

Ganbatte! : the Japanese art of always moving forward

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Abstrak

Ganbatte (gan-ba-tay) is a Japanese philosophy focused on doing the best you can with what you have. Though there is no direct translation, "keep going," and "give it your all," embody the sentiments behind the word. Just as wabi sabi shows the beauty of imperfection in life, ganbatte teaches you how to get past obstacles and be motivated to keep moving forward. In Ganbatte! author Albert Liebermann provides an inspirational, yet practical guide to becoming more resilient the Japanese way. In 50 short chapters, some deeper and some more playful, Liebermann guides you through ways you can adopt the ganbatte approach to achieve a happier, more fulfilling life -- and a happier, more fulfilled self.