

The Lagom Life A Swedish Way Of Living

Lagom
 Swedish Details
 Live Laugh Lagom
 The Harvester
 Villa Volvo Vovve
 The Nordic Guide to Living 10 Years Longer
 ScandiKitchen: Fika and Hygge
 Living Lagom
 Due North
 Fishing In Utopia
 Live Lagom
 Finns of Michigan's Upper Peninsula
 Lagom
 The Little Book of Scandi Living
 The Scandinavian Home
 The Lagom Life
 The Gentle Art of Swedish Death Cleaning
 Fika
 Lagom
 Lagom
 The Scandinavian Guide to Happiness
 Lagom
 The Little Swedish Kitchen
 The Finnish Way
 Hygge and Lagom
 Lagom: The Swedish Art of Living a Balanced, Happy Life
 In Every Mirror She's Black
 Lagom
 The Book of Lagom
 The Little Book of Hygge
 Lagom Life The
 Home Style by City
 The Little Book of Lagom
 The Little Book of Fika
 Good Mornings
 Hygge and Lagom
 North
 Lagom
 Swedish Mentality
 Living Lagom

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MATTEO PRATT

Lagom Jazzybee Verlag

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*

Swedish Details Chronicle Books

Discover classic and contemporary Scandinavian style with specially commissioned photography of homes in Denmark, Norway, Sweden, and Finland. Discover classic and contemporary Scandinavian style with specially commissioned photography of homes in Denmark, Norway, Sweden, and Finland. 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. Here Niki Brantmark, owner of the interior design blog My Scandinavian Home, presents a wide-ranging collection of these beautiful homes and explores how the Scandinavian lifestyle is reflected in them all. The first chapter, Urban Living, features styles ranging from minimalist to bohemian, and pale palettes to dramatic dark colors. By contrast, the Country Homes tend to have a softer, calmer feel, through color and textiles, in line with a slower pace of life. Finally, the spectacular Rural Retreats include a mountain cabin, beach house, and rustic summer cottage, and demonstrate how having somewhere to escape to is so important to many Scandinavians. This collection of stunning interiors will put Scandi style within every reader’s reach.

Live Laugh Lagom Arcadia Publishing

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.

The Harvester HarperCollins UK

From the 1960s to the 1980s, Sweden was an affluent, egalitarian country envied around the world. Refugees were welcomed, even misfit young Englishmen could find a place there. Andrew Brown spent part of his childhood in Sweden during the 1960s. In the 1970s he married a Swedish woman and worked in a timber mill while helping to raise their small son. Fishing became his passion and his escape. In the mid-1980s his marriage and the country fell apart. The Prime Minister was assassinated. The welfare system crumbled along with the industries that had supported it. Twenty years later, Andrew Brown travelled the length of Sweden in search of the country he had loved, and then hated, and now found he loved again.

Villa Volvo Vovve Whalen Book Works

A complete guide to Scandinavia filled with travel tips, cultural and historical facts, recipes, and inspirational photography from the Nordic nations. Why are Scandinavians constantly topping the happiness table? How do you get more Scandi-style in your life? Just how do you use lagom? Whether you want your apartment to look like it belongs in Copenhagen, to workout like a Norwegian or to make cinnamon buns 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, this honest behind-the-scenes look at the culture provides an invaluable insight into the wonderful and visually stunning world of Scandinavia. 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. With a signature wit and a keen eye for detail, she takes you on a journey 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 . . . From the How To Live . . . series of insightful guides to some of the most intriguing cultures and locations on the planet, other books available include How To Live Japanese, How To Live Korean, and How to Live Icelandic.

The Nordic Guide to Living 10 Years Longer Greystone Books Ltd

The basis for the wonderfully funny and moving TV series developed by Amy Poehler and Scout Productions 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.

ScandiKitchen: Fika and Hygge Simon and Schuster

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.

Living Lagom Ryland Peters & Small

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.

