Our inaugural Professional Development Book Club focused on *Ikigai: The Japanese Secret to a Long and Happy Life* by Héctor García and Francesc Miralles. We explored the definition and application of *ikigai*, particularly the concepts of centering on one's purpose and making work and life meaningful, and then on the additional concepts of physical and mental wellness explored by the authors. We also considered opportunities to employ these lessons as coaches and mentors to our own learners seeking meaning in their work and lives.

For more information about applying *ikigai* in your professional and personal life, and additional insights into combining your passions and your skills to be your best professional self, you might additionally read:

1. *The Ikigai Workbook, A Road to a Happy Life: Find a career purpose, find the perfect professional life, and work that best suits you*
2. *So Good They Can't Ignore You: Why Skills Trump Passion in the Quest for Work You Love* by Cal Newport
3. *A Minute to Think: Reclaim Creativity, Conquer Busyness, and Do Your Best Work* by Juliet Funt

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