

## **Lagom: The Swedish Art Of Eating Harmoniously**

*Make time for the things that really matter in life. Find balance and happiness in your daily life, the Scandinavian way, with The Scandinavian Guide to Happiness! There's a reason Finland, Denmark, Norway, Iceland, and The Netherlands consistently rank as the top 5 happiest countries on earth! Find out the secrets to their happiness and fulfillment in The Scandinavian Guide to Happiness, which shares centuries of Nordic wisdom, including: - Lykke: Happiness is all around you (Denmark) - Lagom: Just the right amount—not too much, not too little (Sweden) - Fika: Taking daily coffee breaks and other comforting rituals (Sweden) - Hygge: Coziness brings comfort, courage, and happiness (Denmark) - Sisu: Everyday courage, grit, and determination & acting rationally in the face of adversity These basic principles will help you see how to have a happy life without buying anything, changing yourself, or making any other crazy drastic changes! Topics include Simplicity, Happiness, Health & Wellness, Relationships, Nature-Inspired Living, and more. Full of inspiring, encouraging ideas—and charming illustrations!—this thoughtful Scandinavian guide is sure to put a happy glow on your life.*

*While the Danish concept of hygge as caught on around the globe, so has lagom—its Swedish counterpart. An essential part of the lagom lifestyle, fika is the simple art of taking a break—sometimes twice a day—to enjoy a warm beverage and sweet treat with friends. This delightful gift book offers an introduction to the tradition along with recipes to help you establish your own fika practice.*

*"An illustrated lifestyle cookbook on the Swedish tradition of fika--a twice-daily coffee break--including recipes for traditional baked goods, information and anecdotes about Swedish coffee culture, and the roots and modern incarnations of this cherished custom. Sweden is one of the world's top coffee consuming nations, and the social coffee break known as fika is a cultural institution. A time to take a rest from work and chat with friends or colleagues over a cup and a sweet treat, fika is part of the national identity and a marker of the Swedish ideal of taking time to appreciate life's small joys. Fika can be had alone or in groups, indoors or outdoors, while traveling or while at home, and Fika is full of inspiration to elevate these daily coffee breaks. In this adorable and illustrated cookbook, Anna Brones and Johanna Kindvall share more than 45 classic recipes from their motherland--from cinnamon buns and ginger snaps to rhubarb cordial and rye bread--while also examining what fika means to Swedes and how we can all integrate its values into our daily lives."--*

*Lagom: n. just the right amount, balanced, harmonious. This beautiful, fresh cookbook offers genuine insight into how Swedes eat and cook – with recipes that fit around the seasons, occasions, times of day, and appetite. Eating and cooking in tune with 'lagom' means embracing food that is good for body and soul, unfussy, delicious and sustaining, and all in harmony. The Swedes understand that balance is everything – that you crave comforting food when a bitter wind is*

*howling outside, that refreshing, lighter meals suit hot, hazy days, that a mid-morning bun is good for morale, and that a long, sociable lunch with friends and family on a Sunday is the most rewarding way to end the weekend. There is a time and place for every kind of food, and when everything is in equilibrium, you will be content and satisfied. Steffi Knowles-Dellner is a Swedish food stylist and blogger who will introduce you to the unique Swedish concepts that encapsulate lagom, in this her debut book. From the well-known smörgåsbord table of open sandwiches, and Fredags mys ("cosy Fridays") when hunkering down on a cosy sofa and tucking into tacos is a must, all the way to the irresistible idea of lördagsgodis – a single day for eating sweets to satisfy even the sweetest tooth.*

*In Every Mirror She's Black*

*The Art of the Swedish Coffee Break, with Recipes for Pastries, Breads, and Other Treats*

*The Key to Happiness*

*The Swedish Way of Living Just Right*

*The Scandinavian Guide to Happiness*

*Hygge, Lagom & the Energy of Everyday Pleasures*

*The Little Book of Lagom*

Words shape and redefine reality, a constantly evolving and fluid interpretation of social rules and ideas. Foreign words expose us to other realities, unfamiliar practices and exotic beliefs. They can help us discover feelings that are not expressible in our native language. They can inspire us to adopt a new lifestyle, or question the way we live. They may seem obvious, obscure, quirky, unnecessary, universal, or remarkably niche. Swedish has enriched the English language with moped, ombudsman, and smorgasbord. While culturally, Abba, Ikea, Spotify, and Volvo have become part of the global lexicon and in many ways transcend their Swedish origins. But it is more recent words like lagom (moderation) and fika (coffee breaks) which have pushed Swedish language and culture deeper into the global consciousness. But Sweden is more than lifestyle trends and technical solutions. It is the country of fredagsmys (cosy Friday), kosläpp (release of the cows), lillördag (little Saturday, Wednesday), and where the average citizen dreams of a villa, Volvo and a vovve. - Explore the Swedish lifestyle beyond the cliches, with the help of more than 100 Swedish words, translated into English. - Learn more about the country where yes is just another word for no, where the word for poison is the same as for married, and where words without meaning are described as mashed snow. - Listen to three different Swedish dialects with complementary audio files, and wrap your tongue around the pronunciation tricks you need to master to sound like a local. - Be challenged with language quizzes, word games and crossword puzzles. - Enjoy the silliness of direct translations, false friends and other quirky features of the Swedish language — and learn more about the origins of those words we think of as Swedish today. Villa Volvo Vovve is inspired by The Local's popular 'Word of the day' column which continues to explore Swedish language and culture beyond global stereotypes and buzz words.

