

STAFF PICK

THE LITTLE BOOK OF IKIGAI

BOOK BY KEN MOGI

The events of recent weeks have come as a shock to all and have led to unprecedented changes in people's lives. The way we understand our time at work and home has been altered and we are faced with new questions about how to approach life. One perspective is found in Ken Mogi's *The Little Book of Ikigai*, which asks its readers to find joy in the little things and focus on the here and now as a way for our life purpose to emerge without pressure. By starting small and finding harmony and

sustainability in our actions, our reason for living or *ikigai* becomes clear. Mogi uses examples from Japanese culture to help readers understand *ikigai* in action. Chefs, fine artists, craftspeople, martial artists, and other people whose lives exemplify *ikigai* show how our immersion in what moves us every day can create life-long meaning and happiness.

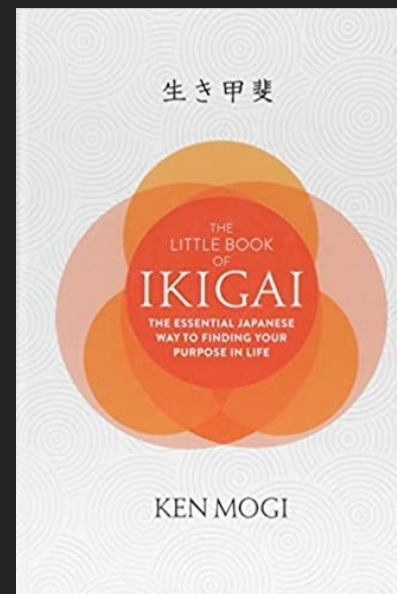
The Little Book of Ikigai is a clear and inspiring book that invites you to discover your own *ikigai* and make sense of our newfound normal.

— Daniel, Library Staff
May, 2020

ABOUT AUTHOR

Ken Mogi [茂木 健一郎] is a neuroscientist, writer and broadcaster based in Tokyo. He has published more than 30 papers on cognitive and neurosciences, and over 100 books in Japan covering popular science, essay, criticism and self-help. His books have sold close to 1 million copies.

— from Publisher



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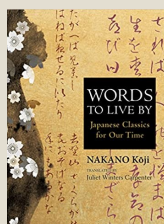
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