

Ikigai Libro Gratis

Ikigai is a traditional Japanese concept that embodies happiness in living. It is, essentially, the reason that you get up in the morning. This book is about finding your ikigai - identifying your purpose or passion and using this knowledge to achieve greater happiness in your life. Your ikigai doesn't have to be some grand ambition or highly noble life's purpose - it can be something simple and humble, like tending your garden or walking your dog. Having grown up in Japan, Yukari Mitsuhashi understands first hand what ikigai means to Japanese people. Now living in Los Angeles, she has written this book to introduce the traditional concept to a new audience. This is not a 'one size fits all' book. Instead, Ikigai encourages you to look at the details of your life and appreciate the everyday moments as you learn to identify your own personal ikigai. The book includes case studies from a range of people sharing their ikigai, from university lecturers and writers to doctors. With its refreshingly simple philosophy and liberating concepts, this beautifully presented book will be a guide you will return to again and again.

Living apart from his girlfriend Gabriela, from whom he seems to have grown gradually distant, university lecturer Samuel is shaken from his humdrum existence when he receives an anonymous postcard from Japan depicting a porcelain figurine of a cat and the words "wabi-sabi", followed by the unexpected visit at work of a girl trying to identify the language of a strange, haunting song. This sets Samuel on a quest that will take him to the Land of the Rising Sun, not only to discover the meaning of the cryptic message, which may hold the key to some of his unanswered questions, but also to find enlightenment, a new equilibrium and a reappraisal of the small joys of life. Written with Miralles's trademark quirkiness, wit and lightness of touch, Wabi-Sabi will delight the many fans of his internationally best-selling novel Love in Small Letters.

In this compelling book, Ray Maor explores breatharianism, its challenges, rewards, and how it completely transformed his life and the lives of many of his students. He shares his experiences and his research on the energy of prana and the multiple benefits of becoming a breatharian. After years of spiritual development and in search of higher knowledge, Ray took the ultimate breatharian initiation challenge of eliminating food and living on prana. Then he volunteered to be tested in a televised medical experiment where he went 8 days without food or water, during which his blood composition remained stable, proving with scientific testing and research the viability of the breatharian lifestyle. His increasingly popular Pranic Living Group Initiation retreats are grounded in practical techniques and methods for safely living on light and demonstrating that indeed, our bodies and our spirits have capabilities extending far beyond our current understanding.

Be the best version of you that YOU can be. How can you learn to truly love yourself? How can you transform negative emotions into positive ones? Is it possible to find lasting happiness? In this book, Instagram guru Vex King answers all of these questions and more. Vex overcame adversity to become a source of hope for thousands of young people, and now draws from his personal experience and his intuitive wisdom to inspire you to: - practise self-care, overcome toxic energy and prioritize your wellbeing - cultivate positive lifestyle habits, including mindfulness and meditation - change your beliefs to invite great opportunities into your life - manifest your goals using tried-and-tested techniques - overcome fear and flow with the Universe - find your higher purpose and become a shining light for others In this book, Vex will show you that when you change the way you think, feel, speak and act, you begin to change the world.

Goes beyond popular exercises to counsel readers on how to maintain brain health regardless of age, challenging conventional wisdom to offer insight into how the brain works while providing real-world examples based on current scientific understandings. 25,000 first printing.

