



Book Review- Ikigai: The Japanese Secret to a Long and Happy Life

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Introduction

It was a refreshing experience to read through the pages of Ikigai. In this fast world, where people don't have time and where time doesn't wait for any, this book on personal development is a must-read. Ikigai, meaning "reason for being" in Japanese, is a captivating exploration of the concept behind Japan's exceptionally long life expectancy and overall well-being. Authors Hector Garcia and Francesc Miralles delve into the heart of Okinawa, a Japanese island renowned for its centenarians, to unlock the secrets of their happiness and longevity.

The book explores the concept of finding purpose and fulfillment by intertwining a sense of passion, vocation, mission, and profession. The author calls these concepts the pillars of a happy and fulfilling life. The authors, weave together Eastern philosophy with practical insights, guiding readers on a journey to discover their Ikigai. The book underlines the importance of maintaining a unique balance between what one loves, what one is good at, what the world needs, and what one can be paid for. With a blend of personal anecdotes, research, and actionable advice, it serves as a compelling guide for those seeking a more meaningful and balanced life. We are often lost in the fast journey of life, while some may find the approach simplistic, others will appreciate the simplicity in its wisdom. Ikigai encourages self-reflection and invites readers to pursue a life aligned with their passions and values.

The book sounds philosophical at times. The insightful interviews with Okinawan elders, scientific studies on aging and happiness, and the philosophical underpinnings of ikigai call for an introspection into one's heart and soul.

Review of Chapters

The first chapter introduces the concept of Ikigai and its significance in the lives of the long-lived residents of Okinawa. It explains the meaning of ikigai as "reason for being" and explores its role in promoting happiness, longevity, and well-being.

The second chapter explains the scientific evidence behind the Okinawans' exceptional longevity. It examines their lifestyle habits, including diet, exercise, and social engagement, and reveals the secrets to aging gracefully and living life to the fullest.

The third chapter focuses on the traditional Okinawan diet, known for its balance, moderation, and emphasis on fresh, local ingredients. It explores the health benefits of various foods and offers practical tips for incorporating these principles into your diet.

Chapter four highlights the importance of movement in promoting ikigai and longevity. It emphasizes the benefits of low-impact exercises like walking, gardening, and tai chi, and guides incorporating these activities into your daily routine.

The fifth chapter explores the concept of wabi-sabi, a Japanese aesthetic philosophy that embraces imperfection and impermanence. It explains how embracing wabi-sabi can strengthen resilience, improve mental well-being, and contribute to a more fulfilling life.

The sixth chapter delves into the state of "flow," a state of complete absorption and enjoyment in an activity. It explores how finding flow can contribute to ikigai and provides insights into cultivating this state in various aspects of life.

In seventh chapter offers practical tools and exercises to help us discover our ikigai. It explores the four pillars of ikigai (mission, vocation, passion, and profession) and guides us through the process of identifying our unique combination.

The eighth chapter emphasizes the importance of nurturing our ikigai once we have discovered it. It provides strategies for overcoming challenges, maintaining motivation, and integrating our ikigai into our daily lives.

The final chapter concludes the book by focusing on the importance of sharing your ikigai with others. It encourages people to contribute to their community, inspire others, and leave a positive legacy behind.

Ikigai is a valuable book for a wide range of people,

- Professionals looking for career fulfilment
- People seeking personal development and a fulfilling life
- Individuals interested in aging well and living longer
- Those seeking to improve their well-being

Conclusion

The book provides readers with a valuable framework for discovering their unique ikigai. Its emphasis on purpose, well-being, and living in the moment resonates deeply and provides actionable steps for creating a more fulfilling existence. Ikigai is a valuable resource for anyone seeking to live a longer, happier, and more fulfilling life. Its blend of practical advice, inspiring stories, and insightful perspectives makes it a compelling read for individuals of all ages and backgrounds.