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Héctor García \u0026
Francesc Miralles (Notes)**

Page 5/41

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yourself with good friends. Get in

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Give thanks. Live in the moment.
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The Little Book of Ikigai: The secret Japanese way to live ...
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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

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Ikigai: The Japanese Secret to a Long and Happy Life Book ...
Mundo Urano. In this book, the term ikigai is translated as the bliss of always being busy. Ikigai is actually a combination of your

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passion, your mission and your profession. Your ikigai can be very clear, but also something you're still looking for (which on its own may be your ikigai).

Book review: Ikigai, the Japanese secret for a long and ...

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“One of the unique Japanese contributions to the philosophy of life, as it applies to the meaning of life, therefore, would perhaps come from a negation of the self.”
“A carefree child does not need ikigai to carry on, a point stressed by Mieko Kamiya in her famous

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book Ikigai ni tsuite (On the meaning of life (ikigai)).

Detailed Book Summary of
"Awakening Your Ikigai" by Ken ...
Ken Mogi is a neuroscientist,
author and broadcaster based in
Tokyo. He has published more

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than 30 papers on cognitive and neurosciences, and over 100 books in Japan covering popular science, essay, criticism and self-help. His books have sold close to 1 million copies. The Little Book of Ikigai is his first book in English.

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Ikigai Explained By Japanese
Author & Neuroscientist Ken Mogi
Ikigai is a short but not very short
book based on a Japanese
concept. According to this
concept, we find the deeply sown
purpose of our lives from within
ourselves by defining our passion,

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mission, vocation and profession.

Amazon.com: Ikigai: The Japanese Secret to a Long and ...
The international bestseller. We all have an ikigai. It's the Japanese word for 'a reason to live' or 'a reason to jump out of

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‘bed in the morning’. It’s the place where your needs, desires, ambitions and satisfaction meet.

Ikigai Audiobook | Héctor García,
Francesc Miralles ...

Héctor García is a citizen of Japan, where he has lived for over a

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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

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Japan. Francesc Miralles (Author)

Ikigai: The Japanese secret to a long and happy life ...

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

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of Every Moment, the Japanese 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.

Ikigai: The Japanese Secret to a

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Long and ... - Free For Book

In their book *Ikigai: The 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...

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Los Angeles Times bestseller “If
hygge is the art of doing nothing,
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something—and doing it with
supreme focus and joy.”—New

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

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 European

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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 Japanese Formula For

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Happiness - Ikigai - YouTube

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 logotherapy, but it

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goes a step beyond.”

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

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Page 40/41

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