

Book Review Competition 2024-25

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Title of the book: Ikigai; **Author:** Hector Garcia; **Publisher:** Hutchinson; **Year:** 2017

Ikigai: The Japanese secret to a long and happy life by Hector Garcia and Francesc Miralles explores the concept of ikigai”, a Japanese term that translates to “a reason for being” or “ the reason you wake up in the morning”. The books delves into how finding your ikigai your personal sense of purpose can lead to happier, longer life, using insights drawn from the people of Okinawa known for having some of the longest life expectancies in the world.

The authors provide a blend of philosophy, psychology, and practical advice explaining how to discover your own ikigai by aligning your passion, talent , societal needs, and what can you be rewarded for. They also explore key factors contributing to longevity, such as strong community bonds, mindfulness, and living with purpose.

Overall, Ikigai offers valuable lessons on finding fulfilment, embracing your passions, and living a life with purpose, all while underscoring the importance of small, everyday choices in shaping a happier and healthier future.

THE INTERNATIONAL BESTSELLER



IKIGAI

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The Japanese Secret to
a Long and Happy Life

HECTOR GARCÍA AND FRANCESC MIRALLES