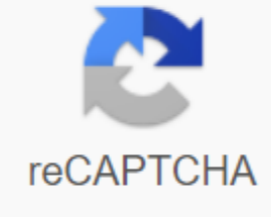




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Discover ikigai and find a goal that will guide your lifeWhy are the people who know what they want while others languish in confusion? According to the Japanese, the secret is to find them ikigai, a concept that can be translated as an excuse for life. Having a clear and defined ikigai provides the satisfaction and purpose that justify our existence by being, for many, also the key to longevity. In *Ikigai: Secrets of Japanese Long and Happy Life*, authors Francesca Mirales and Hector Garcia head to Okinawa, a Japanese island of centuries-old populations, and gather for the first time in a book of habits and procedures that have kept pace with the health of the mind, body and spirit of this nation. A guide with clear and concise information, as well as lists, tables and illustrations that put in your hands the right tools to understand and find your ikigai. About Authorhactor Garcia is a citizen of Japan,

where he lived for more than a decade. A software engineer, he worked at CERN (European Centre for Nuclear Research) in Switzerland and blogs kirainet.com. He is also the author of Geek in Japan. FRANCESC MIRALLES is an award-winning author of personal development books, worked as an editor, translator and ghost writer. He studied journalism, English and German literature and is a musician. IKIGAI, the mysterious word1. PHILOSOPHY: Young, productive and happy are always older.2 PURPOSE: Find a reason to be and live harder and better.3 FLUIDITY: Transforming work and free time into indoor growth4. RESILIENCE: Face challenges and changes without stress and anxiety, the art of living the origins of this book on a rainy night in Tokyo, when the two authors met in one of the tiny taverns that spread in the city. We read each other mutually, but we did not know each other personally, because of the 10,000 kilometers that the seam of the Japanese capital of Barcelona, a mutual friend put us in contact, and it was the beginning of the friendship that gave the fruit of this book, and that signals for life. At the next meeting, a year later, we went for a walk in the center of Tokyo and began to talk about psychological currents, especially about logotherapy, that is, about therapy with the meaning of life.We noted that victor Frankl's attention has ceased to be in vogue recently, with minimal presence in consultations, in favor of other psychological schools. Yet people continue to seek meaning in what we do and live. We ask such questions, what is the point of my life? Is it just about adding days to existence or do I have a higher mission in the world? Why are there people who know what they want and live with passion while others languish in confusion? At some point in the conversation, the word ikigai. This Japanese concept that will translate is about as: happiness is always busy, related to logotherapy, but goes on. And that's what seems to be one of the reasons that explains the extraordinary longevity of the Japanese, especially on the island of Okinawa. There the number of centenarians per 100,000 inhabitants is 23.55, that is, much higher than the world average. When studying the reasons why the inhabitants of this island in southern Japan live longer than anywhere else in the world, it is believed that, in addition to eating, a pleasant life outdoors, green tea or a subtropical climate - the average temperature is similar to Hawaii - one of the keys is the ikigai that governs your life. While exploring this concept, we realized that no book has ever been published, in terms of ranting psychology or personal growth, to study this philosophy to transport it to the West. Is ikigai responsible for the fact that in Okinawa there are more centenarians than anywhere else? How are they inspired to stay active for the rest of their lives? What is the secret of a long and happy existence? By studying this concept, we found that in Okinawa there is, in particular, one person, a rural town with a population of 3,000 inhabitants north of the island, with the highest life expectancy in the world, so it gets the surname of a village centenarian. We offer to observe on the site the secrets of these Japanese centenarians, given that in Ogimi - this is the name of the people - the elders are active and satisfied for the rest of their days, After a year of theoretical research, we arrived with our cameras and record labels in this village, where in addition to the colloquial language of ancestors, animatic religion is practiced that has as a central figure a mythological elf of the forest with long hair : Bunagaya.The lack of tourist infrastructure forced him to stay in the house 20 kilometers from the village. Arriving at this place, we can understand the extraordinary kindness of its inhabitants, who laughed and played all the time in the middle of the green slopes, poured clean water. There grows most of Japan's shikuwasa, the lemons of Okinawa, to which the attributed to a great antioxidant force,Will it be the secret of longevity of the inhabitants of Ogimi? Or is it the pure water with which they make morning tea? How we conducted interviews with the elders of the place. We realized that there is something much deeper than the power of these earth products. The key was in the unusual joy that comes from the natives and leads their lives along a long and pleasant path. Again, the mysterious ikigai. But what exactly is it made of? How can you buy it? It's not