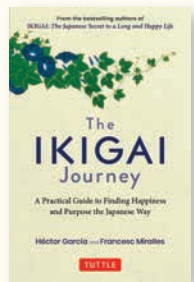


*Wabi sabi* is the Japanese philosophy that all things are imperfect, unfinished and impermanent—as they should be—and it pervades all aspects of life, from the creative to the spiritual. *Wabi Sabi: the Wisdom in Imperfection* presents this concept in the context of daily life, and offers ideas on where to find it and how to see it, embrace it and incorporate it in the everyday. And since after seeing comes doing, a few gentle exercises and challenges—plus some tips on minimizing and decluttering (mentally and physically) for a simpler life—encourage us to get creative, and to make space in our minds, our homes and our time, for the things that really make up the essence of life.

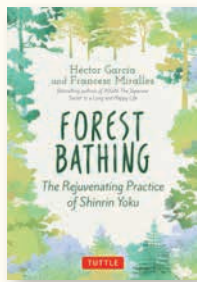
In a simple and accessible style, *Wabi Sabi* shows us how embracing our imperfection and impermanence frees us to try to be better, in a way that reevaluates what “better” means, what really matters, and what we truly want.

This book can help you discover that you and your imperfect life are so much better than you think they are, and that accepting and letting go can lead you to your best and happiest self.

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Wabi Sabi

Nobuo Suzuki

# Wabi Sabi

The Wisdom in Imperfection

Nobuo Suzuki

With a Foreword by  
**Héctor García**

Coauthor of *Ikigai: The Japanese Secret of a Long and Happy Life*

**Nobuo Suzuki** was born in 1968 and has dedicated his life to studying new aspects of and approaches to philosophy and psychology. After traveling all around Asia, he developed a method of connecting Zen with art therapies, and now works with clients who are seeking alternative ways of approaching their life issues. He loves playing piano and writing about his trips and recording his reflections. *Wabi Sabi: the Wisdom in Imperfection* is his first book.

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