

# ikigai

Los secretos de Japón  
para una vida larga y feliz



Héctor García (Kirai)  
& Francesc Miralles

**URANO**

# Ikigai Libro Gratis

**Ken Mogi, Thomas Leoncini**



## **Ikigai Libro Gratis:**

**Resumen Completo - Ikigai - Los Secretos De Japón Para Una Vida Larga Y Feliz - Basado En El Libro De Francesc Miralles Y Héctor García** Libros Maestros,2023-12-12 RESUMEN COMPLETO IKIGAI LOS SECRETOS DE JAPÓN PARA UNA VIDA LARGA Y FELIZ BASADO EN EL LIBRO DE FRANCESC MIRALLES Y HÉCTOR GARCÍA Estás listo para potenciar tu conocimiento sobre IKIGAI Quieres aprender de manera rápida y concisa las lecciones clave de este libro Estás preparado para procesar la información de todo un libro en tan solo una lectura de aproximadamente 20 minutos Te gustará tener una comprensión más profunda de las técnicas y ejercicios del libro original Entonces este libro es para ti **CONTENIDO DEL LIBRO** Introducción al Ikigai Orígenes de la filosofía Ikigai Descubriendo tu pasión Encontrando tu propósito La importancia de lo que eres bueno La búsqueda de la felicidad en el trabajo El equilibrio entre lo que amas y lo que eres bueno Cómo cultivar relaciones significativas La conexión entre la longevidad y el Ikigai El camino hacia una vida más saludable Superando los obstáculos en el camino La simplicidad como clave para el Ikigai La espiritualidad y el Ikigai Vivir el presente y encontrar la satisfacción Integrando el Ikigai en tu vida cotidiana **El método Ikigai (nueva edición actualizada)** Francesc Miralles, Héctor García (Kiraï),2017-09-14 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 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 propósito 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 Shinkansen 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 Olvídalo de hygge Ahora es todo ikigai The Times Ikigai te ayuda a mirar al futuro sin importar cómo te sientas ahora Te ayudará a sentar las bases para tener una vida más plena y feliz BBC **Descubre tu Ikigai** Jaume

Rosselló,2025-11-18 Encuentra el propósito que da sentido a tu vida y te impulsa cada mañana Los secretos de los ancianos centenarios japoneses para una vida saludable y feliz al descubierto Descubre el secreto japonés para una vida plena y con propósito Ikigai es más que una filosofía es el motor que impulsa cada día con entusiasmo y significado En este libro aprenderás a identificar aquello que amas en lo que eres bueno lo que el mundo necesita y por lo que puedes ser recompensado A través de ejercicios prácticos y la sabiduría de los centenarios de Okinawa encontrarás tu razón de ser y transformarás tu día a día No esperes más para empezar tu viaje hacia una vida más feliz y auténtica Tu viaje personal encontrando tu propio Ikigai Lo que amas lo que el mundo necesita lo que te sostiene económicamente y lo que eres bueno haciendo Ichigo ichie el valor del momento presente La mochila del autoconocimiento El espejo de las preguntas poderosas Con herramientas prácticas para que el lector descubra su particular Ikigai Por qué algunas personas se levantan cada día con energía y propósito mientras otras sienten que la vida pasa sin sentido La respuesta está en Ikigai un concepto japonés que nos guía hacia una existencia más plena Este libro te ofrece un camino claro para descubrir aquello que realmente te motiva alineando tus pasiones con lo que el mundo necesita y en lo que destacas El autor Jaume Rossell es editor y escritor Creador entre otras revistas de Integral y CuerpoMente ha escrito centenares de artículos sobre temas de salud desarrollo personal y medicina natural con especial énfasis en la alimentación plant based También ha publicado numerosos libros entre ellos Adolescentes veganos Manual práctico de plantas medicinales y Guía práctica de naturopatía los dos últimos en esta misma editorial

