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Curioseando en la comunidad del blog de Tynan me encontrÃ© con este hilo sobre libros que te han cambiado la vida (que me he tomado la libertad de adaptar aquÃ©). Me sorprendiÃ³ ver que varias personas mencionaban Ikigai, libro de Sebastian Marshall. Nunca habÃ©a oÃ©do hablar de ese libro ni del tal Sebastian, pero como sÃ³lo costaba \$7.77 me lo comprÃ©.

Ikigai - Vivir al MÃ¡ximo

Here are a few ideas for creating a space and time free of distractions, to increase our chances of reaching a state of flow and thereby getting in touch with our ikigai: Donâ€™t look at any kind of screen for the first hour youâ€™re awake and the last hour before you go to sleep. Turn off your phone before you achieve flow. There is

Ikigai: The Japanese Secret to a Long and Happy Life - Issuu

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