Ikigai es la innovadora filosofía que está revolucionando el mundo. ¿Sabes ya cuál es tu ikigai, cuál es tu «razón de ser»? Tras descubrir las claves de la motivación y la longevidad con Ikigai: los secretos de Japón para una vida larga y feliz (éxito de ventas traducido a más de 30 idiomas), Héctor García (Kiraï) y Francesc Miralles vuelven a esta cultura milenaria para desarrollar un libro práctico que empodere nuestros propósitos vitales para hacerlos realidad a partir de hoy mismo. Ikigai significa «razón de ser» o «pasión de nuestra vida» en japonés, pero ¿cómo encontrarlo? Y si ya hemos encontrado nuestro ikigai, ¿cómo potenciarlo para que inspire todos los aspectos de nuestra existencia? Para conseguirlo, este libro propone 35 rutas, con ejercicios prácticos, para llevar el tren de nuestros proyectos hacia el destino elegido, permitiendo a la vez que, en el camino, la felicidad y bienestar surjan de forma natural desde nuestro interior. UN VIAJE A NUESTRO PASADO, PRESENTE Y FUTURO Para recoger estas inspiraciones reveladoras de Japón nos subiremos al tren, el medio de transporte por excelencia de este país, y viajaremos por las siguientes estaciones: El futuro: Tokio. Presentamos el poderoso efecto Shinkasen y otras herramientas para acelerar nuestros éxitos en la vida. ¿Es posible conseguir en un mes aquello que nos hemos propuesto hacer en un año? El pasado: Kioto. Los buenos momentos nos dan felicidad y autoestima; los malos, lecciones que pueden ser muy útiles para nuestro futuro. ¿Cómo convertir nuestras experiencias en faros que iluminen nuestra vida? El presente: Ise. Una vez aprendemos del pasado y proyectamos nuestro futuro, el presente es el vehículo en el que se decide, momento a momento, nuestra existencia. ¿Cómo podemos vivirlo con lucidez y plenitud? Reseñas: «Si hygge es el arte de no hacer nada, ikigai es el arte de hacer algo y de hacerlo con la máxima atención y alegría.» The New York Post «Una receta refrescante y simple para la felicidad.» Stylist «Olvídate de hygge. Ahora es todo ikigai.» The Times «Ikigai te ayuda a mirar al futuro sin importar como te sientas ahora. Te ayudará a sentar las bases para tener una vida más plena y feliz.» BBC

The Art of War is an enduring classic that holds a special place in the culture and history of East Asia. An ancient Chinese text on the philosophy and politics of warfare and military strategy, the treatise was written in 6th century B.C. by a warrior-philosopher now famous all over the world as Sun Tzu. Sun Tzu's teachings remain as relevant to leaders and strategists today as they were to rulers and military generals in ancient times. Divided into thirteen chapters and written succinctly, The Art of War is a must-read for anybody who works in a competitive environment. 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 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 of meaning. 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 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 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 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.

The #1 international bestseller from the author of *The Book of Awesome* that "reveals how all of us can live happier lives" (Gretchen Rubin). What is the formula for a happy life? Neil Pasricha is a Harvard MBA, a *New York Times*–bestselling author, a Walmart executive, a father, a husband. After selling more than a million copies of the *Book of Awesome* series, wherein he observed the everyday things he thought were awesome, he now shifts his focus to the practicalities of living an awesome life. In his new book *The Happiness Equation*, Pasricha illustrates how to want nothing and do anything in order to have everything. If that sounds like a contradiction in terms, you simply have yet to unlock the 9 Secrets to Happiness. Each secret takes a piece out of the core of common sense, turns it on its head to present it in a completely new light, and then provides practical and specific guidelines for how to apply this new outlook to lead a fulfilling life. Once you've unlocked Pasricha's 9 Secrets, you will understand counter intuitive concepts such as: Success Does Not Lead to Happiness, Never Take Advice, and Retirement Is a Broken Theory. You will learn and then master three brand-new fundamental life tests: the Saturday Morning Test, The Bench Test, and the Five People Test. You will know the difference between external goals and internal goals and how to make more money than a Harvard MBA (hint: it has nothing to do with your annual salary). You will discover that true wealth has nothing to do with money, multitasking is a myth, and the elimination of options leads to more choice. *The Happiness Equation* is a book that will change how you think about pretty much everything—your time, your career, your relationships, your family, and, ultimately, of course, your happiness.

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 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 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: 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, 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 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.