marine to surprise us that it's a quiet place Almost eternal was found exactly in Okinawa, where 200,000 innocent lives were lost at the end of World War II.Instead of holding a grudge against the invaders, but Okinawenses resort to ichariba chode, a local expression that translates as treating all as if they were your brothers, even if it is the first time they know them. One of the secrets of the ogimi residents is their sense of belonging to their community. From a young age they practice yuimaaru, a teamwork that leads them to help each other. Taking care of their friendship, easy diet, rest properly and gentle exercises will be part of the health equation, but at the heart of this joie de vivre, the joy of life that makes them complete years and continue to celebrate every dawn, is everyone's personal ikigai, the purpose of this book is to get close to the secrets of Japanese centenarians for a healthy and happy life, and provide tools for you to discover your ikigai. The one who finds his ikig carries with him all that is necessary for a long and happy transition. Happy journey! According to the Japanese, everyone has an ikigai, which the French philosopher would translate as the meaning of existence. Some have found it and know about it ikigai, others carry it in themselves but are still looking for it. ikigai is hidden inside and requires patient research to reach the deepest point of our being and find it. According to okinawa ns, the island with the highest level of centenarians in the world, ikigai is the reason why we get up in the morning. Do not retire, please have a clear and certain ikigai, great passion, gives satisfaction, happiness and meaning of life, the mission of this book is to help you find it, in addition to discovering the many keys of Japanese philosophy for the long health of the body, mind and spirit. One of the things that surprises you when you spend time living in Japan is seeing how active people are even after retirement. In fact, a large number of Japanese will never retire, continue to work on what they like, when and when their health allows. There is no Japanese word that means retirement with the exact meaning of stop working forever as we are here in the West. As Ian Buttnet, a National Geographic journalist who knows Japan well, says, Having a vital goal is so important in this culture that they don't have our retirement concept. The island's (almost) perpetual youth study of longevity shows that social life and the presence of clear ikiga are just as important as healthy Japanese food. The concept we will be aware of in this guide is particularly ingrained in Okinawa, one of the so-called blue zones, in places around the world people are more long-distance. On this island, more people eat more than 100 years per 100,000 inhabitants than in any other region on the planet. Ongoing medical research has collected very interesting data on the characteristics of these unusual people. In addition to living much more years than the rest of the world's population, they suffer fewer chronic diseases such as cancer or heart disease, inflammatory infections are also less common. There are many centenarians with an enviable level of vitality and health that would be unthinkable for older people from other regions of the world. Your blood has a lower level of free radicals responsible for cell aging, due to the tea culture and the custom of impregnating only 80% of the amount of food to only saturate the stomach. Menopause in women is much smoother and generally men and women maintain high levels of sex hormones up to a very advanced age. Dementia cases are also markedly lower than the global average. We will pay attention to all these aspects during this book, but the researchers note that an important part of the health and longevity of Okinawans is due to their ikigai attitude to life, with the incessant search for deep meaning every day. IKIGAIAllikigai characters are written by K X Y, where K X means life and Y q means worth it. Y y can decommin in Y, which means armor, number one, be the first to go (ahead in battle, leading the initiative and leadership), and that means elegant, beautiful. Thus, the five blue zones are called regions identified by scientists and demographers, where there are many cases of high life expectancy. In these five zones the number one is Okinawa, Japan, where women are especially those with the longest - and disease-free - existence in the world. The five regions identified and analyzed by Buettner in the Blue Zones book are: Okinawa, Japan (particularly north of the island). His diet includes a lot of vegetables and tofu. They eat on small plates. In addition to the philosophy of ikigai, in its lifespan is important to the concept to (a group of very close friends) that we will see below. Sardinia, Italy (in particular, the province of Nuoro and Ogliastra). They consume a lot of vegetables and wine. These are very close-up communities in which they have a big impact on life expectancy. Loma Linda, California. Researchers studied a group of Seventh-day Adventists who found themselves among the longest distances in the United States. Nicoya Peninsula, Costa Rica. Many natives are 90 years old with unusual vitality. Most of the elders are5:30 to perform tasks on the ground without serious difficulties. Ikaria, Greece. Not far from the Turkish coast, one in three inhabitants of this island is over 90 years old (in Spain non-Agenarians do not reach 1%, which earned him the nickname island