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Garcia and Franco Miralles

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Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it

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Provides practical tools to help you discover your own ikigai.

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

In Japan, the secret to living a longer, happier and more fulfilled life can be summed up in one word: Ikigai. In

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Japanese, iki means “ to live ” and
gai means “ reason ” — in other
words, your reason...

Japan's secret to living a longer life is
gaining ...

Ikigai: The Japanese Secret to a Long
and Happy Life by Héctor Garcia and

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And Happy Life. Victor Frankl ' s Man ' s Search got Meaning is closely related with Ikigai. Ikigai (生きがい) is the Japanese word that is roughly translated into “ reason to live ” .

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

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Ikigai: The Japanese secret to a long and happy life The people of Japan believe that everyone has an ikigai a reason to jump out of bed each morning. And according to the residents of the Japanese island of Okinawa the worlds longest-living people finding it is the key to a longer

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

Ikigai is a Japanese concept that
simply means “ reason for being ” .
Translated roughly into English, it
means the “ thing that you live for ” .

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Research has found that having a sense of purpose can extend and enrich your life. It can cut your risk of heart disease, stroke, Alzheimer ' s disease and depression.

Ikigai: the Japanese secret to a long, happy life | Jordan ...

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Quick Summary of the book Ikigai: The Japanese Secret to a Long and Happy Life As mentioned above, this book covers many topics related to the “ art of living . ” The authors define ikigai and the rules of ikigai—they conducted a total of one hundred interviews in Ogimi, Okinawa

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to try to understand the longevity secrets of centenarians and supercentenarians.

Ikigai Book Summary: The Japanese Secret to a Long and ...

In their book Ikigai The Japanese Secret to a Long and Happy Life,

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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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In their book Ikigai: The Japanese

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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 retire. 2. Leave urgency behind and adopt a slower pace of life. 3. Only eat until you are 80 per cent full

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Happy ikigai to you! | Tacoma Daily
Index

Ikigai : The Japanese secret to a long
and happy life by Hector Garcia &
Francesc Miralles (Free Download),
We all have an ikigai. It ' s the
Japanese word for ‘ a reason to

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live' or 'a reason to jump out of bed in the morning'. It's the place where your needs, desires, ambitions, and satisfaction meet. A place of balance.

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

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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 goes a step beyond. ” Logotherapy, they explain,

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“...helps people find their purpose in life.”

Amazon.com: Customer reviews:

Ikigai: The Japanese Secret ...

Put together, Ikigai translates as “ a reason to live.” It ’ s the secret that co-authors Hector and Francesc

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discovered from immersing themselves into the lives of people on the island of Okinawa, where there are 24.55 centenarians (people over the age of 100) for every 100,000 inhabitants.

Ikigai: The Japanese Secret to a Long

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Japan Airlines Shares The Secret Of
Achieving A Fuller Life Through Ikigai
By Tatler Asia December 15, 2020
The Japanese concept of ikigai refers
to a strong sense of purpose that
leads to lifelong happiness.

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Japan Airlines Shares The Secret Of Achieving A Fuller Life What Is the Meaning of Ikigai? The Japanese concept of ikigai refers to a strong sense of purpose that leads to lifelong happiness.

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What Is the Meaning of Ikigai? Japan Airlines Shares The ...

Ideally, Ikigai is a Japanese concept that seems too good to be true. But only until you don ' t dive in. It has recently been the subject of a new book by the authors ' Hector Garcia

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and Happy Miralles who introduce the concept of ikigai as the ' Japanese Secret to a Long and Happy Life ' .

Ikigai Meaning | Ikigai The Japanese Secret To A Long ...

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And Happy Life to a strong sense of purpose that leads to lifelong happiness. How can you discover what your unique ikigai is? The past few months have been nothing like we ' ve ever experienced before. And as this year comes to a close, it ' s a good time...

