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Living', Linnea
Dunne, a Swedish
writer now
living in

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Dublin, Ireland,

writes about

work-life

balance and

environmentally

conscious

living, both

aspects of a l

The phrase 'not

too little, not

too much, but

just enough'

seems the best

to describe this

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Swedish word.

Art Of Eating ~~Lagom: The~~ ~~Swedish Art of~~

~~Balanced Living~~
~~by Linnea Dunne~~

Lagom is a new
concept to me
and this book
offers a
fascinating
insight into the
Swedish way of
life, as well as

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Including
personal
anecdotes and
interesting
tips. It's the
perfect gift! 7
people found
this helpful

~~Lagom: The
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Living a
Balanced, Happy
Life...~~

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Uncover the secrets of the Swedish Art Of Eating Harmoniously 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

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To make extreme changes, and without denying ourselves anything. This delightful book, written by Niki Bra

~~Lagom: The
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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,

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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

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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

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packaged the
Goldilocks story
into three
words.

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

June 5, 2018. If
we could give
her the title,
we'd name Linnea

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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

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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:~~

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~~The Swedish Art
Of Balanced ...~~

The archetypical
Swedish proverb,
“Lagom är bäst”,
literally means,
“The right
amount is best”
but is also
translated as
“Enough is as
good as a feast”
and “There is
virtue in

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Moderation". You
are . . .
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~~Lagom: How The
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Philosophy For
Living a
Balanced . . .~~

Pronounced LAH-
gum, the term
translates to
"not too little,
not too much" or
"just right"—and

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The Swedish
Art Of Eating
Harmoniously
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~~

...

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New book 'Lagom:
The Swedish Art
of Living a
Balanced, Happy
Life by Niki
Brantmark',
£9.99, was
published by
Harper Thorsons
recently, and
gives easy-to-
follow advice on
bringing the
Swedish Lagom

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The Swedish 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~~

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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

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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~~

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~~Balanced Living:~~

~~Dunne, Linnea~~

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the right

amount,

balanced,

harmonious. This

beautiful, fresh

cookbook offers

genuine insight

into how Swedes

eat and cook -

with recipes

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Art Of Eating
Harmoniously
that fit around
the seasons,
occasions, times
of day, and
appetite.

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Harmoniously +
The Works~~
Discover lagom,
the Swedish art
of 'not too

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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

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and White
Cushion, £225,
and Grey
Cushion, £225,

both The New
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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.

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The Swedish 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
eBook: Dunne ...~~

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In *Lagom: The Swedish Art Of Eating, 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-

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gom") is a Swedish concept that roughly translates to "not too little, not too much, just right."

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

Lagom, the
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The Swedish 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

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