



Ikigai (Spanish Edition)

Francesc Miralles

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Tener un ikigai claro y definido -un motivo para existir, una gran pasión- es algo que confiere satisfacción, felicidad y significado a la vida. Según los japoneses, todo el mundo tiene uno: algunos lo han encontrado y son conscientes de él, y otros lo llevan dentro pero todavía lo están buscando. Este es uno de los secretos de los habitantes de Okinawa (Japón), la isla más longeva del mundo, para una vida larga y feliz. Esta obra analiza por primera vez las claves de los japoneses centenarios para una existencia optimista y vital, descubriendo cómo se alimentan, cómo se mueven, cómo trabajan, cómo se relacionan con los demás y -el secreto mejor guardado- cómo encuentran el ikigai que da sentido a su existencia y les impulsa a vivir cien años en plena forma. Una obra imprescindible, que nos ayude a descubrir muchas de las claves de la filosofía japonesa para una larga salud del cuerpo, la mente y el espíritu. / 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.

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