Uncover the secrets of the Swedish philosophy of life called Lagom - meaning 'just enough'. At its core is the idea that we can strike a healthy balance with the world around us without having to make extreme changes, and without denying ourselves anything.

Los Angeles Times bestseller • More than 1.5 million copies sold “Workers looking for more fulfilling positions should start by identifying their ikigai.” —Business Insider “One of the unintended—yet positive—consequences of the [pandemic] is that it is forcing people to reevaluate their jobs, careers, and lives. Use this time wisely, find your personal ikigai, and live your best life.” —Forbes \*And from the same authors, don't miss The Book of Ichigo Ichie—about making the most of every moment in your life.\* \* \* \* Find your ikigai (pronounced ee-key-guy) and bring meaning and joy to all your days. “Only staying active will make you want to live a hundred years.” —Japanese proverb According to the Japanese, everyone has an ikigai—a reason for living. And according to the residents of the Japanese village with the world's longest-living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai—where what you love, what you're good at, what you can get paid for, and what the world needs all overlap—means that each day is infused with meaning. It's the reason we get up in the morning. It's also the reason many Japanese never really retire (in fact there's no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because they've found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds—one of the world's Blue Zones. Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who doesn't want to find happiness in every day? A PENGUIN LIFE TITLE

For a limited period only this book is discounted to \$6.99 Hygge the Danish concept of comfort has taken the world by storm in the last few years. We have all been seduced by Scandi Lifestyle concepts either through social media or TV shows. What this quick start guide will do is introduce you to another lesser known Scandi concept of Lagom, or as it's often translated "just enough is the right amount" Let's face it we lead very wasteful lives. We buy too much; we consume too much, and as a result we ultimately throw away too much! Owning too much and throwing too much away makes us feel unhappy, whether we realize this or not. Cleaning, organizing, and even just looking at all the stuff we have accumulated can have us feeling stressed and demoralized. In this guide we will look at how we can adopt "Lagom" and introduce it into our everyday lives to leave us feeling "just right" GET YOUR COPY TODAY AND START TO LIVE A MORE FULFILLING

LIFESTYLE Imagine a life that shuns overconsumption and how this can open up the time and energy to engage in more fulfilling pursuits. Has your life been, over-time, more and more consumed by buying yet more pieces of furniture or more

clothes you won't even wear? Well put these lifestyle choices to one side and rediscover how to buy less and live more. Learn how we can all improve our lives and happiness by adopting some simple lifestyle choices. Leave behind those worries about finding the time to dust, clean, iron, and recycling, by living by the Swedish lifestyle choice of Lagom THIS BOOK IS DISCOUNTED FOR A LIMITED PERIOD ONLY This essential guide breaks down into easy to follow steps, showing you exactly how you can live a less consumerist lifestyle and enjoy what's really important in life. Here's A Preview Of What's Inside... What is Lagom? Origins of Lagom Positive Benefits of Living With Just Enough Applying Lagom to Your Home Tips on How to Succeed with Lagom Lagom and Food Consumption And Much More! So what are you waiting for? Scroll up and click "Buy Now"! Start taking control of your life without the need for endless spending and possessions. Introduction to the Swedish Lagom Lifestyle. the Swedish Art of Balanced Living. Happy Life. Share Like a Viking!

The Book of Ichigo Ichie

How to Practice Living the Swedish Art of a Balanced and Happy Life - The Swedish Way of Fulfillment and Happiness

North

How to Create and Remember Happy Moments

Enough Is Enough--Embracing the Swedish Way to Balance and Happiness

Explore the beauty of Scandinavian style in the city and country

Happiness is just around the corner with this practical guide from the internationally bestselling author of The Little Book of Hygge Some people and even countries are simply happier than others. Meik Wiking, founder of the world's first Happiness Research Institute, has spent years crossing the globe to discover what makes people happy or unhappy and learn what each of us can do to improve our own well-being. In The Key to Happiness he shares the scientific results of this quest, identifying the six building blocks of happiness; togetherness, money, health, kindness, trust and freedom. By incorporating a healthy balance of all six, each of us can live happier, more purposeful and satisfied lives. While Meik has travelled across the globe to discover the secrets of the world's happiest people, this book shows us that you can be just as happy where you are. 'An inspiring and highly engaging exploration of what really makes us happy, all underpinned by the latest research' Dr Mark Williamson, Director of Action for Happiness 'A wonderful guide to happy living. It's based on hard evidence and written with a wonderful sense of fun' Richard Layard, Centre for Economic Performance, LSE and author of Happiness \*\*Previously published as The Little Book of Lykke\*\*

"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."--

## Read Free Lagom: The Swedish Art Of Eating Harmoniously

Lagom is a Swedish idea of "just enough." You learn how to live your life with not too little, but not too much either. This is the key to true success and happiness, and we are going to explore exactly how to make this happen in this guidebook.

