



SISU

The Finnish Art of Courage



Joanna Nylund

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Sisu: The Finnish Art of Courage



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After you've cultivated the coziness of the Danes (hygge) and achieved the Swedish method of moderation (lagom), then what's next? Right now it could offer lessons to people, assisting us to: discover our inner power resolve conflicts at work and home raise kind and resilient children achieve our fitness goals battle for what we believe in And much more! It's a trait which has shaped not only the fate of a country but continues to be a guiding principle for how Finns live their daily lives. How about developing your Sisu--an "untranslatable" Finnish term referring to a mixture of courage, resilience, grit, tenacity, and perseverance.



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Amazing book! Just ok Ok publication. This is the book! Beautifully designed and written!! actually liked it more than the various other SISU publication Out there. I would recommend it. For all of us non-Finnish provide us an extremely well perspective about how exactly the Finnish people perceive life. Very straight forward which is definitely Great! If you want to learn about the Finnish culture! Not great.



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