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Lagom Swedish Art Balanced Living
In 'Lagom: The Swedish Art of Balanced Living', Linnea Dunne, a Swedish writer now living in Dublin, Ireland, writes

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about work-life balance and environmentally conscious living, both aspects of a lagom lifestyle. She shares tips on how to achieve it, as well as a few recipes ideal for the famous fika (coffee break the Swedish way).

Lagom: The Swedish Art of Balanced Living: Dunne, Linnea ...

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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.

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Lagom: The Swedish Art of Balanced Living by Linnea Dunne

Pronounced LAH-gum, the term translates to "not too little, not too much" or "just right"—and in Sweden it represents the art of living a balanced, slower, fuss-free life. "Swedish people take...

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6 Ways to Practice Lagom, the Swedish Secret to a Balanced ...

Enter, lagom, the Swedish word for a lifestyle that encourages balance and mindfulness in everything that you do.

Lagom: The Swedish art of living a balanced life | Well+Good

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Lagom: The Swedish Art of Balanced Living Green and the Great was created to share inspiration in making the most of the opportunities this world gives us. Lagom, the Swedish art of balanced living, has been a huge influencing factor to the creation of this blog, so it is only right that I share with you what this is all about!

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Lagom: The Swedish Art of Balanced Living — green & the great

Lagom. The Swedish Art of Living a Happy, Balanced Life 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?

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Lagom. The Swedish Art of Living a Balanced, Happy Life

Lagom (pronounced "lar-gohm") is probably 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 huge part of the...

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Lagom: How The Swedish Philosophy For Living a Balanced ...

When we reached out to chat about her book, “Lagom: The Swedish Art of Balanced Living,” she was responding to us in the middle of one of Ireland’s most contentious women’s rights referendums in recent years. But, being the balanced

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person she is, she let us know she was a little busy, and she'd get back to us once things settled down.

Meet The Swede Behind 'Lagom: The Swedish Art Of Balanced ...

The term loosely translates to "not too little, and not too much, but just right," according to Niki Brantmark, the author

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of Lagom: The Swedish Art of Living a
Happy, Balanced Life.

The 8 Best Lessons I Learned Living the Lagom Life | SELF

In her book Lagom: The Swedish Art of
Balanced Living, Linnea Dunne says the
Swedish have a rule called
allemansrätten, which literally means

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“freedom to roam.” It is a nearly universal right ...

How to Practice the Swedish Art of 'Lagom' - SheKnows

The secret to lagom: the Swedish art of living a balanced, healthy life In Sweden, it's normal to set work tasks aside and take a fika (a break involving a coffee

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and treat of some kind). A one-way ticket to Sweden costs about \$500.

The secret to lagom: the Swedish art of living a balanced ...

A wonderful look at the Swedish lifestyle known as Lagom. A minimalist mindful way of living. Full of lovely traditions like coffee breaks known as fika. Family time

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is cherished & quality over quantity little waste when it comes to shopping, This was a lovely introduction to Lagom,

Lagom: Not Too Little, Not Too Much: The Swedish Art of ...

How to use lagom to improve your work-life balance. Lagom can be applied to any area of your life - including work.

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Linnea Dunne, author of *Lagom: The Swedish Art of Balanced Living*, says that the lagom philosophy is an essential part of working life in Sweden. “Swedes have a near-religious relationship with their fika or coffee breaks,” she says.

Bring balance to your life with the Swedish lagom ...

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Since lagom is all about living a more balanced life, we can't go without mentioning adopting recycling habits. The book is full of tips and suggestions about how to protect the planet. Something we're neglecting lately - like in the last 200+ years. Recycling and using renewable energy are the two major weapons protecting the ozone

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layer.

Actionable Book Summary: Lagom By Linnea Dunne | Durmonski.com

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

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aspect of life—from work and leisure to family and food, and everything in between.

Lagom: Not Too Little, Not Too Much: The Swedish Art of ...

Overview Discover the Swedish ethos of balanced living with this little book of Lagom. The Swedish concept of Lagom

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(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: The Swedish Art of Balanced Living by Linnea Dunne ...

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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.

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Lagom: The Swedish Art of Living a Balanced, Happy Life by ...

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In this inspirational guide, Linnea Dunne,

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bestselling author of Lagom: The Swedish Art of Balanced Living, shows how building a life-affirming ritual into your morning routine is an act of...

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