Find happiness by living fully in the present with this definitive guide to ichigo ichie--the Japanese art of making the most of every moment--from the bestselling authors of Ikigai. Every moment in our life happens only once, and if we let it slip away, we lose it forever--an idea captured by the Japanese phrase ichigo ichie (pronounced itchy-GO itchy-A). Often spoken in Japan when greeting someone or saying goodbye, to convey that the encounter is unique and special, it is a tenet of Zen Buddhism and is attributed to a sixteenth-century master of the Japanese tea ceremony, or "ceremony of attention," whose intricate rituals compel us to focus on the present moment. From this age-old concept comes a new kind of mindfulness. In *The Book of Ichigo Ichie*, you will learn to...

- appreciate the beauty of the fleeting, the way the Japanese celebrate the cherry blossoms for two weeks every April, knowing they'll have to wait a whole year to see them again;
- use all five senses to anchor yourself in the present, helping you to let go of fear, sadness, anger, and other negative emotions fueled by fixating on the past or the future;
- be alert to the magic of coincidences, which help us find meaning among the disconnected events of our lives;
- use ichigo ichie to help you discover your ikigai, or life's purpose--because it's only by learning to be present, to be tuned into what catches your attention and excites you in the moment, that you can identify what it is that most motivates you and brings you happiness. Every one of us contains a key that can open the door to attention, harmony with others, and love of life. And that key is ichigo ichie. A PENGUIN LIFE TITLE

*The Swedish Art of Balanced Living: The Complete Book of Lagom*  
*Avoid Waste and Live a More Fulfilling Life by Adopting the Swedish Lifestyle*  
*Choice of Just Enough*

Lagom

Hygge and Lagom

Fika

The Finnish Way

Finns of Michigan's Upper Peninsula

**Introduction to the Swedish Lagom Lifestyle. The Swedish Art of Balanced Living. Share Like a Viking! Do You Want To Discover The Secrets Of The Swedish Lagom And Find Your Inner Peace? Step Into A Happier Life Using The Ancient Art Of Swedish Lagom! With Recipes And A 15-Day Lagom Challenge! Are You? Feeling Stressed Everyday? Want To Improve Your Wellbeing? Know That Your Relationships Could Be Deeper? Discover Healthy Habits? Connect More With Your Partners? You Will Learn The Following: The Origin Of The Lagom Lifestyle How To Start, Right Now! Following And Finding The Lagom Mindset Implementing Lagom At Home And Work Lagom Minimalism And The Seasons And Much Much More! Whether you want to learn more about the Lagom way of life or you want more peace in your daily experience, finding deeper connections**

with loved ones and feeling more purpose. This book is for you. So don't delay it any longer. Take This Opportunity By Buying Swedish Lagom. Share Like A Viking Now! Don't Delay And Scroll Up To Buy With 1 Click

Lagom (pronounced lah-gom) is a Swedish word that means 'not too much and not too little, but just the right amount'. It's about achieving a happy and healthy balance in all aspects of your life, such as eating and drinking in moderation, being environmentally and socially conscious, setting realistic goals and living within your means. The Little Book of Lagom is packed with practical ways to apply this ethos of moderation and fairness in your everyday life, from thrifty tips for being more energy efficient and creating less waste to ways of using your time more productively and allowing yourself moments to pause and think, and be happy. Be kind to yourself and simplify your life. Think Lagom.

A charming, practical, and unsentimental approach to putting a home in order while reflecting on the tiny joys that make up a long life. In Sweden there is a kind of decluttering called *döstädning*, *dö* meaning "death" and *städning* meaning "cleaning." This surprising and invigorating process of clearing out unnecessary belongings can be undertaken at any age or life stage but should be done sooner than later, before others have to do it for you. In *The Gentle Art of Swedish Death Cleaning*, artist Margareta Magnusson, with Scandinavian humor and wisdom, instructs readers to embrace minimalism. Her radical and joyous method for putting things in order helps families broach sensitive conversations, and makes the process uplifting rather than overwhelming. Margareta suggests which possessions you can easily get rid of (unworn clothes, unwanted presents, more plates than you'd ever use) and which you might want to keep (photographs, love letters, a few of your children's art projects). Digging into her late husband's tool shed, and her own secret drawer of vices, Margareta introduces an element of fun to a potentially daunting task. Along the way readers get a glimpse into her life in Sweden, and also become more comfortable with the idea of letting go.

