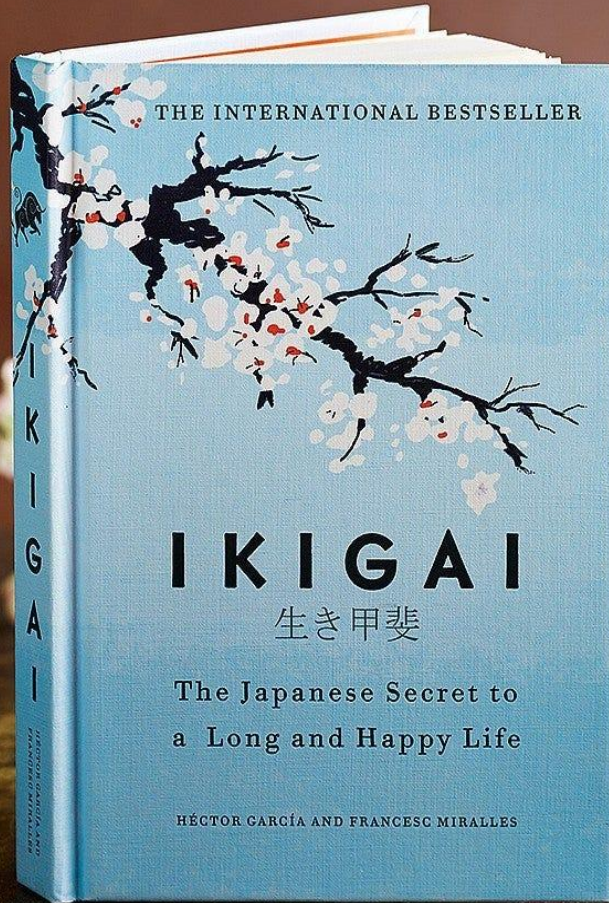
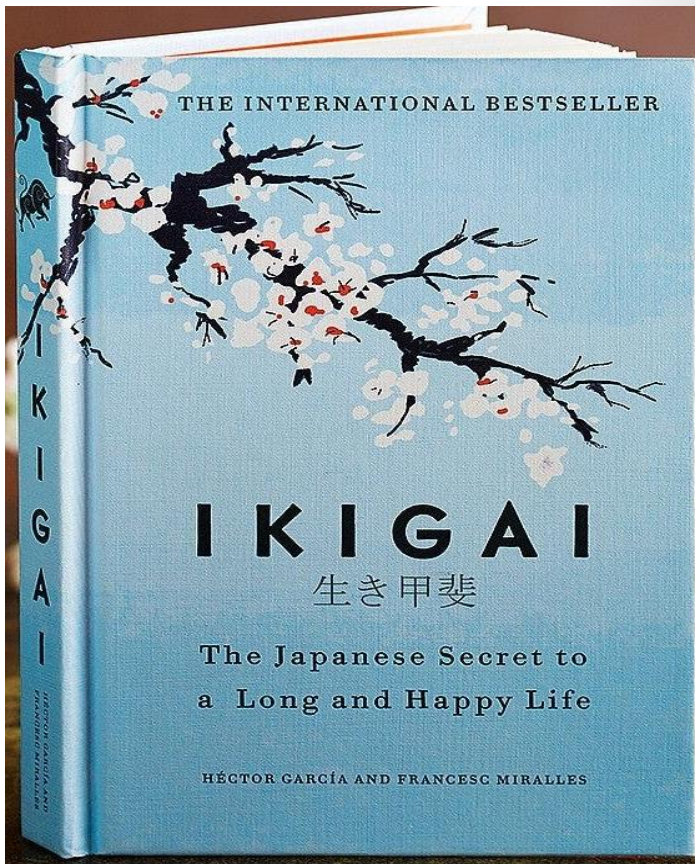


BOOK REVIEW



*Only Staying Active
Will Make You Want To
Live A Hundred Years*

-Japanese proverb



AUTHORS



HECTOR GARCIA



FRANCESC MIRALLES

*What is IKIGAI?
IKI-Alive Gai –worth
'Happiness in always
being busy'*



OKINAWA ISLAND

**People with longest
life expectancy
Japan-84
Okinawa-90
India-70**



**CENTENARIANS
100 OUT OF 1LAKH**

80% SECRET
-Hara Hachi bu
Rainbow diet

**MAOI-CONNECTED
FOR LIFE**



*GENTLE MOVEMENT
AND LONGER LIFE
Radio taiso
yoga
Tai chi*

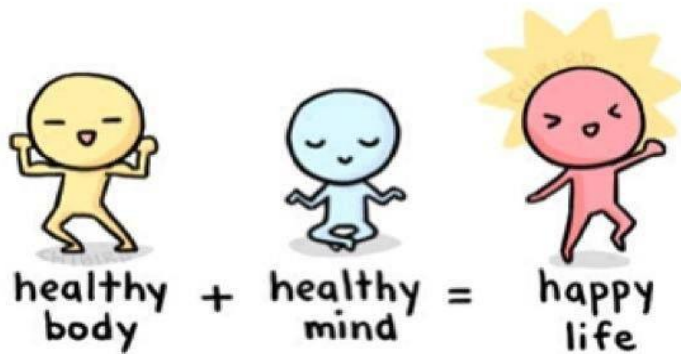


SLEEP 7-8 HRS
Model's best kept secret

**FINDING FLOW IN
EVERYTHING YOU DO**



STRESS-Accused of killing longevity



BE GREATFUL



***Acceptance:
God give us grace to
accept with serenity
the things that cannot
be changed, Courage
to change the things
which should be
changed and the
wisdom to distinguish
the one from the
other.***







謝謝



**THANK
YOU..**

**-CHIRITHA.M.R
CIS EDUCATOR**