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Want to vastly improve the quality of your life, relationships, and work? In this technological age when gadgets handily separate people from meaningful connection, embracing the Japanese concept of ichigo ichie offers a richness to the everyday moment and encounter. Learn how you can harness this simple practice to become aware of and in tune with the magic and wonder in everyday interactions and enjoy greater peace, fulfillment, and creativity.

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Featured Guest



Hector Garcia

Héctor García was born in Spain and worked at CERN in Switzerland before moving to Japan, his home for 16 years and counting. In Tokyo, when he is not writing his next book, he makes a living in the IT industry. His popular blog led to his international bestseller *A Geek In Japan*. He is the author of the bestselling *Ikigai: The Japanese Secret to a Long and Happy Life*; translated to 57 languages, has the strange honor of being the most translated book ever originally written in Spanish language. To this day he has published seven books, his latest one is: *The Book of Ichigo Ichie: The Art of Making the Most of Every Moment, the Japanese Way*.

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