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In 'Lagom: The Swedish Art of Balanced Living', Linnea Dunne, a Swedish writer now living in Dublin, Ireland, writes about work-life balance and environmentally conscious living, both aspects of a | The phrase 'not too little, not too much, but just enough' seems the best to describe this Swedish word.

~~Lagom: The Swedish Art of Balanced Living by Linnea Dunne~~

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Lagom is a new concept to me and this book offers a fascinating insight into the Swedish way of life, as well as including personal anecdotes and interesting tips. It's the perfect gift! 7 people found this helpful

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

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. This delightful book, written by Niki Bra

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

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The report looks at how Brits can boost their happiness and wellbeing by adopting the Swedish art of ‘ lagom ’ , which means ‘ just the right amount ’ . Extra security beats extra income The key, the report says, is not earning more money, but creating more financial security.

~~The Swedish art of ‘ just the right amount ’ | Wealth ...~~
A Lesson from Sweden “ Lagom ” is a popular word that permeates Swedish culture. There ’ s no literal translation but it essentially means “ just enough ” . It pops up in a popular expression: “ Lagom är bäst ” In a very IKEA-worthy way, the Swedes have packaged the Goldilocks story into three words.

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~~What the Swedish Concept of ‘Lagom’ Can Teach Us
About...~~

June 5, 2018. If we could give her the title, we 'd name Linnea Dunne the “Queen of Lagom.” . 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 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 archetypical Swedish proverb, “Lagom är bäst” ,

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literally means, “ The right amount is best ” but is also translated as “ Enough is as good as a feast ” and “ There is virtue in moderation ” . You are...

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

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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...

~~Lagom: 6 Ways to Adopt the Swedish Philosophy for a ...~~

New book ‘ Lagom: The Swedish Art of Living a Balanced, Happy Life by Niki Brantmark ’ , £9.99, was published by

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Harper Thorsons recently, and gives easy-to-follow advice on bringing the Swedish Lagom philosophy into your life and home. The following extract is taken from the book...
Ten simple ways to de-clutter your home

~~What is Lagom? Lagom lifestyle trend; the new hygge for 2020~~

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

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

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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.

~~Lagom: The Swedish Art of Eating Harmoniously | The Works~~
Discover lagom, the Swedish art of ‘ not too much, not too little ’ . November 1, 2017. For finesse without fuss and comfort without clutter, look to Lagom – the Swedish art of ‘ not too much, not too little ’ . Daybed, £2,795, Another Country. Black and White Cushion, £225, and Grey Cushion, £225, both The New Craftsmen.

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~~Discover lagom, the Swedish art of 'not too much, not too ...~~

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~~Lagom: The Swedish Art of Balanced Living eBook: Dunne ...~~

In Lagom: The Swedish Art Of Balanced Living, the author assist us in becoming more conscious about what physical objects we let inside our lives. The Core Idea: The word lagom (pronounced “ lah-gom ”) is a Swedish concept that

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roughly translates to “ not too little, not too much, just right. ”

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

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! For the next seven weeks, I will be introducing you to the seven principles of Lagom.

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