

Ler Livro Online *Ikigai Esencial Ken Mogi*



Faça o download ou leia online *Ikigai esencial Ken Mogi* , La sabiduría milenaria japonesa que dará sentido a cada día de tu vida.

«Estar inmerso en el momento presente y obtener placer de ello, prestando atención al mismo tiempo al más mínimo detalle es la esencia del arte de la ceremonia del té. Es extraordinario que Sen no Rikyu, el creador de esta ceremonia en el siglo XVI, llegara a esta conclusión en la era Sengoku, cuando los señores de la guerra, los samuráis, libraban entre sí interminables batallas y seguramente era una época muy estresante.»

Occidente siente una fascinación permanente por el modo de vida japonés, y ello supone acceder a la filosofía, la cultura y el patrimonio de ese extraordinario país.

Ikigai es un término japonés para referirse a los placeres y el sentido de la vida. Todo el mundo, de acuerdo con la cultura japonesa, tiene ikigai, y este se encuentra mediante la búsqueda, profunda y concentrada, en uno mismo. Es la «razón para levantarse cada mañana», para encontrar el placer, la satisfacción personal en las actividades cotidianas, sea en el trabajo o en el ocio. Una de las razones de la longevidad del pueblo japonés, junto con su alimentación, la práctica de ejercicio moderado y su espiritualidad.

Ikigai esencial combina percepciones de los saberes científicos de Ken Mogi sobre el funcionamiento del cerebro, lo cual confiere al libro una perspectiva cognitiva fascinante.

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