#1 NEW YORK TIMES BESTSELLER • A special 20th anniversary edition of the beloved book that changed millions of lives—with a new afterword by the author Maybe it was a grandparent, or a teacher, or a colleague. Someone older, patient and wise, who understood you when you were young and searching, helped you see the world as a more profound place, gave you sound advice to help you make your way through it. For Mitch Albom, that person was Morrie Schwartz, his college professor from nearly twenty years ago. Maybe, like Mitch, you lost track of this mentor as you made your way, and the insights faded, and the world seemed colder. Wouldn't you like to see that person again, ask the bigger questions that still haunt you, receive wisdom for your busy life today the way you once did when you were younger? Mitch Albom had that second chance. He rediscovered Morrie in the last months of the older man's life. Knowing he was dying, Morrie visited with Mitch in his study every Tuesday, just as they used to back in college. Their rekindled relationship turned into one final "class": lessons in how to live. *Tuesdays with Morrie* is a magical chronicle of their time together, through which Mitch shares Morrie's lasting gift with the world.

This is the first book to analyze the Japanese secret for a healthy, long existence, discovering how they eat, move, work, how they relate to others, and how ikigai encourages them to live to a hundred years in top form. An essential work that will help us discover many of the keys to the Japanese philosophy for a healthy body, mind, and spirit.

A feel-good novel for fans of *A Man Called Ove* and *The Rosie Project*, about an eccentric, language-loving bachelor and the cat that opens his eyes to life's little pleasures *The Silver Linings Playbook* author Matthew Quick: "A delightfully absurd, life-affirming celebration. I literally stood up and cheered as I read the last page." When Samuel, a lonely linguistics lecturer, wakes up on New Year's Day, he is convinced that the year ahead will bring nothing more than passive verbs and un-italicized moments—until an unexpected visitor slips into his Barcelona apartment and refuses to leave. The appearance of Mishima, a stray, brindle-furred cat, becomes the catalyst that leads Samuel from the comforts of his favorite books, foreign films, and classical music to places he's never been (next door) and to people he might never have met (a neighbor with whom he's never exchanged a word). Even better, the Catalan cat leads him back to the mysterious Gabriela, whom he thought he'd lost long before, and shows him, in this international bestseller for fans of *The Rosie Project*, *The Solitude of Prime Numbers*, and *A Man Called Ove*, that sometimes love is hiding in the smallest characters.

New hope for those suffering from conditions like depression, anxiety, bipolar disorder, addictions, PTSD, ADHD and more. Though incidence of these conditions is skyrocketing, for the past four decades standard treatment hasn't much changed, and success rates in treating them have barely improved, either. Meanwhile, the stigma of the "mental illness" label--damaging and devastating on its own--can often prevent sufferers from getting the help they need. Brain specialist and bestselling author Dr. Daniel Amen is on the forefront of a new movement within medicine and related disciplines that aims to change all that. In *The End of Mental Illness*, Dr. Amen draws on the latest findings of neuroscience to challenge an outdated psychiatric paradigm and help readers take control and improve the health of their own brain, minimizing or reversing conditions that may be preventing them from living a full and emotionally healthy life. *The End of Mental Illness* will help you discover: Why labeling someone as having a "mental illness" is not only inaccurate but harmful Why standard treatment may not have helped you or a loved one--and why diagnosing and treating you based on your symptoms alone so often misses the true cause of those symptoms and results in poor outcomes At least 100 simple things you can do yourself to heal your brain and prevent or reverse the problems that are making you feel sad, mad, or bad How to identify your "brain type" and what you can do to optimize your particular type Where to find the kind of health provider who understands and uses the new paradigm of brain health

When we make use of the law of attraction to gain more wealth, better relationships, or become healthier, we need constant motivation. That's one thing that this book can provide you. The affirmations, the quotes, and more specifically, the money recitations, can be helpful in manifesting what you want in your life. Not only that, but this guide can also help you comprehend how exactly the law of attraction works. It's not simply magic, but it is a scientific process through which people have made the seemingly impossible a reality in their lives. Topics like debt, the past and the present, and resistance will be touched on, as your understanding of this essential law deepens. Take action and become more familiar with the law of attraction now.