Join the happiness revolution! The author of the New York Times bestseller *The Little Book of Hygge* offers more inspiration and suggestions for achieving greater happiness, by practicing *Lykke* (LOO-ka)—pursuing and finding the good that exists in the world around us every day. While the Danes are the happiest people on the planet, happiness isn't exclusively Danish; cultures around the world have their own unique approaches to leading a contented, fulfilled life. For his work at the Happiness Research Institute in Copenhagen, Meik Wiking travels the globe from Dubai to Finland, Rio de Janeiro to Bhutan, South Korea to the United States, to discover the secrets of the very happiest people. In *The Little Book of Lykke*, Meik identifies the six factors that explain the majority of differences in happiness across the world—togetherness, money, health, freedom, trust, and kindness—and explores what actions we can take to become happier. As he reveals, we can deepen our blissfulness and contentment with little adjustments in our behavior, whether it's eating like the French (sitting around a

table and savoring our time) or dancing the tango like Argentinians in Buenos Aires. With his trademark warmth and wit, Meik explores the happiness gap for parents, how much money you really need to buy happiness, how we can be healthier without having to go to the gym, how we can learn to build trust and collaboration, how we can help ourselves by helping others, and why our expectations often outweigh our reality. Weaving together original research and personal anecdotes, The Little Book of Lykke is a global roadmap for joy that offers a new approach to achieving everyday happiness that not only improve our own lives, but help us build better communities and a better world.

Japonisme: Ikigai, Forest Bathing, Wabi-sabi and more

What You Need to Know About the Swedish Art of Living a Balanced Life

The Smart Start Up

How to Balance Your Life the Swedish Way

The Lagom Life

The Nordic Art of Happy & Balanced Living with Fika, Lagom, Hygge, and More!

The Little Book of Lykke

***HERE WE OFFER SOME PRINCIPLES FOR APPLYING LAGOM CONCEPT TO YOUR LIFE AND HELP YOU MAKE MORE TIME AND SPACE FOR WHAT REALLY MATTERS.***

***Choose the principles you like most and try to incorporate them into your daily life. When you feel the difference, you'll probably want to try out more of them. Old Swedish proverb, "The right amount is best." When it comes to finding a balance that suits you, it might be time to ask yourself some questions like; what is lagom? Why should you care? And if so, how can you adapt it into your everyday life? With these questions in mind, this book provides you with ideas to assist you in thinking more consciously about introducing Lagom in other ways too. You'll discover: Steps to Lagom: change buying habits, tips to declutter your house, clothes, and decluttering your mind as a way of simplifying your life How to free up time and then fill your time with doing what you love What "enough" is How to find inner simplicity Eating and Drinking Lagom (recipes included) Lagom Design, Interiors and Fashion Work-Life, Spiritual Life, Friendship, Parenting in Sweden culture And much, much more! From 'what is Lagom' to 'practicing and Living Lagom,' and a few myths to bust here and there; this book, we prepare to "Logomify" our lives by deliberately seeking a more comfortable, manageable, and balanced way of doing things. By doing so, you're not just taking the pressure off yourself but off of others too. All the while gaining back one of life's most valuable resources; Time!. YOU ARE CHECKING THE EDITION WITH BLACK & WHITE INTERIOR (BLACK & WHITE PICTURES). THE COLOR VERSION IS AVAILABLE WITH ISBN: 9798449660510 Get your copy now!***

***Discover classic and contemporary Scandinavian style. Scandinavia is famous for its distinctive style: homes are pared-back and simple, and form and function are combined to create aesthetically pleasing and practical interiors. Scandinavians are inspired by light, having an abundance of it in summer but so little of it in winter, and house designs tend to maximize the amount of natural light that enters the home, and allow the inhabitants to make the most of outdoor life during the summer. Similarly, nature and the weather are major influences: homes are made warm and cozy for the freezing winter months—not just literally with log burners, but also through incorporating wood and natural materials. The Scandinavian Home showcases a wide range of these beautiful homes. The first chapter, City***

*Dwellings, features sharp, modern apartments and smart townhouses. A Country Homes shows the Scandinavian take on country style with laid-back, bohemian homes. Finally, the Summer and Winter Retreats include coastal cottages, an allotment house, and log cabins.*

