

Lagom : The Swedish Secret of Living Well

Filesize: 7.52 MB

Reviews

An exceptional publication and also the typeface applied was fascinating to learn. It normally will not expense excessive. Your life period will be transform once you comprehensive looking over this pdf. (Rachelle O'Connell)

LAGOM : THE SWEDISH SECRET OF LIVING WELL



To read Lagom : The Swedish Secret of Living Well eBook, make sure you refer to the button listed below and save the ebook or have access to additional information which are in conjuction with LAGOM : THE SWEDISH SECRET OF LIVING WELL ebook.

Headline Aug 2017, 2017. Buch. Condition: Neu. Neuware - 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. 192 pp. Englisch.

Read Lagom : The Swedish Secret of Living Well Online
Download PDF Lagom : The Swedish Secret of Living Well

You May Also Like

1	
	-

[PDF] Read Write Inc. Phonics: Orange Set 4 Storybook 5 Too Much!

Follow the web link below to download "Read Write Inc. Phonics: Orange Set 4 Storybook 5 Too Much!" PDF file. Save ePub »

1	Γ
	■

[PDF] Just Like You

Follow the web link below to download "Just Like You" PDF file. Save ePub »

Γ
■

[PDF] Steve Jones: Secret of the Red Emerald (Unofficial Minecraft Book for Kids) Follow the web link below to download "Steve Jones: Secret of the Red Emerald (Unofficial Minecraft Book for Kids)" PDF file. Save ePub »

\square

[PDF] Genuine book Oriental fertile new version of the famous primary school enrollment program: the intellectual development of pre-school Jiang(Chinese Edition)

Follow the web link below to download "Genuine book Oriental fertile new version of the famous primary school enrollment program: the intellectual development of pre-school Jiang(Chinese Edition)" PDF file. Save ePub »

ſ		T	•
			I
			J

[PDF] The TW treatment of hepatitis B road of hope(Chinese Edition)

Follow the web link below to download "The TW treatment of hepatitis B road of hope(Chinese Edition)" PDF file. Save ePub >>

٢	Ъ
	≡ I
L	- 1

[PDF] Edge] the collection stacks of children's literature: Chunhyang Qiuyun 1.2 --- Children's Literature 2004(Chinese Edition)

Follow the web link below to download "Edge] the collection stacks of children's literature: Chunhyang Qiuyun 1.2 --- Children's Literature 2004(Chinese Edition)" PDF file.

Save ePub »