**El ikigai del dinero** Héctor García (Kirai), Francesc Miralles,2026-03-26 El nuevo libro de los autores del bestseller mundial IKIGAI Después de enseñar a millones de personas en más de 60 países a vivir con pasión ahora Francesc Miralles y Héctor García nos dan pautas claras y sencillas para hacer de ella una fuente de riqueza Este libro te enseña a ganar dinero con aquello que te hace feliz Descubrir tu ikigai tu propósito en la vida es el primer paso para sentirte realizado con una existencia que tenga sentido El segundo paso es hacer de ello tu centro y si así lo deseas convertirlo en tu fuente de ingresos Solo así podrás cumplir con el consejo que nos brindó el maestro Confucio hace dos milenios Encuentra una actividad que te guste y no trabajarás un solo día en tu vida Con este fin los autores de la obra sobre el propósito vital más influyente del siglo XXI te enseñan en este nuevo libro a definir y potenciar tu ikigai profesional haciendo de ello tu negocio y desarrollando el mindset necesario para transformar lo que te entusiasma en éxito y abundancia Tanto si ya sabes cuál es tu Ikigai como si aún lo estás buscando ya seas el líder de una empresa un empleado el propietario de un negocio o un artista independiente hemos escrito este libro para ti Prepárate para hacer despegar tu misión Además de ahondar en la teoría y aportar ejemplos inspiradores te daremos herramientas que te ayuden a visualizar y concretar tu propósito para acto seguido llevarlo a la realidad y expandirlo con el fin de vivir de ello y beneficiar al mayor número posible de personas Lo que vamos a abordar no es fácil Pero tampoco hay sueño pequeño para quien decide bajarlo a tierra ya que desde ese momento tu día a día se convierte en una gran aventura

**Manual De Vida Para Mi Hijo** Edgardo Cruz Ibarra,2020-11-13 Hijo al momento de escribirte esto aún eres pequeño

para entender muchas cosas que quisiera enseñarte. Para cuando puedas comprender estas líneas estarás en camino a ser un hombre ya no te estaré tomando de la mano ni cargando en mis brazos pero como todo hijo para todo padre para mamá y para mí. Lo titulé Manual de vida aunque no tengo ningún instructivo de cómo ser padre. Lo hice porque considero que es una herramienta que te estoy preparando para un futuro pensando que algún día pueda ser de utilidad que quizá podrá ayudarte a tomar mejores decisiones en tu camino porque en este momento desconozco que tantas cosas situaciones y tiempo nos va a permitir compartir juntos nuestros destinos la vida misma y Dios. No eres un poseedor de privilegios tampoco tengo mucho para acolchar tus fracasos. Tu vida dependerá de lo que logres con tu propio esfuerzo. Estas líneas te las dejo también como un agradecimiento por lo que me has enseñado sin contar que al escribirte las también aprendí muchas cosas. Sé que debo desprenderme de lo que creo deberías llegar a ser de lo que en verdad eres. Como muchas cosas en la vida te aconsejo este Manual no lo aceptes ni lo rechaces simplemente. Ponlo a prueba. Comprométete a ser feliz. Ahora debo luchar por ser mejor y esforzarme más que nunca pues sé que siendo tú mi hijo y yo tu padre seguiré siendo mi ejemplo que mi consejo Ikigai Héctor García, Francesc Miralles, 2017-08-29 INTERNATIONAL BESTSELLER 2 MILLION COPIES SOLD WORLDWIDE Workers looking for more fulfilling positions should start by identifying their ikigai Business Insider One of the unintended yet 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 Find your ikigai pronounced ee key guy to live longer and bring more 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 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 overlap 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 What's your ikigai