Packed with humor, inspiration, and advice, *You Are a Badass* is the #1 *New York Times* bestselling self-help book that teaches you how to get better without getting busted. In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up twenty-seven bite-sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the

occasional swear word, helping you to: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, Create a life you totally love. And create it NOW, and Make some damn money already. The kind you've never made before. By the end of *You Are a Badass*, you'll understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to use *The Force* to kick some serious ass.

An epistolary novel set on a fictional island off the South Carolina coastline, *'Ella Minnow Pea'* brings readers to the hometown of Nevin Nollop, inventor of the pangram *'The Quick Brown Fox Jumps Over the Lazy Dog'*. Deified for his achievement in life, Nevin has been honored in death with a monument featuring his famous phrase. One day, however, the letter 'Z' falls from the monument, and some of the islanders interpret the missing tile as a message from beyond the grave. The letter 'Z' is banned from use. On an island where the residents pride them-selves on their love of language, this is seen as a tragedy. They are still reeling from the shock when another tile falls. And then another... In his charming debut, first published in 2001, Mark Dunn took readers on a journey through the eyes of Ella Minnow Pea, a young woman forced to create another clever turn of phrase in order to save the islanders' beloved language.

Reach your goals with Kaizen—the Japanese art of gentle self-improvement From Hygge to Ikigai, positive philosophies have taken the world by storm. Now, Kaizen—meaning “good change”—will help you transform your habits, without being too hard on yourself along the way. With Kaizen, even the boldest intention becomes a series of small, achievable steps. Each person's approach will be different, which is why it's so effective. First popularized by Toyota, Kaizen is already proven in the worlds of business and sports. Here, Sarah Harvey shows how to apply it to your health, relationships, money, career, hobbies, and home—and how to tailor it to your personality. Kaizen is the key to lasting change!

This "brilliant and provocative" (Walter Isaacson) guide shares nine principles to adapt and survive the technological changes shaping our future from the director of the MIT Media Lab and a veteran *Wired* journalist. The world is more complex and volatile today than at any other time in our history. The tools of our modern existence are getting faster, cheaper, and smaller at an exponential rate, transforming every aspect of society, from business to culture and from the public sphere to our most private moments. The people who succeed will be the ones who learn to think differently. In *WHIPLASH*, Joi Ito and Jeff Howe distill that logic into nine organizing principles for navigating and surviving this tumultuous period: Emergence over Authority Pull over Push Compasses over Maps Risk over Safety Disobedience over Compliance Practice over Theory Diversity over Ability Resilience over Strength Systems over Objects Filled with incredible case studies and cutting-edge research and philosophies from the MIT Media Lab and beyond, *WHIPLASH* will help you adapt and succeed in this unpredictable world.

'Omoiyari is a form of selfless compassion – putting yourself in the shoes of others, and from their perspective anticipating their needs, acting in a way that might make them at ease, happy or comfortable.'

Have you ever wished you could reprogram your brain, just as a hacker would a computer? In this 3-step guide to improving your mental habits, learn to take charge of your mind and banish negative thoughts, habits, and anxiety in just twenty-one days. A seasoned author, comedian, and entrepreneur, Sir John Hargrave once suffered from unhealthy addictions, anxiety, and poor mental health. After cracking the code to unlocking his mind's full and balanced potential, his entire life changed for the better. In *Mind Hacking*, Hargrave reveals the formula that allowed him to overcome negativity and eliminate mental problems at their core. Through a 21-day, 3-step training program, this book lays out a simple yet comprehensive approach to help you rewire your brain and achieve healthier thought patterns for a better quality of life.