*What's the actual secret to happiness? Great memories! Meik Wiking—happiness researcher and New York Times bestselling author of *The Little Book of Hygge* and *The Little Book of Lykke*—shows us how to create memories that make life sweet in this charming book. Do you remember your first kiss? The day you graduated? Your favorite vacation? Or the best meal you ever had? Memories are the cornerstones of our identity, shaping who we are, how we act, and how we feel. In his work as a happiness researcher, Meik Wiking has learned that people are happier if they hold a positive, nostalgic view of the past. But how do we make and keep the memories that bring us lasting joy? *The Art of Making Memories* examines how mental images are made, stored, and recalled in our brains, as well as the “art of letting go”—why we tend to forget certain moments to make room for deeper, more meaningful ones. Meik uses data, interviews, global surveys, and real-life experiments to explain the nuances of nostalgia and the different ways we form memories around our experiences and recall them—revealing the power that a “first time” has on our recollections, and why a piece of music, a smell, or a taste can unexpectedly conjure a moment from the past. Ultimately, Meik shows how we each can create warm memories that will stay with us for years. Combining his signature charm with Scandinavian forthrightness, filled with infographics, illustrations, and photographs, and featuring “Happy Memory Tips,” *The Art of Making Memories* is an inspiration meditation and practical handbook filled with ideas to help us make the memories that will bring us joy throughout our lives.*

*Lagom The Swedish Art of Balanced Living Running Press Adult*

*The Simplicity of Cozy*

*Swedish Lagom*

*The Uplifting Daily Ritual of the Swedish Coffee Break*

*Little Book of Hygge*

*Secrets of the World's Happiest People*

*Living Lagom*

*The Local's Word Guide to Swedish Life*

Discover lagom—the Swedish idea of balance, harmony, beauty, and sufficiency. Our love affair with all things Scandinavian shows no signs of letting up. Having embraced the Danish concept of hygge, we're now looking to Sweden and one of their essential philosophies, lagom. It's best described as “not too much, not too little; just the right amount,” which, in practice, is balance—and isn't that what we're all looking for? In this delightful book, Elisabeth Carlsson, a Swede who has been living in the UK for many years, lets us in on the secrets of the enviable Swedish lifestyle and shows us how we can all be a little more lagom. She explains what lagom means to the Swedish and then explores how it can relate to all areas of our life, starting with our separation of work and home and how we manage our time. She suggests taking a more balanced approach to how we eat, never depriving ourselves but not overindulging and avoiding waste. Elisabeth also explains what makes a home more lagom in style and function and how we can take care of it sustainably. We also need to appreciate and look after our bodies with moderate exercise and care. Lagom has the potential to change our approach to life as a whole, and help us realize that what's good for the world can also be good for us, too. Filled with advice and ideas, this thoughtful guide provides the key to a lagom way of living—healthy, harmonious, and happy.

Scandinavia sets the course for happiness in life again. Yesterday, we followed the trends of the

Danish hygge and, like Danes, bought candles, wrapped ourselves in woolen blankets and tried not to deny ourselves little pleasures. But there are other recipes for happiness and long life. Swedish lagom, Norwegian friluftsliv and Japanese Ikigai also deserve attention. Today, hygge is being replaced by lagom, where at the head of everything is the Swedish aesthetics of moderation. The creative director of the British magazine Lagom, Elliot Stokes, believes that the difference between lagom and hygge is in the scale. "This is a comprehensive concept that defines a lifetime," he explains. "It's not about finding a minute for the lagom. It is necessary to change the attitude towards life in its entirety." Swedes are reasonable, they think well before investing money in any purchase, are endowed with a careful attitude towards the natural resources. They value their time and energy and do not spend it on something unnecessary. In life, the Swedish descendants of the Vikings try to adhere to the happy medium: it's bad when a person is missing something but having too much of something is also not good. Yes, we do not live in Sweden, but everyone can add lagom to their lives. In this book, we will cover the following topics: What is Lagom?, Lagom Lifestyle, and Lagom and Swedish Wellbeing. Finally, you will be able to complete a 30-Day Lagom Challenge, bringing more and more lagom into your life with each task you complete.

Perfect for fans of *The Little Book of Hygge* and *Norwegian Wood*, find the balance in life that is just right for you. Let Lola A. Åkerström, Editor-in-chief of *Slow Travel Stockholm*, be your companion to all things lagom. As the Swedish proverb goes, 'Lagom är bäst' (The right amount is best). Lagom sums up the Swedish psyche and is the reason why Sweden is one of the happiest countries in the world with a healthy work-life balance and high standards of living. Lagom is a way of living that promotes harmony. It celebrates fairness, moderation and being satisfied with and taking proper care of what you've got, including your well-being, relationships, and possessions. It's not about having too little or too much but about fully inviting contentment into our lives through making optimal decisions. Who better than Lola A. Åkerström to be your lagom guide? Sweden-based Lola is an award-winning writer, photographer, and editor-in-chief of *Slow Travel Stockholm* and she offers us a unique vantage point when it comes to adopting elements of a lagom lifestyle. Full of insights and beautiful photographs, taken by Lola herself, this authentic book will help you make small, simple changes to your every day life - whether that's your diet, lifestyle, money, work or your home - so you can have a more balanced way of living filled with contentment.

