

Profile

Satoshi Kumano (Kumano Satoshi)

Born in Osaka in 1981, commonly known as Kuma Kuma Sacho.

During his childhood, he suffered from “orthostatic dysregulation,” which made it difficult for him to attend school regularly. Based on his experiences, he started keeping an “emotion record” to casually document his daily feelings. This practice helped him adopt a mindset of “choosing a comfortable way of living over striving hard.” He founded Wonder Friends Co., Ltd., which operates employment training facilities for people who find it difficult to work immediately, such as those who are “hikikomori,” depressed, truant, or disabled. In just five years, the company expanded rapidly to 30 locations nationwide with annual sales of 1.5 billion yen, providing support to a total of 10,000 people and gaining attention in the welfare industry. Currently, he is involved as an executive in seven welfare businesses, working under the philosophy of “solving social issues through welfare and business,” and actively engages in nationwide lectures and support activities using notebooks.

Title Proposals

- A Notebook That Lightens the Heart: Lessons from the Field of Hikikomori Support
~ The Exciting Notebook That Changed the Lives of 3,000 Hikikomori ~
~ The Miracle Notebook That Enabled Me, a Hikikomori Since Elementary School, to Build a Company with Annual Sales of 1.5 Billion Yen and 200 Staff ~

Overview

This book is for people who find life difficult and aims to help them use notebooks more casually to regain a comfortable and bright daily life. Unlike other books that discuss methods and techniques for “efficiently working” as a successful businessperson, this book offers a different approach.

Traditional notebook techniques that focus on tasks and achievements often lead to frustration for those who are not exceptionally successful businesspeople. Instead, by simply stamping the day’s mood in a notebook, even someone like me, who was a hikikomori since elementary school, can visualize daily emotions. Sharing these notebooks with others can facilitate communication and provide reasons for hikikomori individuals to go out. Reflecting on ways to stay comfortable through the notebook helps maintain a sense of ease. I can always feel the five “comforts” – facial expressions, way of speaking, choice of words, gestures, and grooming, which enabled me to become a president of a company with annual sales of 1.5 billion yen. This notebook method has also helped 3,000 hikikomori and disabled individuals I support to work lively and enjoyably. The distinctive methods include:

1. Do not write schedules in the notebook. Instead, stamp or draw simple illustrations of the day's mood.
2. Share the notebook's contents with others to facilitate communication.
3. Combine cognitive-behavioral therapy with fun and flexibility, allowing for a "whimsical diary" that can be stopped after three days, boosting self-esteem.

Table of Contents Proposal

Introduction

1. You are a lucky person! Reaching rock bottom means you are at the turning point of your life

Chapter 1: It Will Surely Help You

1. Forcing "Sit Down" on those who can't sit: Japan's imposition of "Normal" on everyone
2. Life has Ups and Downs: Creating a society where all lives are loved
3. If you want to change yourself, Record, Visualize, Recognize, and Share: Supreme techniques used in welfare
4. The trigger for starting a Business was also a Notebook. No need for ideals in entrepreneurship.

Chapter 2: What You Need to Become a Comfortable Self

1. By "Recording and Visualizing Emotions," you can make the unconscious conscious
2. To continue for a long time, it's important not to continue. It's Okay to forget!
3. The key to Notebooks is "Fun" and "Flexibility." Showing the Notebook to close people makes it easier to continue enjoyably.

Chapter 3: Why We Can't Succeed with Ordinary Notebooks

1. "Early to bed and early to rise makes a man healthy, wealthy, and wise" is a Lie. Common sense in the world is our nonsense.
2. Creating Goals to depress yourself, thinking it's for your own good
3. Creating tasks to distance yourself from your dreams, thinking it's for your own good

Chapter 4: What Is Needed for Those Unconsciously Cornered to Become "Non-Cornering Selves"

1. Start from "Now and Excitement," not "Past and Future." Excitement Empathy Matrix
2. "Concentration Lasts Only Five Minutes." Expose your weaknesses. My User Manual
3. The Flowering of Peace: Born from "Thank You" by Wahei Takeda. Whimsical Diary
4. Notebook Power Spot Plan. Reframing and Thought-Stopping Words

Chapter 5: What Is Needed for Those Who Always Lack Emotional Expression to Become "Emotionally Rich Selves"

1. Even those who lack or don't understand emotions are Okay. Emotions can be supplemented with techniques.
2. What to do when you don't understand your emotions like "Angry," "Irritated," or "Nervous."
3. It's Okay to show the Notebook to others. Sharing Emotion Diaries smooths human relationships.

4. Tips on human relationships learned from Ken Honda, the “Thank You Uncle” of the World.
Maintenance with Upper, Horizontal, and Lower Relationships.

Chapter 6: What Is Needed for Those Who Always Can’t Continue with Notebooks to “Continue Enjoyably”

1. This is your life pattern. No one has ever died living life to its fullest, so feel free to choose your own life.
2. Recording even one thing like meals, breathing, or sleep can build confidence.
3. Customize to use comfortably: Notebook Power Spot Plan

Conclusion

1. There is no mountain that can’t be overcome, but there’s also no need to overcome it.
Everything starts from One Notebook.