Developed out of the aesthetic philosophy of *cha-no-yu* (the tea ceremony) in fifteenth-century Japan, *wabi sabi* is an aesthetic that finds beauty in things imperfect, impermanent, and incomplete. Taken from the Japanese words *wabi*, which translates to less is more, and *sabi*, which means attentive melancholy, *wabi sabi* refers to an awareness of the transient nature of earthly things and a corresponding pleasure in the things that bear the mark of this impermanence. As much a state of mind—an awareness of the things around us and an acceptance of our surroundings—as it is a design style, *wabi sabi* begs us to appreciate the simple beauty in life—a chipped vase, a quiet rainy day, the impermanence of all things. Presenting itself as an alternative to today's fast-paced, mass-produced, neon-lighted world, *wabi sabi* reminds us to slow down and take comfort in the simple, natural beauty around us. In addition to presenting the philosophy of *wabi-sabi*, this book includes how-to design advice—so that a transformation of body, mind, and home can emerge. Chapters include: History: The Development of Wabi Sabi Culture: Wabi Sabi and the Japanese Character Art: Defining Aesthetics Design: Creating Expressions with Wabi Sabi Materials Spirit: The Universal Spirit of Wabi Sabi

A landmark book about how we form habits, and what we can do with this knowledge to make positive change We spend a shocking 43 percent of our day doing things without thinking about them. That means that almost half of our actions aren't conscious choices but the result of our non-conscious mind nudging our body to act along learned behaviors. How we respond to the people around us; the way we conduct ourselves in a meeting; what we buy; when and how we exercise, eat, and drink—a truly remarkable number of things we do every day, regardless of their complexity, operate outside of our awareness. We do them automatically. We do them by habit. And yet, whenever we want to change something about ourselves, we rely on willpower. We keep turning to our conscious selves, hoping that our determination and intention will be enough to effect positive change. And that is why almost all of us fail. But what if you could harness the extraordinary power of your unconscious mind, which already determines so much of what you do, to truly reach your goals? Wendy Wood draws on three decades of original research to explain the fascinating science of how we form habits, and offers the key to unlocking our

habitual mind in order to make the changes we seek. A potent mix of neuroscience, case studies, and experiments conducted in her lab, *Good Habits, Bad Habits* is a comprehensive, accessible, and above all deeply practical book that will change the way you think about almost every aspect of your life. By explaining how our brains are wired to respond to rewards, receive cues from our surroundings, and shut down when faced with too much friction, Wood skillfully dissects habit formation, demonstrating how we can take advantage of this knowledge to form better habits. Her clear and incisive work shows why willpower alone is woefully inadequate when we're working toward building the life we truly want, and offers real hope for those who want to make positive change.

A top performance expert reveals the secret behind many top athletes and executives: creating a heroic alter ego to activate when the chips are down. There's only one person in the way of you untapping your potential: You. There's also one person who can move you out of the way so you can perform at your peak. That person is already inside you. You just need to unlock them. This other part of you is your Alter Ego. After twenty-one years of working with elite athletes, performers and leaders, Todd Herman has discovered how you can use your alter ego to achieve the seemingly impossible. It all clicked for Todd when he met Bo Jackson. When Herman met Bo Jackson, the professional athlete told him, "Bo Jackson never played a down of football in his entire life." Bo explained that when he was young, he'd get into trouble because chaos caused by his anger issues. Then, he saw Friday the 13th and became fascinated by the cold, calculating nature of Jason Vorhees. In that moment, he resolved to stop being Bo Jackson, and start being Jason the moment he stepped on the field. In this transformative guide, Herman teaches you how to create and control an Alter Ego like Bo—and the thousands of other athletes, business leaders, entrepreneurs, and entertainers who have used this simple tool to change their lives. Herman also shares his own story: he knew that inside was a confident, self-assured, intelligent person who could help others get better results in their lives. When he started using superman's classic trick—putting on a pair of glasses—he learned to trigger the specific traits he needed to achieve his goals. The Alter Ego Effect is not about creating a false mask—it's about finding the hero already inside you. It's a proven way of overcoming the self-doubt, negativity, and insecurity that hold you back, and empowering you to ultimately become your best self.