Due North White Lion Publishing

Explore the life-changing philosophies which make Scandinavia one of the happiest places on earth. Do you want to learn how Hygge and Lagom philosophies can calm your mind, help you practice mindfulness, and make you enjoy the little things in life? Are you tired of feeling stressed, disconnected, and adrift in the world? Then this bundle is for you. This brilliant 2-in-1 book bundle explores the Hygge and Lagom philosophies, offering you a holistic and transformational plan which will impact all areas of your life. Designed to provide a practical way of altering your outlook on life, inside you'll find a detailed look at Hygge and Lagom, along with everything you need to enjoy a more fulfilling existence. In part one, you'll explore the concept of Hygge, and how you can enjoy a simpler life of wellbeing, including: - The Basics Of Hygge - How You Can Begin Enjoying a Hygge Lifestyle - Uncovering The Countless Emotional and Mental Health Benefits of Hygge - 25+ Simple and Practical Ways To Practice Hygge - Incorporating Hygge Into Your Work and Home - Top Signs That You're Living a Hygge Lifestyle - And How To Create a Frugal and Hygge Home And in part two, you'll learn how the Swedish concept of Lagom can help you appreciate the small things in life and be comfortable with what you have, including: - Simple Reasons Why You Should Be Practicing Lagom Now - The Best Ways To Adopt a Lagom Mindset and Look After Your Wellbeing - Incorporating Lagom Into Your Friendships and Relationships - Why Minimalism and Lagom Go Hand-In-Hand - A Brilliant 7-Day Decluttering Plan For Clearing Your Home - How To Become More Mindful, Improve Your Health, and Boost Your Emotions - And Much More! Covering diet, exercise, sleep, relationships, hobbies and even frugal living, this bundle is perfect for anyone who wants to drastically transform the way they live and learn to appreciate the little things in life. So don't wait - it's time for you to discover why the Scandinavians are some of the happiest people on earth.

Fishing In Utopia Penguin UK

A Swedish doctor shares the secrets of Nordic health and happiness in this short guide to living a longer life. The Nordic Guide to Living 10 Years Longer is a pragmatic little book that channels the simple, healthy lifestyle of Scandinavia. Swedish doctor Bertil Marklund covers broad ground in just over one-hundred pages, providing a comprehensive guide to lifestyle choices, including sleep, diet, exercise, and the negative impact of stress; he also introduces the concept of lagom, a Swedish take on moderation. We can all adopt the ten tips outlined in the book without completely rethinking the way we live. With his practical advice, Dr. Marklund gives you the power to make a difference in your own life—today, and in the future.

Live Lagom Thames & Hudson

'A joy to behold' Yotam Ottolenghi Join Rachel Khoo on a delicious journey through the Swedish year . . . From spring picnics on the archipelago and barbecues at the summer cabin, to cosy autumnal suppers and dark snowy winters filled with candlelight, gingerbread and glögg. Complete with stunning location and food photography, Rachel's new cookbook lets you in on what the

Swedish like to call Lagom . . . the art of not too little, not too much but just the right amount. Learn how to cook beautiful, fuss-free food . . . With over 100 recipes, Rachel explores Sweden's simple and balanced approach to cooking, celebrates their best-loved ingredients and reveals a must-try cuisine that is about far more than just meatballs, fika and cinnamon buns . . .

_____ Inside you'll discover recipes from the Swedish summer, perfect for yours, food for autumn, through to winter, taking you all the way to spring . . . POACHED CHICKEN WITH QUICK PICKLED STRAWBERRY SALAD. Or replace the chicken with grilled halloumi cheese for a delicious vegetarian alternative. This is the ultimate barbeque salad. · PEAS, POTATOES AND CHICKEN IN A POT. The one dish delight: the summer comfort food that's perfect for midweek. · MIDSUMMER MERINGE CROWNS. The Swedes have been wearing flower crowns long before the festivals, so why not make the edible kind for parties or puddings? · PLUM TOSCA CAKE. This Swedish favourite, named after Puccini's opera is filled with tart plums and sweet almonds.

