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# IKIGAI BY SEBASTIAN MARSHALL PDF

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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Most helpful customer reviews

18 of 19 people found the following review helpful.

A Strategic Guide For Those Already Improving Themselves

By Peter Park

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.

8 of 8 people found the following review helpful.

Start something

By Tushar Saxena

Sebastian tells you why you should do cool stuff and create wealth. If you're not convinced, he gives you more and better reasons all the way through the book. Don't care about money? He tells you why that's fine and doesn't matter.

Once you are persuaded, he tells you how. It includes living strategically, and not tactically or mindlessly. It involves breaking bad habits. Creating good ones. He tells you why you need to throw away that TV remote, and why you need to suffer and feel the strife to break through. He kicks your ass repeatedly. In every story, and post, he will make you wonder why you've been planted on your couch the last few weeks/months/years. You are halfway through the book, you feel like standing up. It's now harder to sit down and read. You need to be doing something, anything. You have energy. Sebastian has given it to you. Good. Use it to write him a thank you note. Not sure what cool stuff you will be doing but are ready to jump in? Sebastian tells you to build some fundamental skills, and try different things, to always be producing - whether its a review, a photograph, a tiny utility program. Always be connecting with people. Serving them. Letting them know they helped you. Help them. So now, you've done some cool stuff. You wish to go further. Is it an empire you want to build? A dynasty? Sebastian will help you forge your path. Wait. What's this? Are you hurting? Murphy's law has kicked in. Nothing's going right. What to do? Abandon not the path! Focus on the fundamentals, says Sebastian. Keep your diet steady. Exercise. Don't make major decisions. Don't be stupid. You shall bounce back. Is the path right for you? If so, buy this book already.

14 of 16 people found the following review helpful.

Grab life by the balls

By Veronica Sicoe

"Who am I? I'm a little crazy, to tell you the truth. You kind of have to be to get anything done in the world."

This is how Sebastian describes himself in Ikigai, and it's basically what drew me toward him and this book. I like people who get things done, who move things, who shift views and change perspectives, and Sebastian Marshall is very much this type of person. Sure, he talks much, but he's got much to say.

Ikigai is a smart compilation of blog posts and articles that captures the essence of Sebastian's drive and vision in a simple, straightforward manner. It's a "stream of consciousness" type of book, more like a personal diary than a blog, and most definitely not a literary piece of work---but who the hell cares, it's the message that matters. If you're unwilling to grasp the useful ideas in this book because it doesn't shove big words and fancy formatting down your throat, it's your loss dude. And shame on you.

There's a lot of information in here about how to optimize your entire existence, from your daily schedule and habits to your effectiveness, your career and your passions, your relationships and your ultimate goals. It's not warm and fuzzy, and you need to have done some previous hard thinking about yourself to even understand how brilliant Sebastian's tips are. But if you're already actively pursuing ways to improve your life and gain more control over the outcome of your hard labor, then this book is definitely for you.

My favorite quote?

Embarrassment and errors are part of doing meaningful things. It's not such a big deal, really. Keep in mind you're going to die. It puts things into perspective. Mild discomfort? Who cares, you're going to f\*\*\*ing DIE at some point. **DO SOME COOL STUFF BEFORE THAT HAPPENS.**

...

So, are you still scrolling through the reviews? Buy the book, it's worth its money. Besides, Sebastian's share

goes to charity. How cool is that?

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