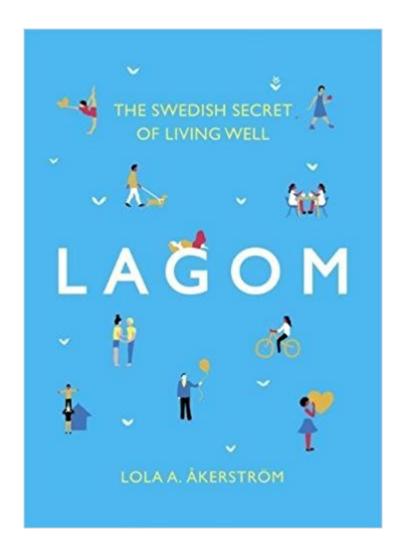


The book was found

Lagom: The Swedish Secret Of Living Well





Book Information

Hardcover Publisher: Headline Home (August 10, 2017) Language: English ISBN-10: 147224933X ISBN-13: 978-1472249333 Product Dimensions: 5.4 x 0.9 x 7.2 inches Shipping Weight: 13.9 ounces (View shipping rates and policies) Average Customer Review: 5.0 out of 5 stars 1 customer review Best Sellers Rank: #179,352 in Books (See Top 100 in Books) #51 in Books > Travel > Europe > Sweden #369 in Books > Crafts, Hobbies & Home > Sustainable Living #1613 in Books > Health, Fitness & Dieting > Mental Health > Happiness

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.

Download to continue reading...

Lagom: The Swedish Secret of Living Well Live Lagom: Balanced Living, the Swedish Way Lagom: Not Too Little, Not Too Much: The Swedish Art of Living a Balanced, Happy Life Swedish Slanguage: A Fun Visual Guide to Swedish Terms and Phrases (English and Swedish Edition) 1999 CIA World Fact Book: Translated to Swedish (Swedish Edition) Living Well with Back Pain: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) by Morris, Kerry-Ann 1st (first) Edition [Paperback(2006/4/4)] Living Well with Parkinson's Disease: What Your Doctor Doesn't Tell You....That You Need to Know (Living Well (Collins)) Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Living Well with Migraine Disease and Headaches: What Your Doctor Doesn't Tell You....That You Need to Know (Living Well (Collins)) How To Dig A Well: Pictured Guide On How To Drill A Well And Provide Your Homestead With Fresh Water: (How To Drill A Well) On My Swedish Island: Discovering the Secrets of Scandinavian Well-being Living Well, Staying Well:: Big Health Rewards from Small Lifestyle Changes (American Heart Association) The Minimalist Budget: A Practical Guide on Living Well, Spending Less, How to Save Money And Living Your Life With a Minimalist Lifestyle Living with Epilepsy (Living Well: Chronic Conditions) Living with Cystic Fibrosis (Living Well: Chronic Conditions) Living Well, Running Hard: Lessons Learned from Living with Parkinson's Disease Tiny House Living: Ideas For Building and Living Well In Less than 400 Square Feet Hygge: 30 Days to Happy Living, From The Danish Art of Happiness and Living Well

Contact Us

DMCA

Privacy

FAQ & Help