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ikigai claro son tanto o más importantes que la saludable dieta japonesa. El concepto que vamos a explorar en este manual está especialmente arraigado en Okinawa, una de las llamadas «zonas azules», los lugares en el mundo donde las personas son más longevas.

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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 try to understand the longevity secrets of centenarians and supercentenarians. “What do Japanese artisans, engineers, Zen philosophy, and cuisine have in common?

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Ikigai is a Japanese phenomenon commonly understood as "your reason to get up in the morning". Ikigai can be small moments: the morning air, a cup of coffee, a compliment. It can also be deep convictions: a fulfilling job, lasting friendships, balanced health. Whether big or small, your ikigai is the path to success and happiness in your own life.

Ikigai (Audiobook) by Héctor García, Francesc Miralles ...

Ikigai is a Japanese concept that means "a reason for being." It is similar to the French phrase Raison d'être. Everyone, according to Japanese culture, has an ikigai. Finding it requires a deep and often lengthy search of self. Such a search is important to the cultural belief that discovering one's ikigai brings satisfaction and meaning to life.

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By Jessica Bubenheim, on 06 February 2019. Ikigai (いっきがい, pronounced) (ee-kee-gah-ee). According to Japanese culture, we all have an ikigai, a 'reason for being' or a 'path to life fulfilment'. Japan is known for the life practices that lead to longevity of its people, reaching an average life of 83.7 years. Previous studies have shown Japanese longevity to be closely related to ...

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Ikigai: The Japanese Secret to a Long and Happy Life ...

If you're looking for an overview of the ikigai concept, check out: The Truth about Ikigai: Definitions, Diagrams & Myths about the Japanese Life Purpose This post is a summary of the book Ikigai: The Japanese Secret to a Long and Happy Life by Héctor García and Francesc Miralles.. I was hoping this book would be a deep dive into the "how" of ikigai.

Book Summary of Ikigai: The Japanese Secret to a Long and ...

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Ikigai (生きがい, pronounced) is a Japanese concept that means "a reason for being". The word refers to having a direction or purpose in life, that which makes one's life worthwhile, and towards which an individual takes spontaneous and willing actions giving them satisfaction and a sense of meaning to life .

Ikigai - Wikipedia

Los Angeles Times bestseller "If hygge 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 world ...

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