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In Japanese, ikigai is written by combining the symbols that mean “life” with “to be worthwhile.” “Translates roughly as ‘the happiness of always being busy.’” “There is a passion inside you, a unique talent that gives meaning to your days and drives you to share the best of yourself until the very

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“One of the unique Japanese contributions

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to the philosophy of life, as it applies to the meaning of life, therefore, would perhaps come from a negation of the self.”

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Detailed Book Summary of "Awakening Your Ikigai" by Ken ...

Ken Mogi is a neuroscientist, author and broadcaster based in Tokyo. He has published more than 30 papers on cognitive and neurosciences, and over 100 books in Japan covering popular science, essay, criticism and self-help. His books

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an ikigai. It's the Japanese word 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.

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Héctor García is a citizen of Japan, where he has lived for over a decade, and of Spain, where he was born. He is the author of several books about Japanese culture, including two worldwide bestsellers, *A Geek in Japan* and *Ikigai*. A former software engineer, he worked at CERN in Switzerland before moving to Japan.

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About the Author Héctor García and
Francesc Miralles are the coauthors of The
Book of Ichigo Ichie: The Art of Making
the Most of Every Moment, the Japanese

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Way. Héctor is a citizen of Japan, where he has lived for over a decade, and is the author of A Geek in Japan, a #1 bestseller in Japan.

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is the art of doing nothing, ikigai is the art of doing something—and doing it with supreme focus and joy.”—New York Post
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Identifying your life's purpose will also help you live longer. Hector Puigcerver, author of Ikigai: The Japanese Secret to a Long and Happy Life, is a native

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European who moved to Japan in 2004 and became enamored with Japanese culture. In this book, he breaks down how we can use ikigai to live better.

Book Summary: Ikigai by Héctor García and Francesc Miralles

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

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relatively straightforward. “This Japanese concept, which translates roughly as “the happiness of always being busy,” is, “like logotherapy, but it goes a step beyond.” Logotherapy, they explain, “...helps people find their purpose in life.”

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