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Discover the Japanese secret to a long and happy life with the internationally bestselling guide to ikigai - 'a refreshingly simple recipe for happiness' (Stylist Magazine) The people of Japan believe that everyone

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Ikigai: The Japanese Secret to a Long and Happy Life Audible Audiobook – Unabridged Héctor García (Author), Francesc Miralles (Author), Walter Dixon (Narrator), 4.6 out of 5 stars 3,742 ratings See all formats and editions

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“ Workers looking for more fulfilling positions should start by identifying their ikigai. ” Business Insider

“ One of the unintended—yet

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positive—consequences of the [pandemic] is that it is forcing people to reevaluate their jobs, careers, and lives. Use this time wisely, find your personal ikigai, and live your best life. ” Forbes *And from the same authors, don ’ t miss The Book of Ichigo Ichie—about making the most

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of every moment in your life.* * * *

Find your ikigai (pronounced ee-key-guy) and bring meaning and joy to all your days. “ Only staying active will make you want to live a hundred years. ” —Japanese proverb

According to the Japanese, everyone has an ikigai—a reason for living. And

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According to the residents of the Japanese village with the world's longest-living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai—where what you love, what you're good at, what you can get paid for, and what the world needs all

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infused with meaning. It ' s the reason we get up in the morning. It ' s also the reason many Japanese never really retire (in fact there ' s no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy,

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And Happy Life because they've found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds—one of the world's Blue Zones. Ikigai reveals the secrets to their

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longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who

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Doesn't want to find happiness in every day? A PENGUIN LIFE TITLE

Find your ikigai, or 'reason for being' in this twelve-week personal development program and change your life profoundly. Ikigai is a Japanese term that can be translated,

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And Happy Life simply, as 'reason for being', and many people across the world believe that finding your own personal ikigai is the secret to a long and happy life. The Book of Ikigai is divided into twelve chapters, one for each week. Each chapter starts with a reflection and personal anecdotes from the

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author, reiki master Caroline de Surany, and includes playful daily exercises—from drawing to playing a game—to enable you to get closer to your ikigai. Move from Week one: I reconnect with myself, through to Week four: I am not what you think I am, and Week eight: I adopt an

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attitude of self compassion— all the way to Week twelve: I glow. By the time you have finished this book, you will be empowered to understand your own values—what makes you feel connected; what makes you feel love; what gives you a sense of place in the world—and move towards a

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way of life that will bring you peace of
mind and lasting joy.

AS HEARD ON THE STEVE WRIGHT
SHOW 'FORGET HYGGE. IT'S ALL
ABOUT IKIGAI (THAT'S JAPANESE
FOR A HAPPY LIFE)' The Times Find
out how to live a long and happy life

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thanks to the ikigai miracle, a Japanese philosophy that helps you find fulfilment, joy and mindfulness in everything you do. It is extraordinary that Japanese men's longevity ranks 4th in the world, while Japanese women's ranks 2nd. But perhaps this comes as no surprise when you know

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that the Japanese understanding of ikigai is embedded in their daily life and in absolutely everything that they do. In their professional careers, in their relationships with family members, in the hobbies they cultivate so meticulously. Ken Mogi identifies five key pillars to ikigai:

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Pillar 1: Starting small Pillar 2: Releasing yourself Pillar 3:Harmony and sustainability Pillar 4:The joy of little things Pillar 5:Being in the here and now The Japanese talk about ikigai as 'a reason to get up in the morning'. It is something that keeps one's enthusiasm for life going,

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whether you are a cleaner of the famous Shinkansen bullet train, the mother of a newborn child or a Michelin-starred sushi chef. The Five Pillars at the heart of everything they do. But how do you find your own ikigai? How does ikigai contribute to happiness? Neuroscientist and

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And Happy Life bestselling Japanese writer Ken Mogi provides an absorbing insight into this way of life, incorporating scientific research and first-hand experience, and providing a colourful narrative of Japanese culture and history along the way.

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Discover the ancient Japanese secret ways to see joy, meaning, and purpose in every single day of your life. Today only, get this bestseller for a special price. Have you ever stopped to think about what it is that will make your life worth living? Is it the large amount of money that you have in the

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bank? The prestigious education that you got? The family and friends that surround you? Or your spiritual belief that there is someone greater than you in the world? Most people will spend their entire lifetimes trying to figure it out, but only a few will have the privilege of really understanding

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And Happy Life and experiencing themselves what it means to live a fulfilled life. Over the past years, we ' ve seen many life philosophies take center stage, all claiming to hold to secret to happiness and fulfillment. While all of them may have very convincing premises, only one truly stands out.