Escrito en la tierra Francesc Miralles, 2024-11-05 En su nuevo volumen de memorias Francesc Miralles aborda con sabiduría y frescura las claves de los grandes libros de desarrollo personal así como la alquimia para transformar el dolor y el sufrimiento en herramientas que inspiren a otros. Complementado con deliciosos viajes anecdóticos descubrimientos y curiosidades este libro es un mapa para los laberintos de la vida así como el arte de resurgir de las propias cenizas. Este libro

es la continuaci n de la biograf a de Francesc Miralles que se inici con el libro Los lobos cambian el r o publicada tambi n por Ediciones Obelisco **Taller de ángeles** Ivana Menéndez,2026-02-17 Soledad se siente insatisfecha con su vida y acude a su ngel de la guarda Por qu No se sabe Cuida de su sobrina Florencia y a veces de la amiga de ella Romina Conoce a Gast n el pap de Romina Por l llega a un libro que la va a llevar por caminos que le dar n otro sentido a su vida **Ikigai Journey** Hector Garcia,Francesc Miralles,2020-06-23 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 **El método Ikigai** Francesc Miralles,Héctor García (Kirai),2020-01-21 Ikigai es la innovadora filosof a que est revolucionando el mundo Sabes ya cu l es tu ikigai cu l es tu raz n de ser Tras descubrir las claves de la motivaci n y la longevidad con Ikigai los secretos de Jap n para una vida larga y feliz xito de ventas traducido a m s de 30 idiomas H ctor Garc a Kirai y Francesc Miralles vuelven a esta cultura milenaria para desarrollar un libro pr ctico que empodere nuestros prop sitos vitales para hacerlos realidad a partir de hoy mismo Ikigai significa raz n de ser o pasi n de nuestra vida en japon s pero c mo encontrarlo Y si ya hemos encontrado nuestro ikigai c mo potenciarlo para que inspire todos los aspectos de nuestra existencia Para conseguirlo este libro propone 35 rutas con ejercicios pr cticos 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 Jap n nos subiremos al tren el medio de transporte por excelencia de este pa s y viajaremos por las siguientes estaciones El futuro Tokio Presentamos el poderoso efecto Shinkasen y otras herramientas para acelerar nuestros xitos en la vida Es posible conseguir en un mes aquello que nos hemos propuesto hacer en un a o El pasado Kioto Los buenos momentos nos dan felicidad y autoestima los malos lecciones que pueden ser muy tiles para nuestro