INSTANT NEW YORK TIMES BESTSELLER "This radiant book will not only change your life, but perhaps even save it."—Elizabeth Gilbert, #1 New York Times bestselling author "Martha Beck's genius is that her writing is equal parts comforting and challenging. A teacher, a mother, a sage, she holds our hand as she leads us back home to ourselves."—Glennon Doyle, #1 New York Times bestselling author Bestselling author, life coach, and sociologist Martha Beck explains why "integrity"—needed now more than ever in these tumultuous times—is the key to a meaningful and joyful life As Martha Beck says in her book, "Integrity is the cure for psychological suffering. Period." In *The Way of Integrity*, Beck presents a four-stage process that anyone can use to find integrity, and with it, a sense of purpose, emotional healing, and a life free of mental suffering. Much of what plagues us—people pleasing, staying in stale relationships, negative habits—all point to what happens when we are out of touch with what truly makes us feel whole. Inspired by *The Divine Comedy*, Beck uses Dante's classic hero's journey as a framework to break down the process of attaining personal integrity into small, manageable steps. She shows how to read our internal signals that lead us towards our true path, and to recognize what we actually yearn for versus what our culture sells us. With techniques tested on hundreds of her clients, Beck brings her expertise as a social scientist, life coach and human being to help readers to uncover what integrity looks like in their own lives. She takes us on a spiritual adventure that not only will change the direction of our lives, but also bring us to a place of genuine happiness.

Created specifically for fans of Japanese "cool culture," *A Geek in Japan* is one of the most iconic, hip, and concise cultural guides available. Reinvented for the internet age, it is packed with personal essays and hundreds of photographs and presents all the touchstones of traditional and contemporary culture in an entirely new way. *A Geek in Japan* decodes the mysteries of the Japanese language, Japanese social values and daily habits, business and technology, the arts, and symbols and practices that are peculiarly Japanese. This revised and expanded edition contains many new pages of materials on all sorts of topics including Kyoto, Japanese architecture, and Japanese video games. It also features a guide to author Hector Garcia's favorite Tokyo hangouts and tips on visiting many "secret" places around Japan. Highlighting the originality and creativity of the Japanese, debunking myths, and answering nagging questions such as why the Japanese are so fond of wearing face masks, Garcia has written an irreverent, insightful, and highly informative guide for the growing ranks of Japanophiles around the world.

The book is divided into four chapters, and each chapter serves a different purpose. Deals with a different pain. Heals a different heartache. *Milk and Honey* takes readers through a journey of the most bitter moments in life and finds sweetness in them because there is sweetness everywhere if you are just willing to look.

"You might have trouble imagining life without your social media accounts, but virtual reality pioneer Jaron Lanier insists that we're better off without them. In *Ten Arguments for Deleting Your Social Media Accounts Right Now*, Lanier, who participates in no social media, offers powerful and personal reasons for all of us to leave these dangerous online platforms"--

#1 NEW YORK TIMES, WALL STREET JOURNAL, AND BOSTON GLOBE BESTSELLER • One of the most acclaimed books of our time: an unforgettable memoir about a young woman who, kept out of school, leaves her survivalist family and goes on to earn a PhD from Cambridge University "Extraordinary . . . an act of courage and self-invention."—The New York Times NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • ONE OF PRESIDENT BARACK OBAMA'S FAVORITE BOOKS OF THE YEAR • BILL GATES'S HOLIDAY READING LIST • FINALIST: National Book Critics Circle's Award In Autobiography and John Leonard Prize For Best First Book • PEN/Jean Stein Book Award • Los Angeles Times Book Prize Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara's older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she'd traveled too far, if there was still a way home. "Beautiful and propulsive . . . Despite the singularity of [Westover's] childhood, the questions her book poses are universal: How much of ourselves should we give to those we love? And how much must we betray them to grow up?"—Vogue NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Washington Post • O: The Oprah Magazine • Time • NPR • Good Morning America • San Francisco Chronicle • The Guardian • The Economist • Financial Times • Newsday • New York Post • theSkimm • Refinery29 • Bloomberg • Self • Real Simple • Town & Country • Bustle • Paste • Publishers Weekly • Library Journal • LibraryReads • Book Riot • Pamela Paul, KQED • New York Public Library