**WHAT MAKES SWEDES HAPPY? ONE WORD: LAGOM** Throwing away all your stuff isn't going to make you happy. Conspicuous consumption isn't going to work either. But somewhere in the middle is lagom—the Swedish way to happiness based on the idea of not too much, not too little. Lagom is not just a word but the very essence of what it means to be a Swede. As you'll discover in this book, lagom is the secret to the enviable Swedish lifestyle of social consciousness, moderation, and sustainability. Guiding you to operate at your most natural, effortless state of contentment, *Live Laugh Lagom* teaches you to strive for the ultimate balance in all aspects of your existence, including well-being, relationships, work, finances, diet, and home life.

Sisu

Live Laugh Lagom

The Swedish Secret of Living Well

Fundamental Strategies for Beating the Odds When Starting a Business

Not Too Much, Not Too Little, Just Lagom

The Japanese Secret to a Long and Happy Life

The Gentle Art of Swedish Death Cleaning

*Two manuscripts in one book: Hygge: Unlock the Danish Art of Coziness and Happiness Lagom: What You Need to Know About the Swedish Art of*

### *Living a Balanced Life*

"Fear less, hope more; eat less, chew more; hate less, love more; and all good things are yours." –Scandinavian proverb  
Hygge—the now familiar Danish word for warmth, coziness, peace and harmony—is something we all aspire to. This charming little book, filled with comforting quotes and simple tips, will help you kindle this coziness in your own life. Light a candle, snuggle up and celebrate the things that make life good.

If you have tried everything imaginable, but have never been able to lead a balanced, happy life, then this could be one of the most important books you have read in years. Are you looking for a simple way to get more happiness in life no matter how hard things may seem for you right now? Have you heard of Lagom and its great benefits, but still can't figure out how to leverage it to find the kind of balance that creates happiness and sustainable living? [Buy the Paperback Version of this Book](#) and get the Kindle Book version for FREE [Inside this book](#), Marie Lynggaard explains how you can start living a simplified, uncluttered, stress-free and more meaningful life by embracing Lagom. This guide is written to provide helpful and practical tips for finding your inner Lagom and regaining control of your life to make time for the most important things. Within the pages of this book, you will discover how to find a balance between calm and pressure, and changing the world around you without making drastic changes. In this fast-paced world, a lot of people are looking for ways to slow down and enjoy life with less pressure, and less stress. This Scandinavian lifestyle called Lagom, which is loosely translated as 'not too little, not too much, just right' is key for having more time for everything you enjoy and mastering the art of balanced living. Here is a preview of what you will discover inside this book: What Lagom is, its history, its benefits, and principles for balanced living Specific ways you can find your inner Lagom and embrace it in your everyday life Adding Lagom into your home life and office routines The only things you need to incorporate Lagom into your fashion sense and parenting style A unique section, covering how you can incorporate Lagom into your diet And much more... It doesn't matter how messy or chaotic your life is right now, you will cultivate healthier habits, declutter your life and improve your relationships once you start taking advantage of the information in this book. [Scroll to the Top and Click the "Buy Now with 1-Click" Button](#)

'Why are Scandinavians constantly topping the happiness table?' 'How do you get more Scandi-style in your life?' 'Just how do you use lagom?' Like her viking ancestors before her, Brontë Aurell left Denmark to explore the world beyond home shores and in her travels has come to understand the fascination with her kinfolk, as well as seeing the idiosyncrasies of the Scandinavian lifestyle that locals take for granted. Whether you want your apartment to look like it belongs in Copenhagen, to workout like a Norwegian or adapt to saunas like a Swede, this is the ultimate insider's guide to the countries of the North. Full of inspiration and ideas, how tos and recipes to

*help you experience the very best of Scandinavian design, philosophy, cookery and culture. With a signature wit and a keen eye for detail, travel alongside Bronte through fjords and mountains, farmlands and cities to better understand these three nations and what makes each one so unique. So get outdoors, learn the life lesson that there's no such thing as bad weather (only bad clothing) and you may discover your inner Scandi sooner than you think.*

*Not Too Little, Not Too Much: The Swedish Art of Living a Balanced, Happy Life*

*Not Too Little, Not Too Much; Just Right*

*A Lagom Guide to Swedish: A Say it in Swedish Book*

*How to Live Scandinavian*

*Balanced Living, the Swedish Way*

*The Little Book of Fika*

*The Swedish Art of Eating Harmoniously*

**Discover the Swedish ethos of balanced living with this little book of Lagom. The Swedish concept of Lagom (pronounced "lah-gom") roughly translates to "not too little, not too much, just right." This charming book introduces readers to a new way of balanced living that promises happiness and sustainability in work and in life. Lagom provides simple solutions to juggle everyday priorities, reduce stress, eat well, and save money, with lessons on the importance of downtime, being outdoors, and Sweden's coffee break culture. Tips on removing clutter and creating a capsule wardrobe help readers achieve Sweden's famously clean and functional design aesthetic, while advice on going green and growing food gets their hands dirty. With seemingly endless financial, emotional, and environmental benefits, Lagom presents an accessible and all-encompassing lifestyle that is sure to inspire mindfulness, wellbeing, and contentment.**