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Ikigai, or the Japanese concept of finding your purpose, is the key to living a meaningful life. If there ' s one people group who have mastered the art of living - and living well, it ' s definitely the Okinawans of Japan. Famous for being the world ' s longest-living people, they attribute

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And joy and contentment to finding their ikigai. It ' s the reason why they live longer, happier, and better lives than the rest of us. So how does knowing your ikigai change your life? And what should you do to help you uncover your ikigai? Well, you ' ll discover all that and more after

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you've read this book. This book is packed with helpful insights that will change not just the way you think, but also the way you live. You'll learn how to slow down and let go of the things that stop you from finding your ultimate purpose. This book will also give you the blueprint to living the life

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And Happy Life that you always wanted so you won't have to feel your life is meaningless ever again. I hope that through this book, you will see joy, meaning, and purpose in every single day of your life. Here Is A Preview Of What You'll Read... The Meaning of Ikigai Start Where You Are Confront

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Step aside Hygge. Lagom is the new Scandi lifestyle trend taking the world by storm. This delightfully illustrated book gives you the lowdown on this transformative approach to life and examines how the lagom ethos has helped boost Sweden to the No.10 ranking in 2017's World Happiness

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Report. Lagom (pronounced 'lah-gom') has no equivalent in the English language but is loosely translated as 'not too little, not too much, just right'. It is widely believed that the word comes from the Viking term 'laget om', for when a mug of mead was passed around a circle and there was

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just enough for everyone to get a sip. But while the anecdote may hit the nail on the head, the true etymology of the word points to an old form of the word 'lag', which means 'law'. Far from restrictive, lagom is a liberating concept, praising the idea that anything more than 'just enough' is a

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waste of time. Crucially it also comes with a selflessness and core belief of responsibility and common good. By living lagom you can: Live a happier and more balanced life Reduce your environmental impact Improve your work-life balance Free your home from clutter Enjoy good food the

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Swedish way Grow your own and
learn to forage Cherish the
relationships with those you love

Live Your Best Life Ancient, time-
tested wisdom: Okinawa, Japan is a
tiny, tiny island south of the Japanese
mainland where people live their

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life's purpose every day. How is it possible for so many to live each day in such meaningful ways? The Okinawan concept of Ikigai. How to Ikigai describes the lifestyle choices that have led to an island full of fulfilled, long-living people. Magical reality come to life: Examples of ikigai

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in action are often magical. Take David Michiels. David stuttered severely well into his adulthood. In clinical terms, his stutter was difficult to treat. But David started to work in a liquor store. Before long, his focus turned to one specific section of the sales floor: the scotch section. As he

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spent more of his days learning about scotch, he began to share his knowledge with customers.

Eventually, David noticed that his stutter vanished when he talked to anyone about scotch. Over time, David ' s passion led to a new life. Today, he is a renowned whiskey

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expert, traveling the world tasting and purchasing whiskey on behalf of his employer. He feels his life is meaningful because of ikigai. A humble look at happiness: Bringing together an exploration of joy not unlike that of The Book of Joy by the Dalai Lama and Archbishop Desmond

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Tutu, a look inward reminiscent of The Untethered Soul by Michael A. Singer, and deep truths like those explored by Singer in The Surrender Experiment, How to Ikigai describes the concept of Ikigai with clarity and meaning. How to Ikigai explains a simple but abstract map for living a

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meaningful life. After reading this book, you will understand how to implement Ikigai ' s four directions in your own life: • Do what you love • Do what you ' re good at • Do what the world needs • Do what you can be rewarded for

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And Happy Life by living fully in the present with this definitive guide to ichigo ichie--the Japanese art of making the most of every moment--from the bestselling authors of Ikigai. Every moment in our life happens only once, and if we let it slip away, we lose it forever--an idea

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And Happy Life captured by the Japanese phrase ichigo ichie (pronounced itchy-GO itchy-A). Often spoken in Japan when greeting someone or saying goodbye, to convey that the encounter is unique and special, it is a tenet of Zen Buddhism and is attributed to a sixteenth-century master of the

