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secrets to their  
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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



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Japanese they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai.

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In Japan, the secret

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to living a longer, happier and more fulfilled life can be summed up in one word: Ikigai. In Japanese, iki means "to live" and gai means "reason" — in other words, your reason...

Japan's secret to living a longer life

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is gaining...

Ikigai: The Japanese Secret to a Long and Happy Life by Héctor Garcia and Francesc Miralles.

Victor Frankl's Man's Search for Meaning is closely related with Ikigai. Ikigai (生きがい) is the Japanese word that is roughly

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translated into  
"reason to live".

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Japanese Secret to  
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Life by ...

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life The people of  
Japan believe that  
everyone has an  
ikigai a reason to

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Jump out of bed each morning. And according to the residents of the Japanese island of Okinawa the worlds longest-living people finding it is the key to a longer and more fulfilled life.

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a Japanese  
Life, The ...

Ikigai is a Japanese  
concept that

simply means

“reason for being”.

Translated roughly  
into English, it

means the “thing  
that you live for”.

Research has

found that having a  
sense of purpose

can extend and

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enrich your life. It can cut your risk of heart disease, stroke, Alzheimer's disease and depression.

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Quick Summary of  
the book Ikigai: The



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Japanese Secret to a Long and Happy Life As mentioned above, this book covers many topics related to the “art of living.” The authors define ikigai and the rules of ikigai—they conducted a total of one hundred interviews in Ogimi, Okinawa to

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try to understand  
the longevity  
secrets of  
centenarians and  
supercentenarians.

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and Happy Life,

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Hector Garcia and Francesc Miralles break down the ten rules that can help anyone find their own ikigai. 1. Stay active and don't...

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In their book Ikigai: The Japanese

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Japanese Secret to a Long and Happy Life, Hector Garcia and Francesc Miralles break down the ten rules that can help anyone find their own ikigai. 1. Stay active and don't retire. 2. Leave urgency behind and adopt a slower pace of life. 3. Only eat until you are 80

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life by Hector

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Download), We all  
have an ikigai. It's  
the Japanese word

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for 'a reason to live' or 'a reason to jump out of bed in the morning'. It's the place where your needs, desires, ambitions, and satisfaction meet. A place of balance.

Ikigai : The  
Japanese secret to  
a long and happy

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life... Japanese

The rather exotic sounding name of this book, ikigai, as the authors explain, is relatively straightforward.

“This Japanese concept, which translates roughly as “the happiness of always being busy,” is, “like

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Logotherapy, but it goes a step beyond."

Logotherapy, they explain, "...helps people find their purpose in life."

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Put together, Ikigai translates as "a



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reason to live." It's the secret that co-authors Hector and Francisc

discovered from immersing themselves into the lives of people on the island of Okinawa, where there are 24.55 centenarians (people over the age of 100) for

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every 100,000  
inhabitants.

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concept of ikigai  
refers to a strong  
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that leads to  
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the Meaning of  
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of ikigai refers to a  
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Meaning of Ikigai?  
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Ideally, Ikigai is a

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Japanese concept that seems too good to be true.

But only until you don't dive in. It has recently been the subject of a new

book by the authors' Hector Garcia and Francesc Miralles who introduce the concept of ikigai as the 'Japanese

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Secret to a Long  
and Happy Life'.

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The Japanese  
concept of ikigai  
refers to a strong  
sense of purpose  
that leads to  
lifelong happiness.  
How can you

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discover what your  
unique ikigai is?

The past few  
months have been  
nothing like we've  
ever experienced  
before. And as this  
year comes to a  
close, it's a good  
time...

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