

## “HAPPY AND LONG LIFE” IN THE BOOK OF “IKIGAI” BY HECTOR GARCIA AND FRANCESC MIRALLES

**Sabirova Asal**

*Student of TMC Institute 2<sup>nd</sup> year student*

**Annotation:** *Book “Ikigai” teach how to find meaning of life and happiness in simple things. This book shows how important do what you want and do not give up. This is inspiring book for those, who wants to live happy and consciously.*

**Key words:** *Hector Garcia, Francesc Miralles, Ikigai, Happy Life.*

Nowadays, humans face more and more burnout, stress and search for meaning of life. The book “Ikigai: The Japanese Secret to a Long and Happy Life” explores how to find purpose. “Ikigai is a Japanese philosophy that refers to a person’s sense of purpose. It focuses on a person finding motivation, inspiration, and joy in living. It is thought to contribute to both a longer and happier life. It allows a person to pursue their passions in life and feel valued and appreciated by others”<sup>51</sup>.

Hector Garcia and Francesc Miralles, who wrote the book, are from Spain. Garcia lived in Japan and wrote about its culture and lifestyle. Miralles

worked as a writer and journalist and translator and he likes psychology. They made a book which helps readers find meaning in their lives and enjoy each day. The authors say true happiness comes not just from success but from doing what you love and living well. They looked at the people in Okinawa. Many there live long and happy lives and they keep active and enjoy simple things and always have a purpose.

Francesc Miralles is a Catalan writer, journalist, translator and musician. “He is the author of numerous fiction and nonfiction novels as well as children’s books. He was born in Barcelona on August 27, 1968, and attended the Rivera Catholic School. He later enrolled in the School of Journalism at the Autonomous University of Barcelona but did not graduate. A year later, he enrolled again, this time in the Department of English Language and Literature, while also teaching foreign languages. Miralles traveled extensively and worked as an editor and journalist. He currently gives lectures at conferences around the world and writes books and articles on psychology and spirituality”<sup>52</sup>.

Second author is Hector Garcia. Hector Garcia was born in Spain. The author of the book “worked at CERN in Switzerland before moving to Japan, his home of fourteen years and counting. In Japan he developed voice recognition software and the technology for young Silicon Valley companies to enter the Japanese market”<sup>53</sup>.

---

<sup>51</sup> <https://www.ebsco.com/research-starters/religion-and-philosophy/ikigai> (The source was referred to 09.04.2026)

<sup>52</sup> <https://azbooka.ru/author/miralles-f> (The source was referred to 30.04.2026).

<sup>53</sup> [Author Interview: Héctor García - Tuttle Publishing](#) (The source was referred to 30.04.2026).



At the heart of this book lies the concept of “Ikigai” – the reason for waking up in the morning or the source of joy and meaning in life. In the West, success is equated with career and material achievements, whereas ikigai focuses on a deeper, more personal level of existence. This goal isn’t something you must achieve at all costs, but rather a state that develops within you step by step, through harmony, mindfulness, and staying true to yourself.

The authors of this book share the experiences of the residents of Okinawa Island. The island’s residents are known for their high life expectancy. You might think the secret to their long lives lies in proper nutrition and physical activity, but what plays the key role is having a sense of purpose – something simple, everyday, yet sincere. This could be helping a neighbor, tending a garden, or pursuing a favorite hobby. These activities may seem like ordinary things we do all the time, but they foster a lasting sense of purpose and inner balance.

What makes this book unique is that it doesn’t offer ready-made solutions; instead, it gently guides the reader toward their own personal journey of discovery. Through observations, philosophical reflections, and stories, the authors write: ikigai cannot be copied or borrowed, but must be discovered within oneself. This is precisely what makes the book special, as it does not promise quick results but offers a lifelong journey. Furthermore, “Ikigai” touches on a very important theme – balance. In the modern world, people are often torn between responsibilities, ambitions, and personal desires. As a result, they lose themselves. The philosophy of this book teaches simplicity: to slow down, appreciate the present moment, and find pleasure in the process, rather than in the result, as we are accustomed to. This does not mean giving up on goals or success, but finding harmony between them.

Ultimately, the book “Ikigai” isn’t a step-by-step guide, but rather a reflection on life that helps us see everyday things from a different perspective. The book reminds us that happiness isn’t always tied to something grand and unattainable. Sometimes it is simply hidden in the everyday and the simple – in what we do with love and purpose.

#### Referens:

1. Hector Garcia, Francesc Miralles. *Ikigai – The Japanese Secret to a Long and Happy Life.* – Barcelona. – 2016.
2. <https://www.ebsco.com/research-starters/religion-and-philosophy/ikigai>
3. <https://azbooka.ru/author/miralles-f>
4. [Author Interview: Héctor García - Tuttle Publishing](#)