futuro Como 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 Como podemos vivirlo con lucidez y plenitud *Ikigai* Héctor «Kirai» García, Francesc Miralles, 2021-12 Seg n los japoneses todo el mundo tiene un ikigai un motivo para existir Algunos lo han encontrado y son conscientes de su ikigai otros lo llevan dentro pero todav a lo est n buscando Este es uno de los secretos para una vida larga joven y feliz como la que llevan los habitantes de Okinawa la isla m s longeva del mundo El proyecto de este libro surgi uniendo la experiencia en cultura japonesa de H ctor Garc a autor de Un Geek en Jap n que lleva doce a os viviendo en Jap n con el arte escribiendo de Francesc Miralles autor de decenas de libros y novelas y especialista en psicología Para escribir la obra los dos autores fueron recibidos por el alcalde de Ogimi Okinawa una localidad del norte de Jap n con el mayor ndice de longevidad del mundo y tuvieron acceso a entrevistar a m s de un centenar de sus habitantes En esta nueva edici n de este ya cl sico del crecimiento personal los autores nos regalan un pr logo en el que reflexionan sobre todas las experiencias que han vivido desde la publicaci n de la primera edici n de *Ikigai* en 2016 Tener un ikigai claro y definido una gran pasi n es algo que da satisfacci n felicidad y significado a la vida La misi n de este libro es ayudarte a encontrarlo adem s de descubrir muchas claves de la filosof a japonesa para una larga salud del cuerpo la mente y el esp ritu Una obra que nos acerca los secretos de los centenarios japoneses para una vida saludable y feliz Ofrece herramientas pr cticas para que el lector descubra su particular ikigai su raz n de ser Nunca dejes de empezar Marco Meana Lama, 2021-03-08 En muchas ocasiones el miedo es lo que hace frenar a las personas en su progreso El miedo a cambiar para as evolucionar y mejorar es el principal problema social que no tenemos en cuenta Imagina cu ntos proyectos empresas e ideas se ha llevado por delante el miedo Te bloquea te impide continuar te hace infeliz Este libro har que analices tus circunstancias y entiendas tu entorno y te incitar a cambiar evolucionar y mejorar tu vida luchando contra el miedo a progresar Nunca dejes de empezar ser tu mejor aliado para seguir creciendo sin dejar de aprender Impulsar tu curiosidad a trav s de ejemplos reales y te motivar al cambio gracias a los consejos y m todos pr cticos que contiene Es el momento de dejar atr s las inseguridades emprende la batalla contra el miedo que te har libre Marco Meana Lama es de Miranda de Ebro provincia de Burgos Espa a Graduado en empresariales por la Universidad Complutense de Madrid actualmente trabaja en el sector financiero en Londres Descubri que una de sus pasiones es motivar y ayudar a la gente eso es lo que le empuja a escribir Con su libro *Emprende y gana* ayud y sigue ayudando a miles de lectores en m s de siete pa ses a alcanzar sus objetivos ahora con *Nunca dejes de empezar* te motivar a tener en cuenta el cambio como una manera de evolucionar y mejorar Si quieres saber m s sobre el autor s guelo en Instagram marcomml y Twitter MarcMML **Ikigai: The Japanese Secret to a Long and Happy Life** Garcã-A Hã(c)Ctor, 2025-10-23 *Resumen de Ikigai Libro de Hector Garcia* FRANCISCO. THOMAS, 2024-01-05 *Ikigai* Qu le da sentido a tu vida En la cultura japonesa el concepto de ikigai que se puede traducir aproximadamente como raz n de ser tiene

un gran significado Sirve como motivador diario y fuente de felicidad a menudo siendo la fuerza impulsora detrás de por qué las personas se levantan cada mañana A diferencia de la idea de la jubilación como dejar permanentemente la fuerza laboral muchos centenarios japoneses continúan participando en actividades que aman siempre que su salud lo permita Esta mentalidad cultural profundamente arraigada en Japón contribuye a su longevidad Los estudios sobre la longevidad sugieren que tener un fuerte sentido de comunidad y un ikigai bien definido son igualmente importantes que adherirse a una saludable dieta japonesa Regiones como Okinawa que forman parte de las Zonas Azules donde las personas disfrutan de vidas más largas y saludables muestran menos enfermedades crónicas menos inflamación y tasas más bajas de demencia El carácter japonés para ikigai se escribe como donde representa vida y significa ser valioso Abrazar el concepto de ikigai infunde cada día con un sentido de propósito y desempeña un papel significativo en la salud general Las cinco Zonas Azules identificadas por Dan Buettner

**The Little Book of Ikigai** Orange Hippo!,2025-06-05 In a world that feels ever more hurried and disjointed the idea of ikigai the reason for being shines out like a beacon of hope Rooted in Japanese culture and closely associated with the people of Okinawa a so called Blue Zone where residents live incredibly long and more importantly fulfilling lives the true meaning of ikigai is hard to pin down with many interpretations and wider applications depending on your definition At its core however is a belief that a life lived with purpose and joy whether that be finding the dream job or savouring a delicious meal with loved ones leads to greater fulfilment happiness and wellbeing This little book serves as a window into this enigmatic philosophy exploring its cultural origins and underlying philosophy some practical tips to integrate it into your own life as well as some words of wisdom and advice from the preeminent ikigai experts both ancient and modern Whether you're looking for a new direction in life or seeking more fulfilment in the everyday this book will shed light on a timeless practice that will help you uncover what truly makes life worth living SAMPLE TEXT I would describe ikigai as the feeling that we are alive in the here and now and the individual awareness that drives us to survive Professor Akihiro Hasegawa When you put your finger on what your ikigai is it's like you gain a superpower It's like you get a GPS for your life Tim Tamashiro The Japanese word ikigai the key guy combines the terms iki meaning alive or life with gai meaning benefit or worth

