



## Japonisme: Ikigai, Forest Bathing, Wabi-Sabi and More (Hardback)

By Erin Niimi Longhurst

HarperCollins Publishers, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. A Japanese-inspired guide to living a happier, more fulfilled life. Japonisme explores the Japanese art of finding contentment and includes practical tips and tricks to live a happier, healthier, more thoughtful life. What is your ikigai (purpose)? How do you practice mindfulness in the unpredictability and chaos of everyday life? From shinrin-yoku (forest bathing), calligraphy, ikebana (flower arranging) to tea ceremonies and their approach to food, the Japanese have found contentment through traditions, philosophies, and the practice of art. This book shows how we can all incorporate aspects of Japonisme into our daily lives. Enhance your lifestyle and enrich your mind by looking at life through the lens of wabi-sabi (the transient nature of life), kintsugi (repairing broken ceramics with gold) or kaizen (habit-forming techniques), in an accessible, practical way.



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