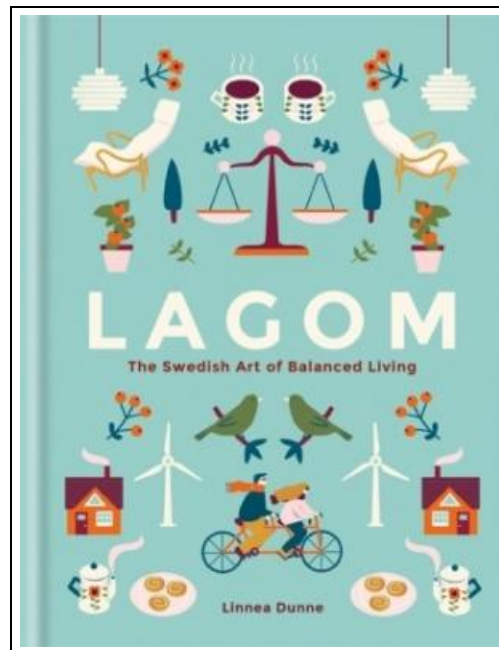


Lagom : The Swedish Art of Balanced Living



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Reviews


*Complete information! Its this kind of good study. This really is for all those who statte that there was not a well worth looking at. I found out this pdf from my dad and i encouraged this ebook to learn.
(Candida Deckow III)*

LAGOM : THE SWEDISH ART OF BALANCED LIVING



To read **Lagom : The Swedish Art of Balanced Living** eBook, make sure you click the web link beneath and save the ebook or get access to additional information which are have conjunction with LAGOM : THE SWEDISH ART OF BALANCED LIVING ebook.

Octopus Publishing Ltd. Jul 2017, 2017. Buch. Condition: Neu. Neuware - Step aside Hygge. Lagom is the new Scandi lifestyle trend taking the world by storm. This delightfully illustrated book gives you the lowdown on this transformative approach to life and examines how the lagom ethos has helped boost Sweden to the No.10 ranking in 2017's World Happiness Report. Lagom (pronounced 'lah-gom') has no equivalent in the English language but is loosely translated as 'not too little, not too much, just right'. It is widely believed that the word comes from the Viking term 'laget om', for when a mug of mead was passed around a circle and there was just enough for everyone to get a sip. But while the anecdote may hit the nail on the head, the true etymology of the word points to an old form of the word 'lag', which means 'law'. Far from restrictive, lagom is a liberating concept, praising the idea that anything more than 'just enough' is a waste of time. Crucially it also comes with a selflessness and core belief of responsibility and common good. By living lagom you can: Live a happier and more balanced life Reduce your environmental impact Improve your work-life balance Free your home from clutter Enjoy good food the Swedish way Grow your own and learn to forage Cherish the relationships with those you love 160 pp. Englisch.

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