**Ikigai en el amor** Ken Mogi,Thomas Leoncini,2021-10-05 Ken Mogi es autor de IKIGAI ESENCIAL con millones de ejemplares vendidos en todo el mundo Una visión actualizada del amor en un mundo digitalizado La cultura japonesa es tendencia y este libro nos da muchos detalles sobre su visión del amor y la vida El concepto japonés de ikigai aquello que da sentido a tu vida y te induce a levantarte por las mañanas tu pasión tu razón de ser se ha convertido en el gran lema del tercer milenio Como nos puede ayudar esta filosofía a vivir y relacionarnos en unas sociedades dominadas por internet donde la incertidumbre es la norma y la capacidad de adaptación cada vez más crucial Thomas Leoncini joven discípulo de gran sociólogo Zygmunt Bauman y Ken Mogi uno de los grandes neurocientíficos de Japón comparten un apasionante diálogo sobre el amor y la sociedad en estos tiempos de globalización pandemia y un concepto del amor cada vez más diverso y

digitalizado Para salvaguardar nuestra humanidad los autores proponen la filosofía del ikigai un camino oriental que nos ayude a distinguir entre lo que queda interior y egoismo entre belleza y un mundo cada vez más uniformizado entre amor y ensimismamiento Inteligencia artificial internet y pandemia Como se transforma el concepto del amor en esta era de profundos cambios Embarquémonos en este viaje con la infinita curiosidad de estos dos pensadores que dialogan con inteligencia y alegría B Yoshimoto novelista japonesa contemporánea **Ikigai** Casa de Colón de Las Palmas, Héctor García, Francesc Miralles, 2016-04-30 Según los japoneses todo el mundo tiene un ikigai un motivo para existir Algunos lo han encontrado y son conscientes de su ikigai otros lo llevan dentro pero todavía lo están buscando Este es uno de los secretos para una vida larga joven y feliz como la que llevan los habitantes de Okinawa la isla con la población más longeva del mundo Back cover Ikigai Bettina Lemke, 2019-01-01 Ikigai toto kr sn japonsk slovo znamená vidět v životě smysl Růžná studie dokládá lidskými zkušenostmi, že ikigai toho od života očekává více a jejich život je naplněný Zkrátka a dobře vidět pro člověka zpozděle Ikigai je poklad ukryt v nitru stařeňáků jen vyždvihnout Hluboko v sobě ho máme v nich jen když mu musíme proniknout abychom na něj včas inspirace radosti ze života energie a dospělí ke zdravému životu Ikigai je celistvým životní filozofií a zahrnuje také jako v domácnosti stravu vnitřní klid a individuální životní rytmus Bettina Lemke osvětluje princip ikigai a za pomoci praktických cvičení nás vede k tomu abychom objevili své vlastní ikigai **Summary** Book Summary Publishing, 2020-02-28 Ikigai The Japanese Secret to a Long and Happy Life by Hector Garcia At some stage in life we will all inevitably question the point of existence and try to pinpoint the purpose or ambition that legitimizes our time on the earth The word ikigai has no literal translation but stems from the words iki meaning life and kai meaning worth Your ikigai lies somewhere between your values and your desires and evolves throughout your lifetime in accordance with the person you are The Ikigai Method proposes several ways to help better understand your reason for being By reflecting on the past grounding ourselves in the present and projecting ourselves in the future we can revolutionize our lives for the better Why read this summary Save time Understand the key concepts Notice This is a IKIGAI THE JAPANESE SECRET TO A LONG AND HAPPY LIFE Book Summary Richard Koch Book NOT THE ORIGINAL BOOK **Ikigai** Keira Miki, 2021-11-08

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