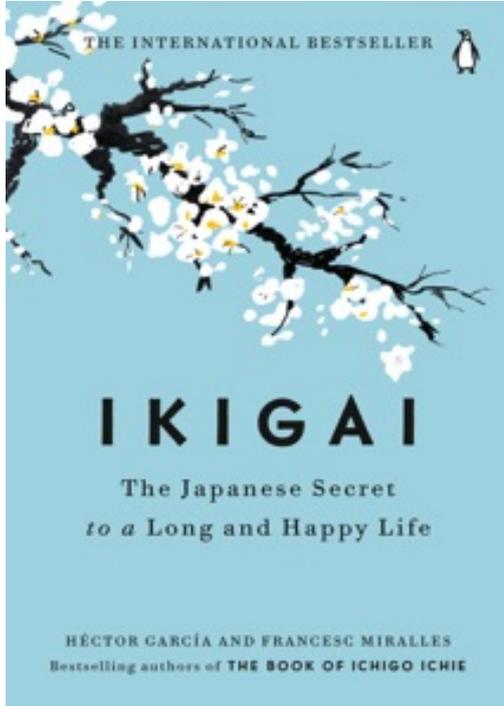


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In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds—one of the world's Blue Zones. *Ikigai* reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the *ikigai* that brings satisfaction to their lives. And it provides practical tools to help you discover your own *ikigai*. Because who doesn't want to find happiness in every day?

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