



Name: Mehak Memon

Book Name: IKIGAI – The Japanese Secret to live a long and happy life.

Author: Fransec Miralles and Hector Garcia

REVIEW OF THE BOOK:

About the Author:

Hector Garcia is a Japanese –Spanish author famous for books such as A geek in Japan and IKIGAI.

Fransec Miralles is an award winning author an international best selling book about how to live life well.

Idea of IKIGAI:

The idea of IKIGAI came into being when a mutual friend introduced both these authors in the city of Tokyo, Japan. When they were talking about some or the other thing about life, the word IKIGAI came into their minds.

While researching on this idea, the authors were welcomed in Okinawa, a southern island in Japan and they were able to interview more than hundreds of villagers about their philosophy for their long and happy life.

IKIGAI: A mysterious word.

The books with explaining the meaning of Ikigai.

Ikigai means a reason to jump out of bed each morning. It is a Japanese belief that everyone has Ikigai in their lives. Inspiring and comforting this book will give you a life changing tools to uncover your personal ikigai. You will learn how to have urgency behind finding your purpose, nurture friendships and live your passion. To bring meaning and joy to your everyday with IKIGAI.

After making us familiar with the word IKIGAI, the author further tells us about the Okinawas and why they follow Ikigai. The Okinawas describe the 'why' behind their life.

The first reason is to find and follow your own Ikigai. They find their reason to enjoy their lives. When they find their reason for living blissfully, it keeps them busy until the end of their days. They put on some questions in front of them like What do I love? What am I good at? What does the world need from me? What can I get paid for?. They say that nowadays happiness relies on the careers and paychecks of the people. But doing the things we love and we are good at make you more yourself.

The second reason is Take it slow. Okinawas are known for a slow paced life and they are passionate about everything. They said that modern society is faster than ever. According to the Okinawas, slow-paced life means taking time to enjoy your mornings instead of rushing to work. Taking time to whatever you're doing, to appreciate outdoors and being happy in small things.

The third reason is Don't fill your stomach. The mortality rate from heart disease in Okinawa is the lowest in Japan. They eat 5 servings of fruit and vegetables each day at least 7 types. Tofu, miso, bitter melon, seaweed pepper and green tea, etc. are included in their daily life. There is a term in Japanese which is known as Hara Hachi which means only eating up to 80% of their stomach. Everyone says that 'I'm full but Okinawas says 'I am no longer hungry'. As nowadays we fill our stomach with all the junk foods we get to eat, but eating all slowly focusing on food and using small vessels are the things they use for everyday.

The fourth reason is to surround yourself with good people and meet any individual for a common purpose. The Okinawas use this time to gossip, experience life and share advices. They say that friends affect health more than family.

The fifth reason is to Smile. Okinawas are always cheerful and have smile on their face. This is one of the secrets of the lives of the Okinawas. As we know that smile lowers the heart attack rate and reduces blood pressure. People who smile appear more trustworthy and generous and extroverts.

The sixth reason is Reconnect to Nature. Okinawas loves gardening. They say that those who are not surrounded by greenery live very less than other people. They face a lot of respiratory disease. So, the Okinawas says that reconnecting to nature helps cultivate greater openness, creativity, connection, generosity and resilience and be lost in nature.

The seventh reason is to Give thanks. Okinawas give thanks to the smallest details. They say that gratitude associate to positive outcomes so we should always give thanks to every small and minor details.

The eighth reason is exercise. In Okinawa people whose age are 80 and 90 years old are still highly active. They say that they don't stay at home looking out the window or waste time reading newspaper. They go karaoke, get up early in the morning and do regular small exercises to strengthen their bones, have higher vitamin levels and to be in a bright mood everyday.

The ninth reason is to live in the moment. They say that one should be absorbed in their task. It is associated with being 'alive and active.' And lastly to never retire.

The reason to review this book was it has a quite comforting and inspirational and I recommend every person to read this book.