

Summary

Préface

- 1. From Japan as “Number One” to the Lost Decades**
- 2. Growth Reconsidered**
- 3. The Regime as a Concept**
- 4. Ordinary Virtues**
- 5. The Book of Sushi**
- 6. The Artisanal Ethos in Japan: The Larger Context**
- 7. The Book of Bathing**
- 8. Ikigai: Reasons for Living**

Notes

Index