

RECOMMENDED READING

“Ikigai”: A Reminder of the
Purpose That Guides the
Practice of Law



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In the practice of law, we face constant challenges that demand a balance between professional ethics, legal strategy, and commitment to our clients. Long working hours, case complexity, and the ever-evolving regulatory framework require tremendous dedication. In this context, **Héctor García and Francesc Miralles' book Ikigai** has become essential reading for me - a daily reminder of our profession's meaning and how it can align with a fulfilling life.

The book explores the **Japanese concept of Ikigai**, understood as "**reason for being**", which invites reflection on personal and professional fulfillment through four intersecting pillars:

- **What you love (Passion):** Finding transcendent meaning in legal practice beyond technical and financial implications.
- **What you're good at (Talent):** Developing and honing skills in legal analysis, argumentation, negotiation, and conflict resolution.
- **What the world needs (Purpose):** Contributing to strengthening justice, protecting fundamental rights, and building an equitable legal system.
- **What you can be paid for (Sustenance):** Receiving fair and dignified compensation for legal services.

When these elements align, law transcends mere profession to become a source of satisfaction and purpose. This framework



The book demonstrates that legal success isn't limited to knowledge accumulation or prestigious careers, but rather the ability to integrate daily work with what motivates and inspires us. From this perspective, legal practice becomes fulfilling when aligned with higher purpose.

Thus, this book is highly recommended for lawyers seeking to transcend daily routines and bring deeper meaning to their work. Applying Ikigai to law not only enriches our practice but also enhances personal wellbeing and empowers more effective contributions to building a fairer society.

helps approach legal practice with enthusiasm, treating each case as an opportunity to positively impact society and our clients' lives.

To identify one's purpose, the authors recommend self-reflection to recognize activities that spark genuine joy. This involves noticing when we feel most motivated and connected to our work, identifying tasks that come naturally, where time flows effortlessly. They emphasize skill development through perseverance - talent isn't just innate but cultivated through dedicated practice. Personal and professional growth stem from discipline and continuous improvement.



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