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Ikigai



Synopsis

The word IKIGAI comes to us from Japan--land of the samurai, intense death-defying effort, masterful artistry, harmony with nature, and devoting yourself obsessively to a path. Ikigai's closest meaning is **raison d'être** in French--what one lives for, what makes your life worth living, why you inhale and exhale each breath. But Ikigai goes further than that, to the point where your passions and obsessions can consume you ... think of the artist or inventor all-consumed by his work, the boxer who lays his body and mind on the line in every fight, or the gardener whose mind is perfectly still among his creation. Have you found your Ikigai yet? This book is for you. In a series of essays on philosophy, history, strategy, planning, and achieving, this book is about living purposefully and with meaning.

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Customer Reviews

Lots of great, actionable info presented alongside the more abstract, philosophical and strategic concepts. Massive re-read value; I thought the last section of the book (the email from his friend Brendon) was lofty, idealistic, and way too "out there" the first time I read it. I remember thinking "is

this guy for real? Does he really talk and think like this?" I re-read the book to take more detailed notes recently, and that section actually began to make more sense. Timeless writing --- when you go back every couple months or years, you'll find that you can use what he writes to gain perspective on recent events, over and over.. It's scruffy, not-quite-edited and looks like he copy-and-pasted blog posts into an eBook, like other reviewers have mentioned. But for 7 bucks you get the best of his hundreds of articles, and the information that, for me, got me started down this path of improvement and wanting MORE out of life and myself, all wrapped up into a convenient package.

I read Ikigai over the course of two days. I've read much of Sebastian's blog, so some of the content was not new to me. But reading it over again, in the context of the whole, was different. When you put all Sebastian's content together, the enthusiasm and energy he projects is multiplied, and so is its effect on your psyche. I've already noted several ways in which I'm going to change my daily schedule according to his recommendations. The most powerful part was the introductory story in Japan. If you're considering buying, use 's "Sample at the Beginning" feature to read that story. If it hits you hard (as in: wow! someone else feels that way too), then you're the sort who can gain great value from the lessons that follow.

First off, I'd say I purchased and read this book within 24 hours because it's that good. The introduction is very honest and highlights a cautionary tale that most self-improvement, executive coaching, and whatever books don't address: The downside to improving yourself. That is, growing distant from the everyday man around you because your life just cannot be understood by others. It can be a lonely road at times, and it's striking that the book starts off like this. Because of this, I feel like this book is best for people already working on themselves, who've already realized that they don't fit the "mold" and looking for inspiration and advice on how to get to the next level. In addition, the book was written in one week, and it does show at times. However, the gems in the book are well worth the price.

Bought this book purely on the book recommendation of a friend of mine and found it pleasantly good. It's a bit scattered in format and if I'm correct is just a collection of his most popular insightful blog posts. I don't mind, I enjoyed the read and otherwise would not have stumbled on his writings and philosophical views on life and success. It's a good simple read that helps you see life from a perspective that will guide you to whatever your definition of success will be.

As mentioned in the heading this book is best for those stuck at self development or is having difficult my in getting the next step. I really loved the book. More relevant to younger audiences.

Sebastian Marshall lives an unconventional life and he certainly doesn't have the same dreams and aspirations of most people. In his book and blog he claims that he wants to be the greatest strategist of our generation. The good part of the book is that it will force you to think strategically about getting the most from life. It will also give you the motivation to start doing stuff-- Sebastian appeals to the reality of death quite often. The book also contains a lot of practical advice, such as making sure to improve your credit rating. On the negative side the book is poorly edited. Lots and lots of typos. It seems that the author wrote the book quickly without really looking over what he'd written at all. If you look at his blog a lot of the chapters are there as blog posts. In terms of the content, I sometimes take issue with Sebastian's philosophical stance. My impression is that his life philosophy is geared towards making an impact in the world through beneficial charitable, artistic, and scientific projects. The value of projects like this is justified in a cursory manner. In effect Sebastian writes, "you're going to die, so why not make an impact?". I praise Sebastian's questioning of the big questions and his desire to make a difference, but nevertheless I think that goals more focused towards understanding our inner world are important too. Overall, a good book that will make you think and challenge you. I'm glad I read it!

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