



Ikigai

by Héctor García and Francesc Miralles · 2016 · 208 pages

In one line: What the hundred-year-olds of Okinawa do: a reason to get up, a tribe, light eating, flow, gentle daily movement.

Is it worth your time? Yes, as a calm one-evening reset at a turning point. Skip it if you want evidence or a method; the five habits in this summary are the useful part.

Try this week: five things to do

- 1 Message two or three friends you genuinely like and set a standing weekly time, even thirty minutes.
- 2 Serve yourself on a smaller plate and stop at eighty percent full for one week.
- 3 Add five minutes of stretching to an existing morning moment (while the kettle boils).
- 4 Find one task this week you can do with no interruptions for twenty minutes; notice the flow.
- 5 Write down one small thing that gets you up in the morning. Protect it this week.

Tick each one off. When you miss a day, do the two-minute version the next day. Never miss twice.