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And Happy Life Japanese tea ceremony, or "ceremony of attention," whose intricate rituals compel us to focus on the present moment. From this age-old concept comes a new kind of mindfulness. In The Book of Ichigo Ichie, you will learn to... • appreciate the beauty of the fleeting, the way the Japanese

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celebrate the cherry blossoms for two weeks every April, knowing they'll have to wait a whole year to see them again; • use all five senses to anchor yourself in the present, helping you to let go of fear, sadness, anger, and other negative emotions fueled by fixating on the past or the future; •

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be alert to the magic of coincidences, which help us find meaning among the disconnected events of our lives;

- use ichigo ichie to help you discover your ikigai, or life's purpose--because it's only by learning to be present, to be tuned into what catches your attention and excites you

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in the moment, that you can identify what it is that most motivates you and brings you happiness. Every one of us contains a key that can open the door to attention, harmony with others, and love of life. And that key is ichigo ichie. A PENGUIN LIFE TITLE

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In *The Ikigai Journey*, authors Hector Garcia and Francesc Miralles take their international bestseller *Ikigai: the Japanese Secret to a Long and Happy Life* a step further by showing you how to find your own ikigai through practical exercises, such as employing new habits and stepping

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And Happy Life outside your comfort zone. Ikigai is the place where our passion (what we love), mission (what we hope to contribute), vocation (the gifts we have to offer the world) and profession (how our passions and talents can become a livelihood) converge, giving us a personal sense

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This book helps you bring together all of these elements so that you can enjoy a balanced life. Our ikigai is very similar to change: it is a constant that transforms depending on which phase of life we are in. Our "reason for being" is not the same at 15 as it is at 70. Through three

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And Happy Life sections, this book helps you to accept and embrace that--acting as a tool to revolutionize your future by helping you to understand the past, so you can enjoy your present. Section 1--Journey Through the Future: Tokyo (a symbol of modernity and innovation) Section 2--Journey

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Through the Past: Kyoto (an ancient capital moored in tradition) Section 3--Journey Through the Present: Ise (an ancient shrine that is destroyed and rebuilt every twenty years) Japan has one of the longest life spans in the world, and the greatest number of centenarians--many of whom cite their

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strong sense of ikigai as the basis for their happiness and longevity. Unlike many "self-care" practices, which require setting aside time in an increasingly busy world, the ikigai method helps you find peace and fulfillment in your busy life.

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Uncovering Ancient Longevity Secrets: Embrace Ikigai and Kaizen & Radiate Happiness - How to Find Your Purpose and Fulfill It Have you noticed how youthful Japanese people look? Do you want to discover their

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secret and live a long a happy life?

Are you looking to fulfill your days with joy and find meaning and purpose for living? The wise people of Japan believe that we all have a reason for being. It is our duty to find the value of life known as Ikigai. As Ikigai explains, to be truly happy, you

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have to follow your passion and work on it. That is your purpose and you owe it to yourself to fulfill it. On the other hand, the philosophy of Kaizen refers to constant improvement that one needs to always consider both at work and home. If you tirelessly work on yourself you are guaranteed to

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And blissful life. Don't be scared to start the process; if anything, Kaizen teaches us that change and improvement should happen gradually. Once you embrace Ikigai and Kaizen as the ultimate way of life, you will witness a dramatically great change in your overall wellbeing and

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state of mind. Only then will you be able to clearly see the universal secret to longevity, happiness, and fulfilled life! If you're new to these life-changing concepts and you want to take charge of your happiness, don't look past this book. Inside, you will find invaluable knowledge and

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wisdom that will get you where you want to be in life! Here's a small peak into what you'll learn about: What's Ikigai and how to start implementing this powerful philosophy into your life; The 5 crucial pillars of Ikigai that offer comfort and the 4 most important components of Ikigai;

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Where Kaizen originated from and a proven guide to making way for it in your life; What the Kaizen philosophy consists of and how these principles can influence your life; The 4 prominent Kaizen methodologies, and much more! As a bonus, you'll also get exclusive access to a set of exercises

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And Happy Life that will help you unlock your Ikigai fast! If you apply the teachings of this book, you will notice an immediate shift of perspective. You will start appreciating life more, find joy in the smallest things, and discover your calling. And that, my dear friend, is how you'll get what you came for -

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