_____ 'I am so ready to race home and devour these fun, effortless and beautiful recipes that just beg to be cooked' Melissa Hemsley 'The magic of Sweden's beautiful seasons comes alive . . . a real celebration of seasonal Swedish home cooking and tradition with Rachel's trademark inspirational twists!' Donal Skehan

Finns of Michigan's Upper Peninsula Ten Speed Press

Due North is a collection of travel observations, reflections, and snapshots across colors, cultures, and continents by award-winning travel writer and photographer Lola Akinmade Åkerström. EXCERPT: I know what's coming. I'd gone through this drill dozens of times. As many times as each of those vibrant and colorful visas in my little green book, my Nigerian passport. Even before the immigration officer pulls me aside, I instinctively pull myself aside. He glosses over my visa. A visa I've spent hundreds of dollars acquiring. He finds his government's issued permission, but curiosity gets the better of him. He thumbs through the rest, looking through the two green passports stapled together because the visas had outnumbered the pages. "Why all these visas?" he asks. This scene was repeated in airport after airport across several continents. The more visa stamps in my passport, the more my motives for travel were deeply questioned. Why was I traveling?

Lagom Ten Speed Press

We all want to feel healthier, happier and richer not only on the outside but also on the inside. The Swedish concept of lagom can help us to live a happier, more harmonious and balanced life. Lagom is used to describe the perfect state when something is neither too much, nor too little. It is just enough to make you satisfied. It can be used when talking about anything from the weather to how much milk you pour in your coffee. If the question starts with "How much?" the typical answer in Sweden is "lagom."The Swedish apply lagom to most aspects of their life without thinking about it. This book will show you how lagom can be incorporated into your personal life, family, relationships, work, home, health, and wellbeing. Living lagom is to live a moderate life where balance is the key to success in all areas. To encourage you to create a healthier lifestyle the lagom way, this book includes some easy Swedish recipes. Why not surround yourself with family and friends and cook together? This is a good activity to enjoy together instead of eating out. To conclude the book, there's a 21-day challenge with ideas to help you live a more legion lifestyle. You can try everything from self-care to new activities, and get useful tips on how to clean up your home and your life once and for all.

The Little Book of Scandi Living Granta Books

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.

The Scandinavian Home Hachette UK

In this delightful little pocket book, Elisabeth Carlsson lets us in on the secrets of the Swedish philosophy of lagom, which best translates as 'not too much, not too little; just the right amount'. Lagom is key as to why Sweden has regularly been listed among the happiest countries in the world. - Learn more about the enviable Swedish lifestyle - healthy, harmonious and happy - Discover how to be more lagom at home, at work, in your relationships and in your approach to life - Includes delicious recipes, ideas for things you can make for a lagom home, and practical advice
[The Lagom Life](#) HarperCollins

Is there a distinctly Swedish national character? Are Swedes truly shy, unemotional, conflict-avoiding, melancholy, and dour? Swedish Mentality, the English translation of the hugely successful book published in Sweden in 1989, considers the reality behind the myth. The author, Åke Daun, is a respected ethnologist who is sometimes referred to as the "guru" of Swedish character. In recent years, it has become popular to discuss Swedishness and Swedish identity. The advent of the European Union and the increasing presence of immigrant refugees in Sweden have fueled public debate on the distinctiveness of Swedish culture. Daun, however, goes beyond stereotype, drawing upon statistics gathered over more than a decade of research. The result is an entertaining and engagingly written book. Throughout, Daun quotes from interviews with native Swedes and immigrants as well as from travel accounts, folklore, and proverbs. We learn why some Swedes might prefer to walk up a flight of stairs rather than share an elevator with a neighbor and why some gain satisfaction from walking alone in the woods or going fishing. Daun describes a range of factors influencing Swedish character, including population composition, rural background, and even climate. He recognizes behavioral variations related to gender, age, class, and region, and he considers subtleties of individual character as well. Swedish Mentality should interest a wide array of readers, whether of Swedish descent or not.

The Gentle Art of Swedish Death Cleaning Summersdale

Mrs. Gene Stratton-Porter's novel is an illustration of the harmony and intimacy which does rightly exist between a man and a forest. In 'The Harvester' she has not only dramatized, but proved the purifying and preservative forces that are always present and predominant in such a situation. This is why the story is so popular. It is utterly simple, nothing in the plot to appeal to morbid interest or curiosity. We really prefer what is good and clean in man and in nature if we can get it portrayed in fiction.

Fika Running Press

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.

Lagom Simon and Schuster

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.

Lagom Hachette UK

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!