**On Midsummer Eve, 1865, more than 30 Finnish and Sami immigrants disembarked from a Great Lakes ship to a place called Hancock, Michigan. At the time, Hancock consisted of nothing more than a small cluster of humble buildings, but it was here, on the outskirts of mid-19th-century civilization, that Finnish settlement in Michigan's Upper Peninsula (UP) took root. Much to the surprise of these new Americans, Midsummer was not a religious holiday marked by feasts in celebration of the season's prolonged sunlight. Rather, the newcomers were immediately hastened into the bowels of the earth to extract copper in pursuit of the American Dream. In short order, hardworking Finnish immigrants became reputable miners, lumberjacks, farmers, maids, and commercial fishermen. A century and a half later, the UP boasts the largest Finnish population outside of the motherland and sustains the determined spirit the Finns call sisu--an influence that remains palpable in all 15 UP counties.**

**In a fast-paced world, wouldn't it be wonderful if you could slow down and enjoy a life with less pressure, less stress, and more time for the things you love? Sweden is ranked in the top three of the world's happiest places to live, and lagom, which means "not too much and not too little—just right," is the Swedish philosophy for 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 the dough they are kneading is lagom—not too moist and not too dry. At the office, professionals who work hard—but not to the detriment of other parts of their lives—are following the lagom ideal. Lagom is moderation, balance, and equality. By using the Swedish lifestyle as an example, Niki Brantmark offers insightful**

**suggestions and bite-sized actions to help you make subtle changes to your life, so you too can make time for the things that matter most and find greater happiness.**

**This is not a Swedish grammar book. This is a book of epiphanies, a book of revelations, even. When something peculiar and inexplicable turns up that you, drenched in tears, crave answers to, this is the book you turn to. This is your new study buddy, your personal native Swede, a collection of short sticky-note sized chunks of information packed with commonly asked questions, pronunciation secrets, fun facts, and good to knows, that will immediately bring your Swedish to the next level. Joakim Andersson is the founder of the popular website, podcast, and YouTube channel "Say it in Swedish" that teaches contemporary Swedish in a fun and casual way. In his first book - A Lagom Guide to Swedish - he has put together a decade of experience, meeting learners online and getting to the bottom of the most peculiar traits of Swedish.**

**The Finnish Art of Courage**

**Villa Volvo Vovve**

**The Art of Making Memories**

**How to Find Purpose by Unlocking the Secrets of the World's Happiest People**

**The Swedish Art of Balanced Living**

**The Swedish Art of Well-Being and Mindful Life**

The Smart StartUp helps readers start strong and stay strong in the early phases of growing their businesses, providing fundamental strategies for beating the odds. Tom Hopkins and Omar Periu want readers to be part of the statistics for businesses that not only succeeded in their first two years, but exceeded their own expectations for success. With this information, readers will be able to establish a solid foundation on which to build their businesses to the success level of their dreams whether that's to create a legacy for generations or to follow the build-and-sell-it road to success. Within these pages, Tom and Omar delve deeply into the nuances of business ownership both on the practical and emotional side of things. They will help readers avoid some of the most common pitfalls entrepreneurs face. Readers will learn how to establish a compass they and the rest of their teams can rely on to guide business decisions going forward. Topics covered include: self-analysis as an entrepreneur; how to evaluate a business idea; how to choose the best structure for a business, including working with legal and accounting professionals; business communication skills; hiring and managing team members; prioritization; selling skills; marketing strategies; negotiation skills; and how to keep clients happy long term.,

A Good Morning America Buzz Pick! As seen in Vulture, Essence, Good Morning America, The Independent, Goodreads, PureWow, and many more! "A sexy, surprising, searing debut about love, loss, desire, and the many dimensions of Black womanhood."—Deesha Philyaw, 2020 National Book Award Finalist & award-winning author of *The Secret Lives of Church Ladies* An arresting debut for anyone looking for insight into what it means to be a Black woman in the world. Three Black women are linked in unexpected ways to the same influential white man in Stockholm as they build their new lives in the most open society run by the most private people. Successful marketing executive Kemi Adeyemi is

