

BOOK REVIEW

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19th January 2023



Title of the book: Ikigai - The Japanese Secret to long and healthy life ; **Authors:** Hector Garcia Puigcerver and Francesc Miralles; **Publication:** Penguin Books; **Year:** 2017

This book is a small, light cyan colored book, handy to carry & was recommend by my friend . Hence the mere attractiveness of the cover was my basic motivation to read it.

Ikigai means purposeful living or life worth living. The authors wanted to understand the Ikigai of people living in Ogimi village in Okinawa region. The longevity of this place as compared to rest of the world is very high. The average life span of people living in this region is more than 100 years. Hence, the authors in this book have mentioned about the blend of cultures, importance of friendship, to find our reason of living and finding the source of our motivation.

This book revolves around basically 4 questions, in order to find your Ikigai, your purpose in life, your reason to jump out of bed each morning. In order to find our Ikigai one must identify what you love, what you are good at, what you can be paid for and what the world needs.

This book is divided into 4 elements Mental Health, Avoiding stress, Morita Therapy and Going with the flow.

The first element of the book is focusing on is Mental Health, which if often neglected by every individual. We need to keep our brain cells active and not just rely on routine patterns but should socially interact with people.

The Second Element the book focuses on is stress, stress is basically caused because individuals are constantly busy worrying about the things that will happen in future eventually destroying the present moment. The beauty of future is that it comes each day at a time hence we must embrace it, we must avoid stress because it causes premature ageing and one should avoid stress by doing yoga and meditation.

The Third Element is embracing the art of imperfection by avoiding obsessive behaviors and anxiety by accepting imperfection and bringing change in our mannerism.

The Fourth and the last element the book emphasis on is going with the flow, by finding small joys of life, not think about future and enjoy the present moment, to avoid boredom by discovering new things, by increasing the difficulty level by achieving small tasks and also by encouraging small gestures.

The 10 points takeaway from the book are:

1. Stay active; don't retire.
2. Take it slow.
3. Don't fill your stomach.
4. Surround yourself with good friends.
5. Get in shape for your next birthday.
6. Smile.
7. Reconnect with nature.
8. Give thanks.
9. Live in the moment.
10. Follow your Ikigai