of longevity. We will analyze some of the common factors of these zones that seem to be the key to longevity, and especially Okinawa, which has a so-called village of centenarians, which takes up a significant part of our research. It is interesting to note that three of these areas are people who live on islands where they have fewer resources and communities need to help each other. Having to help each other can represent for many ikigai powerful enough to continue to liveSecond scientists who have compared life in five blue zones, the key to a long life are diet, exercise, having a purpose of life (ikigai) and good social connections, that is to rely on many friends and good relationships in the family. These communities manage their time to reduce stress, eat little meat and processed foods, and drink alcohol in moderation. The exercise they practice is not extreme, but they move every day to walk and work in the vegetable garden. Residents of blue zones prefer to walk and climb by car. In all of them is a very common activity of gardening, which requires physical movement every day, but low intensity. The secret of 80%One of the most popular choruses in Okinawa is Hara hati bu, which is used before or after a meal and means something like a belly of 80 percent. Ancestral wisdom recommends not eating until we are incharming. Thus, the natives stop eating when they feel that their stomach is 80%, instead of instilling themselves in forcing the body to wear out, accelerating cell oxidation, with long digestion. Perhaps something as simple as this is one of the okinawenses' long life secrets. His diet is rich in tofu, boniatos, fish (three times a week) and plenty of vegetables (300 grams per day). In the food chapter we will see what foods include in these 80% healthy foods and antioxidants. The way food is served is also important. Dividing it into a few small prats, the Japanese tend to eat less. This is why Westerners in Japan also tend to lose weight and maintain a slim figure. Recent studies by nutritionists have shown that daily calorie intake of okinawenses is 1800-1900 approximately and their body mass index fluctuates between 18 and 22, while in the United States an average of 26 or 27.MOAI: a link with long life Is a tradition of Okinawa - albeit from Kagoshima - close ties in local communities. Moai is an informal group of people with common interests who help each other. For many, community service is becoming one of their Ikiga. The origins of moais come from difficult times when farmers came together to share information on the best ways to grow, as well as to help each other in case the harvest was not good this year. Moai members must pay a set monthly amount. This payment allows them to attend meetings, dinners, go to matches, sings (Japanese chess) or enjoy any common pastime they have. Each money is used in the activity, and if accumulated too much, the member (rotation) gets the amount of money also set up. For example, if a participant pays 5,000 yen a month and receives 50,000 yen after two years (this is a way to save with others), two years and a month later, another friend of the same moai will receive 50.00 yen. Being in moai helps maintain emotional as well as financial stability. If someone in the group struggles, the group can promote the group's savings payments. Specific accounting rules for each moai vary according to the group and its economic capabilities. Moai's accountancy is written in a booklet called moaicho. This sense of belonging and assistance ensures human security and contributes to longer life expectancy. When a classmate asked him to define his school in one sentence, Frankl replied: Well, in the logotherapy, the patient stays seated, right, but you have to listen to things that are sometimes very unpleasant to hear. The same colleague defined psychoanalysis in this way: In psychoanalysis, the patient lies on the couch and tells him what is sometimes very unpleasant to say. Flank explains that one of the first questions he asked his patients was, Why don't you kill yourself? and usually patients found good reasons not to. What then does logo therapy do? For the answer is very clear: to find reasons for life. Logo therapy forces the patient to consciously open up the meaning of his life to face his neuroses. Thus, a personal struggle to achieve your destiny will motivate you to move forward and overcome the mental bandages of the past, trapping the obstacles you face along the way. Finding meaningSed to say that for Frankl man is able to live and die for his principles and ideas, the search for meaning becomes a primal and personal force that allows a person to achieve his goals. We can summarize the process of logotherapy in five steps: Man feels disappointment or anxiety. The therapist makes you see that you feel the desire to have a meaningful life. The patient discovers the meaning of his existence (at this point in his life) Through his will, the patient chooses between accepting that fate or not doing so. This new vitality will help you overcome challenges and obstacles. The life experience of being a prisoner of the Auschwitz concentration camp made Victor Frankl understand that everything can be taken away from one person except one, the last of human freedoms: the choice of one's own path. It was a process that he had to live on his own and without help, but it inspired him for the rest of his life. Life. ikigai pdf download portugues

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