**Ikigai**

In a nutshell, ikigai explains how you can live a longer and happier life by having a purpose, eating healthy, and not retiring. The secret to joy actually comes from finding joy and purpose every day. He gives examples of places in the world that have the highest life expectancy and gives us advice from some of the oldest people in the world. It covers many topics relating to the art of living. Once you find your ikigai, pursuing it and nurturing it every day will bring meaning to your life.