La sabiduría milenaria japonesa que dará sentido a cada día de tu vida. «Estar inmerso en el momento presente y obtener placer de ello, prestando atención al mismo tiempo al más mínimo detalle es la

esencia del arte de la ceremonia del té. Es extraordinario que Sen no Rikyu, el creador de esta ceremonia en el siglo XVI, llegara a esta conclusión en la era Sengoku, cuando los señores de la guerra, los samuráis, libraban entre sí interminables batallas y seguramente era una época muy estresante.» Occidente siente una fascinación permanente por el modo de vida japonés, y ello supone acceder a la filosofía, la cultura y el patrimonio de ese extraordinario país. Ikigai es un término japonés para referirse a los placeres y el sentido de la vida. Todo el mundo, de acuerdo con la cultura japonesa, tiene ikigai, y este se encuentra mediante la búsqueda, profunda y concentrada, en uno mismo. Es la «razón para levantarse cada mañana», para encontrar el placer, la satisfacción personal en las actividades cotidianas, sea en el trabajo o en el ocio. Una de las razones de la longevidad del pueblo japonés, junto con su alimentación, la práctica de ejercicio moderado y su espiritualidad. Ikigai esencial combina percepciones de los saberes científicos de Ken Mogi sobre el funcionamiento del cerebro, lo cual confiere al libro una perspectiva cognitiva fascinante.

INSTANT NEW YORK TIMES BESTSELLER “One of the most important books I’ve ever read—an indispensable guide to thinking clearly about the world.” – Bill Gates “Hans Rosling tells the story of ‘the secret silent miracle of human progress’ as only he can. But Factfulness does much more than that. It also explains why progress is so often secret and silent and teaches readers how to see it clearly.” —Melinda Gates “Factfulness by Hans Rosling, an outstanding international public health expert, is a hopeful book about the potential for human progress when we work off facts rather than our inherent biases.” - Former U.S. President Barack Obama Factfulness: The stress-reducing habit of only carrying opinions for which you have strong supporting facts. When asked simple questions about global trends—what percentage of the world’s population live in poverty; why the world’s population is increasing; how many girls finish school—we systematically get the answers wrong. So wrong that a chimpanzee choosing answers at random will consistently outguess teachers, journalists, Nobel laureates, and investment bankers. In Factfulness, Professor of International Health and global TED phenomenon Hans Rosling, together with his two long-time collaborators, Anna and Ola, offers a radical new explanation of why this happens. They reveal the ten instincts that distort our perspective—from our tendency to divide the world into two camps (usually some version of us and them) to the way we consume media (where fear rules) to how we perceive progress (believing that most things are getting worse). Our problem is that we don’t know what we don’t know, and even our guesses are informed by unconscious and predictable biases. It turns out that the world, for all its imperfections, is in a much better state than we might think. That doesn’t mean there aren’t real concerns. But when we worry about everything all the time instead of embracing a worldview based on facts, we can lose our ability to focus on the things that threaten us most. Inspiring and revelatory, filled with lively anecdotes and moving stories, Factfulness is an urgent and essential book that will change the way you see the world and empower you to respond to the crises and opportunities of the future. --- “This book is my last battle in my life-long mission to fight devastating ignorance...Previously I armed myself with huge data sets, eye-opening software, an energetic learning style and a Swedish bayonet for sword-swallowing. It wasn’t enough. But I hope this book will be.” Hans Rosling, February 2017.

