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Lagom: The Swedish Secret Of Living Well



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Customer Reviews

Lagom: The Swedish Secret of Living Well is chock-full of insights about how to live a more balanced life. The author explains this Swedish cultural concept and how it plays out in society in ways both good and bad. Equal parts inspiration, information and food for thought, Lola shares what she has learned about living well thanks to her years of living in Sweden. Each chapter ends with reflections about how different aspects of lagom can be incorporated into your life. And the author's photos that are scattered throughout the book add a nice personal touch.

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