lured from the U.S. to Sweden by Jonny von Lundin, CEO of the nation's largest marketing firm, to help fix a PR fiasco involving a racially tone-deaf campaign. A killer at work but a failure in love, Kemi's move is a last-ditch effort to reclaim her social life. A chance meeting with Jonny in business class en route to the U.S. propels former model-turned-flight-attendant Brittany-Rae Johnson into a life of wealth, luxury, and privilege—a life she's not sure she wants—as the object of his unhealthy obsession. And refugee Muna Saheed, who lost her entire family, finds a job cleaning the toilets at Jonny's office as she works to establish her residency in Sweden and, more importantly, seeks connection and a place she can call home. Told through the perspectives of each of the three women, *In Every Mirror She's Black* is a fast-paced, richly nuanced yet accessible contemporary novel that touches on important social issues of racism, classism, fetishization, and tokenism, and what it means to be a Black woman navigating a white-dominated society. Praise for *In Every Mirror She's Black*: "In Every Mirror She's Black is a wise and complicated exploration of the lives of three Black women in America and Sweden. Lola Akinmade Åkerström offers a sharply written story with messy, deeply moving characters, raising brutal questions and steering clear of easy answers. A book that will stick with you long after you've turned the last page." —Taylor Jenkins Reid, New York Times bestselling author of *Daisy Jones & The Six* and *Malibu Rising* "In Every Mirror She's Black highlights the struggles of three women fighting to assimilate into a society that ignores their worth. These characters will pull at your heartstrings. Lola writes with a contemporary flair, highlighting the layered subtleties of the Black woman's plight. In Every Mirror She's Black will stay with readers for a long time." —Nicole Dennis-Benn, author of bestselling novels *Here Comes the Sun* and *Patsy* "In her debut novel, Lola Akinmade Akerstrom has given us a story that is at once enjoyable and disturbing as it explores the painful price millions of women around the world pay for walking around with black skin." —Imbolo Mbue, New York Times bestselling author of *Behold the Dreamers*

A Japanese-inspired guide to living a happier, more fulfilled life.

Connect with the Spiritual Energy of Coziness for More Joy, Contentment, and Satisfaction Make cozy your way of life with this inspiring guide on connecting to the positive energy of simple, everyday moments. Known around the world as *hygge* (hoo-ga), *lagom* (lay-go-m), and other similar terms, cozy and balanced living helps you improve your health, happiness, and spirituality by understanding and feeling the frequency of people, animals, places, and situations. The *Simplicity of Cozy* is a beginner's guide to self-care that presents a variety of topics relating to and supporting cozy living, including mindfulness, simple ritual, home environment, relationship connections, and being in nature. Easy exercises and practical techniques are featured throughout, helping you make more soulful connections and find appreciation in all you are and all you experience.

The Book of Lagom

The Scandinavian Home

Finding Courage, Wellness, and Happiness Through the Power of Sisu

A Novel

Live Lagom

The Art of Making the Most of Every Moment, the Japanese Way

The Ultimate Guide to Scandinavian Ways of Living a Balanced Life Filled with Coziness and Happiness

If you've always wanted a balanced lifestyle but have no idea how to get started, then keep reading... Are you irritated by a world where the only options are "more please," or "too much?" Have you tried limiting this, adding that, and trying to find a balance point, but that perfect place seems out of reach? Do you finally want to say goodbye to excessiveness and discover that Goldilocks sensation of "just right?" If so, then you've come to the right place. You see, Lagom- the Swedish sensation of satisfaction- doesn't have to be a difficult state to achieve. Even if you've considered throwing all of your belongings out and starting all over again, Lagom is easier than you think. Across the internet, journalists and bloggers alike have been touting lagom as a way to successfully balance life, work, and family. Even Forbes.com highlighted the practice of embracing wellbeing with mental balance, which means you can get peace of mind without sacrificing your sanity!

After you've cultivated the coziness of the Danes (hygge) and achieved the Swedish way of moderation (lagom), then what's next? How about developing your Sisu--an "untranslatable" Finnish term referring to a mixture of courage, resilience, grit, tenacity, and perseverance. It's a trait that has shaped not just the fate of a nation but continues to be a guiding principle for how Finns live their daily lives. Now it can offer lessons to us all, helping us to: discover our inner strength resolve conflicts at work and home raise kind and resilient children achieve our fitness goals fight for what we believe in And much more!

An engaging and practical guided tour of the simple and nature-inspired ways that Finns stay happy and healthy--including the powerful concept of sisu, or everyday courage Forget hygge--it's time to blow out the candles and get out into the world! Journalist Katja Pantzar did just that, taking the huge leap to move to the remote Nordic country of Finland. What she discovered there transformed her body, mind and spirit. In this engaging and practical guide, she shows readers how to embrace the "keep it simple and sensible" daily practices that make Finns one of the happiest populations in the world, year after year. Topics include: • Movement as medicine: How walking, biking and swimming every day are good for what ails us--and best done outside the confines of a gym • Natural mood boosters: Cold water swimming, steamy saunas, and other ways to alleviate stress, anxiety, insomnia, and depression • Forest therapy: Why there's no substitute for getting out into nature on a regular basis • Healthy eating: What the Nordic diet can teach us all about feeding body, mind and soul • The gift of sisu: Why Finns embrace a special form of courage, grit and determination as a national virtue - and how anyone can dig deeper to

survive and thrive through tough times. If you've ever wondered if there's a better, simpler way to find happiness and good health, look no further. The Finns have a word for that, and this empowering book shows us how to achieve it.

A Swedish way of living

Ikigai

How to Free Yourself and Your Family from a Lifetime of Clutter