“Awakening Your Ikigai is really quite a delightful look at sometimes mystifying Japanese traditions.”—The New York Times Book Review Introducing IKIGAI: find your passions and live with joy Ikigai is a Japanese phenomenon commonly understood as “your reason to get up in the morning.” Ikigai can be small moments: the morning air, a cup of coffee, a compliment. It can also be deep convictions: a fulfilling job, lasting friendships, balanced health. Whether big or small, your ikigai is the path to success and happiness in your own life. Author Ken Mogi introduces five pillars of ikigai to help you make the most of each day and become your most authentic self: 1. starting small ? focus on the details 2. releasing yourself ? accept who you are 3. harmony and sustainability ? rely on others 4. the joy of little things ? appreciate sensory pleasure 5. being in the here and now ? find your flow. Weaving together insights from Japanese history, philosophy, and modern culture, plus stories from renowned sushi chef Jiro Ono, anime filmmaker Hayao Miyazaki, and others, Mogi skillfully shows the way to awaken your ikigai.

NEW YORK TIMES BESTSELLER • “As inviting, wide-ranging, and philosophical as an all-night conversation with a best friend, and as revealing and thought-provoking as the diary of a curious adventurer.”—Sasha Sagan, author of For Small Creatures Such as We You can travel the world looking for yourself, but if you don't know what you're looking for, how can you find it? Like Streams To The Ocean is about examining the things that make us who we are and getting to know ourselves, our stories, and the decisions that shape our one and only life. Writing with the passion and clarity that made his debut, To Shake the Sleeping Self, a national bestseller, Jedidiah Jenkins brings together new and old writings to explore the eight subjects that give life meaning: ego, family, home, friendship, love, work, death, the soul. Who am I? What am I made of? How much of how I act boils down to avoiding the things that make me feel small? As he examines the experiences that shape our conscious and subconscious answers to these questions, Jenkins leads readers in a wide-ranging conversation about finding fulfillment in the people and places around us and discovering the courage to show our deepest selves to the world. Los Angeles Times bestseller • More than 1.5 million copies sold “If hygge is the art of doing nothing, ikigai is the art of doing something—and doing it with supreme focus and joy.” —New York Post Bring meaning and joy to all your days with this internationally bestselling guide to the Japanese concept of ikigai (pronounced ee-key-guy)—the happiness of always being busy—as revealed by the daily habits of the world’s longest-living people. *And from the same authors, don’t miss The Book of Ichigo Ichie—about making the most of every moment in your life.* * * * What’s your ikigai? “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 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—the place where passion, mission, vocation, and profession intersect—means that each day is 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, 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 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 doesn’t want to find happiness in every day? A PENGUIN LIFE TITLE

Find happiness 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 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 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 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;
- 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 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

The definitive guide that teaches you how to use the Japanese concept of wabi sabi to reshape every area of your life and find happiness right where you are. Fed up with the exhausting challenges of our fast-paced, consumption-driven existence, millions of people around the world are turning to timeless cultural traditions to find true meaning. In this transformative handbook, Beth Kempton introduces you to wabi sabi ("wah-bi sah-bi"), a captivating concept from Japanese aesthetics that offers a whole new way of looking at the world. With roots in Zen and the Way of Tea, wabi sabi teaches you to see beauty in imperfection, appreciate simplicity, and accept the transient nature of all things. It inspires you to simplify everything and concentrate on what truly matters. Filled with simple yet profound wisdom, *Wabi Sabi* will help you slow down, reconnect with nature, and be gentler on yourself. From honoring the rhythm of the seasons to creating a welcoming home, from reframing failure to aging with grace, *Wabi Sabi* teaches you find more joy and inspiration throughout your perfectly imperfect life.

[Copyright: 258604b4ee7b112a73826025625d1b93](https://www.amazon.com/dp/B000APR004)