japanese Secret to a Long and Happy Life* written in collaboration with Hector García. As a musician, he released the album *Hotel Guru* in 2017.



ALL ABOUT THE BOOK IKIGAI

Secret Of Long and Happy Life

HECTOR GARCIA AND FRANCESC MIRALLES

Ikigai is a Japanese word, which means – reason for being, reason to be alive. Purpose of life. The reason for your coming into the world.

Reason for reading ikigai

1. It shows the purpose of life.
2. It inspires happiness.
3. Happiness lies in simplicity.
4. It promotes health awareness.
5. It helps in increasing positivity.

In this book author suggest some steps to find your ikigai

Step 1: What is the meaning of life?

To find your Ikigai. You should ask yourself these four questions:

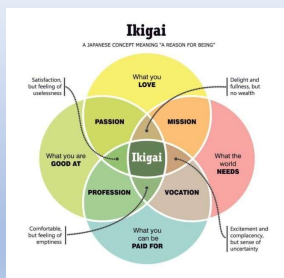
Que 1: What is Love?

Que 2: What are you good at?

Que 3: Do you get paid for this?

Que 4: What does the world need?

Step 2:Knowing Ikigai and knowing the circle



Step 3: How to find your Ikigai?

First of all, make a big square. Then, divide it into four equal square parts.

1.write all those things in it which you love to do and are you expert in them.

2.Write all those things in it you like but don't know how to do it.

3.Those things you don't like to do. But it has to be done under compulsion.

4.Those things that you don't like to do and you are not expert in them but still you have to do it under compulsion.

Step 4: Three Secrets of long, happy life and healthy living

1. **Stress :-** The people of japan believe that stress and depression are the enemies of longevity.
2. **Food and drink :-** 80% secret.
3. **Doing one thing at a time:-Focus.**

Step 5: Ikigai retirement and health lessons

- 1.Walk for at least 21 minutes daily
- 2.Do not use a lift or elevator
- 3.Participate in social activities so you do not sit in front of the TV for a long time.
- 4.Replace your junk food, and packaged food with good food
- 5.Get good quality sleep, and take **7** to **9** hours of sleep. Do not sleep more than this
- 6.Play with children or pet
- 7.In the beginning, you can also set a timer so that you remember that it is time to walk,
- 8.You can also use the app from Google, which gives you the task of walking daily.

Step 6: Focus on Work

To bring focus and flow to the work, you should follow the mentioned things:

1. **Choose the hard work**
2. **Clear objective**
3. **Only one task**

Step 7: 10 Short rules of success through Ikigai

- 1.Surround yourself with good friends
- 2.Live life at a slow pace
- 3.Do not fill your stomach entirely while eating.
- 4.Make your body in shape
- 5.Be in the present
- 6.Always smile
- 7.Be active, don't retire
- 8.Connect with nature
- 9.Learn to be grateful
- 10.Find and follow your Ikigai

Step 8: Elder's advice

Elders have a lot of wisdom to share with the world from their years of experience. Those of us young can sometimes pretend we know everything, but we should learn essential things about life from generations senior to us, who know better than us.

Lessons from the Book **IKIGAI :**

PASSION :

A key aspect of ikigai is discovering what you are passionate about and aligning that with your mission in life.

VOCATION :

•Another important aspect is finding your vocation that aligns with your skills and values and that allows you to make positive impact on the world.

PATIENCE AND PERSISTENCE :

Your ikigai requires patience and persistence as it is not something that can be found overnight.

JOURNEY :

IKIGAI is not only a destination it is also a journey and the pursuits of it can bring joy and fulfilment in itself.

SIMPLICITY , HEALTH AND POSITIVITY:

The concept of IKIGAI believes that happiness lies in simplicity , it also promotes health awareness and also helps in increasing the positivity.

REVIEW AND EXPERIENCE

IKIGAI: The Japanese Secret to a Long & Happy Life

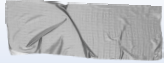


1. Follow Your Ikigai

→ **IKIGAI** is a Japanese word that means a reason for living ,a meaning for living.

→ **“He who has a why to live for can bear with almost any how”**

-Viktor Frankl, an Austrian neurologist



2. Work with the FLOW

- **FLOW**
The Pleasure we feel when we completely immerse ourselves in what we are doing.
- **"The Happiest people are not those who achieve the most.**
They are the ones who spend more time than others in a state of flow."
-IKIGAI :THE JAPANESE SECRET TO A LONG AND HAPPY LIFE



3. Be RESILIENT

- **RESILIENCE**
The ability to withstand harm without getting weakness.
- **"To build resilience into our lives , We shouldn't fear adversity , because each setback is an opportunity for growth"**
-IKIGAI :THE JAPANESE SECRET TO A LONG AND HAPPY LIFE

THANK YOU

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