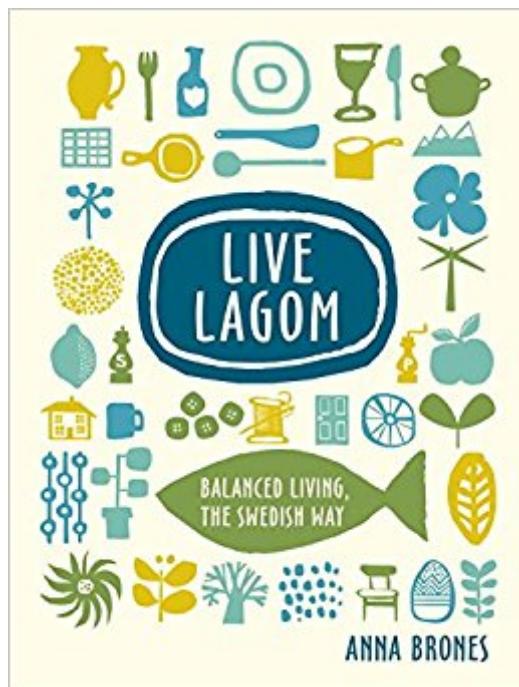


The book was found

Live Lagom: Balanced Living, The Swedish Way



Synopsis

An inviting exploration of "the new hygge": the Swedish concept of lagom--finding balance in moderation--featuring inspiration and practical advice on how to find a happy medium in life, home, work, and health. Following the cultural phenomena of fika and hygge, the allure of Scandinavian culture and tradition continues in the Swedish concept of lagom. From home design and work-life balance, to personal well-being and environmental sustainability, author Anna Brones presents valuable Swedish-inspired tips and actionable ways to create a more intentional, healthy lifestyle. Instead of thinking about how we can work less, lagom teaches us to think about how we can work better. Lagom at home is about finding balance between aesthetics and function, focusing on simplicity, light, and open spaces. Health and wellness in lagom is a holistic approach for the body and mind--including connecting more in person, caring for self, managing stress, keeping active, and embracing enjoyment in daily routine. Live Lagom inspires us to slow down and find happiness in everyday balance.

Book Information

Hardcover: 224 pages

Publisher: Ten Speed Press (December 26, 2017)

Language: English

ISBN-10: 0399581340

ISBN-13: 978-0399581342

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #713,013 in Books (See Top 100 in Books) #76 in Books > Cookbooks, Food & Wine > Regional & International > European > Scandinavian #4191 in Books > Health, Fitness & Dieting > Mental Health > Happiness #6068 in Books > Politics & Social Sciences > Anthropology > Cultural

Customer Reviews

Praise for Fika: "The book is a delicious compendium of nearly 50 illustrated recipes inspired by Brones and Kindvall's childhoods, equally fueled by fika. The cookies, cakes and breads (including savory variants) tap right into a growing, universal quest to achieve a more laid-back European lifestyle." â "Lindsey Tramuta, New York Times T Magazine "As accessible as it is insightful, Fika is a baking book mixed with etiquette how-to and cultural know-how, iced with a calendar of holidays and expressed as a work of illustrated art." â "Anne Bramley, Paste Magazineâ

ANNA BRONES is a Swedish-American freelance writer based in Seattle. She is the editor of the online food magazineÂ Foodie Underground, has been featured in the New York Times, and is a contributor to a variety of publications including BBC,Â Guardian, Sprudge, Women's Adventure, GOOD, and PUNCH. She is the author of several books, including Fika and Hello, Bicycle.

[Download to continue reading...](#)

Live Lagom: Balanced Living, the Swedish Way Lagom: Not Too Little, Not Too Much: The Swedish Art of Living a Balanced, Happy Life Lagom: The Swedish Secret of Living Well Swedish Slanguage: A Fun Visual Guide to Swedish Terms and Phrases (English and Swedish Edition) 1999 CIA World Fact Book: Translated to Swedish (Swedish Edition) Buddhism: A Beginners Guide Book for True Self Discovery and Living a Balanced and Peaceful Life: Learn to Live in the Now and Find Peace from Within Buddhism: A Beginners Guide Book For True Self Discovery and Living a Balanced and Peaceful Life: Learn To Live In The Now and Find Peace From Within - ... - Buddha / Buddhist Books By Sam Siv 1) Minimalist Budget : Practical Ways to Save Money, Spend Less, Save Time and Declutter Your Life to Live More Practical, Well Balanced and Non-Materialistic ... Mindset, Budget Planning Book 1) Mindful Eating: A Healthy, Balanced and Compassionate Way To Stop Overeating, How To Lose Weight and Get a Real Taste of Life by Eating Mindfully Benedict's Way: An Ancient Monk's Insights for a Balanced Life Invitation To Holistic Health: A Guide to Living a Balanced Life Optimal Living 360: Smart Decision Making for a Balanced Life Transformative Nutrition: The Ultimate Guide to Healthy and Balanced Living Alkaline diet: Step By Step Guide to adopt Alkaline Diet immediately & Keep Your Acidity Levels balanced: A Complete List of Alkaline Foods (Alkaline Diet, ... Health Living, Alkaline Chart Book 1) Living A Balanced Life: Applying Timeless Spiritual Teachings To Your Everyday Life Perfect Digestion: The Key to Balanced Living (Perfect Health Library) Less Is More: How To Live With Less Stuff For Greater Health And Happiness (Minimal Living, Minimalist Living Tips) Frugal Living: 10 Frugal Living Tips To Save Money, Build A Bankroll, And Live Happy (Money Management - Simplicity - Minimalism - Saving - Investing) RV LIVING: An Ultimate Beginner's Guide To The Full-time RV Life - 111 Exclusive Tips And Tricks For Motorhome Living, including Boondocking: (how to live in an rv,travel trailers,rv lifestyle) Ultimate Facercise: The Complete and Balanced Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help