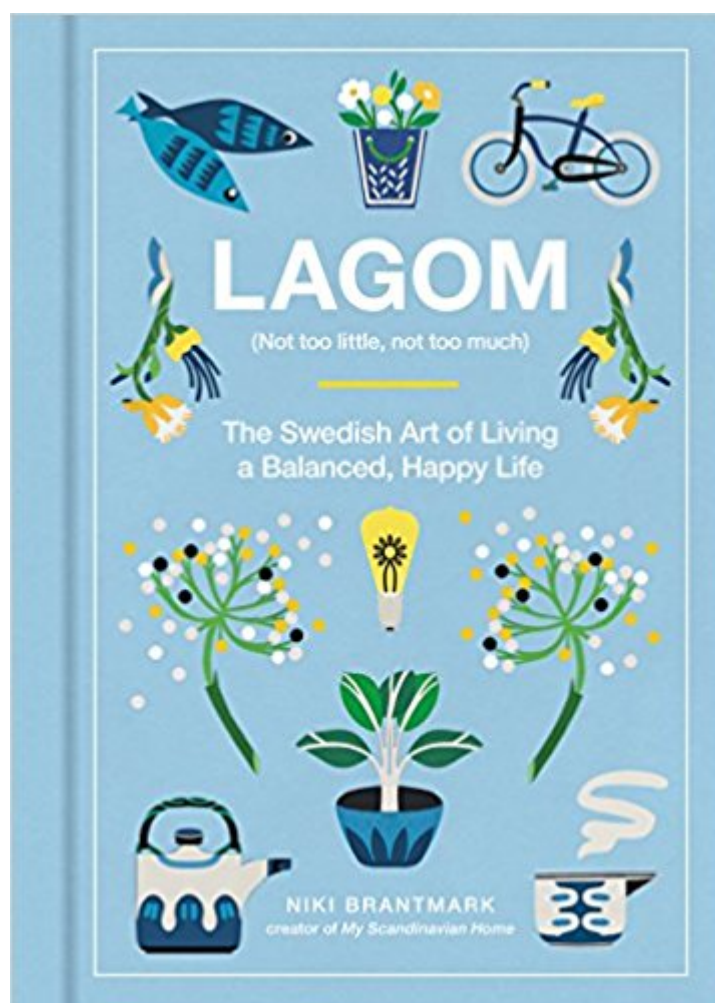


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# Lagom: Not Too Little, Not Too Much: The Swedish Art Of Living A Balanced, Happy Life



## Synopsis

Derived from the Swedish phrase Lagom ar bast, meaning "the right amount is best; in moderation, in balance," lagom is a deeply held philosophy closely tied to the Swedish cultural and social ideology of fairness and equality. Lagom is believed to have begun with Viking culture: at gatherings, when a bowl of mead was passed around in a circle, it was important that everyone sipped "just enough" or their "fair share" so there was enough to be enjoyed by all. Deeply ingrained in the Swedish psyche, lagom is about enjoying balance in every aspect of life--from work and leisure to family and food and everything in between. Experienced bakers know by touch when dough they're kneading is lagom--not too moist and not too dry. At the office, professionals who work hard--but not to the detriment of other aspects of their lives--are following the ideal of lagom. In this inviting, inspirational guide, Niki Brantmark explains lagom and how to incorporate it into your own lifestyle: Home--declutter, keep items you love, buy consciously Work--take regular coffee breaks away from your desk, Swedish style; learn to "switch off" at home Money--more isn't happiness; live within your means and be thrifty without sacrificing quality Body and mind--exercise that fits your life and healthy habits that make you feel better, starting with more sleep Food--enjoy that slice of cake, but remember, portions in moderation Vacation--make the most of holidays and time off Leisure--get out in nature: take a hike in the woods or a dip in the sea Family--keep it simple and organized Friendship--forms bonds that will last a lifetime In an interconnected world filled with goal-oriented perfectionists, Lagom reminds us to slow down, to decompress and de-stress, to be mindful of sustainability yet not deny ourselves pleasure. But lagom is not a rigid set of rules--sometimes you need more, sometimes you need less, and that's fine too! With this beautifully designed, idea-filled guide, you can learn to find greater balance, well-being, and harmony--and most importantly, make time for the things that matter most in life. --This text refers to the Audio CD edition.

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## Customer Reviews

Niki Brantmark is the founder and creator of the award-winning daily interior design blog My Scandinavian Home, which was inspired by her move to Sweden from London thirteen years ago. Her blog receives more than five hundred thousand page views per month from readers all over the world. Brantmark has an MA in psychology from the University of Edinburgh and lives with her family in Malmo, Sweden. --This text refers to the Audio CD edition.

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