



Niki Brantmark

Lagom: Not Too Little, Not Too Much: The Swedish Art of Living a Balanced, Happy Life



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At the office, professionals who work hard - but not to the detriment of various other aspects of their lives - are following a ideal of lagom. Experienced bakers know by touch when dough they're kneading is normally lagom - not too moist rather than too dry. Deeply ingrained in the Swedish psyche, lagom is about enjoying balance atlanta divorce attorneys facet of life - from work and leisure to family and food and everything among. Lagom is believed to have begun with Viking lifestyle: at gatherings, when a bowl of mead was exceeded around in a circle, it had been essential that everyone sipped "sufficient" or their "fair talk about" so there is enough to enjoy by all. in moderation, in stability", langom is a deeply kept philosophy closely linked with the Swedish cultural and sociable ideology of fairness and equality. Derived from the Swedish term Lagom är bäst, meaning "the proper amount is most beneficial; In this inviting, inspirational guideline, Niki Brantmark clarifies lagom and explains how to incorporate it into your personal lifestyle, including: Home: declutter, keep products you like; buy consciously Work: take regular coffee breaks from your desk, Swedish style; figure out how to "pull the plug on" at home Money: more isn't joy - live inside your means and become thrifty without sacrificing quality Mind and body: workout that fits your daily life and healthy behaviors that make you are feeling better (starting with more sleep) Food: appreciate that slice of cake, but keep in mind, portions in moderation Vacation: take full advantage of holidays and time off Leisure: obtain out in nature - have a hike in the woods or a dip in the sea Family: keep it basic and organized Friendship: form bonds that will last a lifetime And much more In an interconnected world filled up with goal-oriented perfectionists, Lagom reminds us to slow down, to decompress and destress, to be mindful of sustainability yet not really deny ourselves satisfaction. But lagom is not a rigid group of rules - sometimes you will need more, sometimes you need less, and that's fine, as well! With this idea-filled lead, you can learn to find greater balance, well-getting, and harmony - and, most importantly, make time for things that matter most in existence.



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Pretty to look at, but nothing new here Overly simplistic household "tips" book with beautiful photos and ideas. The Swedish concept of Lagom is exciting to me culturally, and I was wishing to read more about it as an idea and value system. Not too preachy, not really as well gentle. I quickly grew tired of the overuse of sentences like "Swedish folks have an innate ability to.e.." adopted with things such as: simplify, organize, cook in season, etc. I'd suspect that lagom can be a culturally trained concept--not an innate ability (isn't that why somebody from a different tradition may pick up this book, to understand a fresh and various perspective? A wonderful and fun read on all things Swedish! Lagom lifestyle I enjoy reading Nikki's blog page (myscandinavianhome) and her thoughtful voice comes through in this reserve, Lagom. Simple guideline to Lagom :) A lovely publication about the swedish lifestyle, with many practical tips, tips, etc. The sections include suggestions, examples, and recipes. like it! This is simply not a memoir. Just Right Niki Brantmark, a former Londoner now living in Malmo,Sweden, has written a publication on the Swedish idea of lagom this means not too very much rather than too little. REUNITE YOUR JOIE DE VIURE Such a delightful book. Excellent demonstration of "philosophy" of not really too much/not inadequate. There is a considerable reference section should the reader want to read more on the subjects within the text. Instead I feel like this book simply reinforced the same old organizational stuff that could be gleaned from any previous book or magazine. Very tender and quickly read introduction to this facet of Swedish culture Very tender and easily read introduction to this aspect of Swedish culture, approaches from housewarming to cooking to dressing. This book encourages you to take a hard look at the existence you're living and gives gentle ideas for improvement. Maybe definitely not even improvement, simply encouragement to take pleasure from life more and look at what really matters. It does an excellent job of breaking down the ideas of lagom, hygge, and danish living and suggesting manageable methods to incorporate them into your normal life. An interesting, basic look at of the Swedish approach to life. Not too preachy, not really too gentle.) It's a pleasant reserve to thumb through, but I will not end up being keeping it for long. A wonderful book that addresses all facets of the lovely tradition in Sweden! Such a great and inspiring go through! Big enthusiast of Niki Brantmark - you won't become dissapointed! She shared how she learned to embrace this idea and sometimes bump up against the idea while learning to live in Sweden. It is well imprinted with lots of pictures. It had extremely goodpractical information on how to simplify, not purge, your lifestyle. We all want to slow down and have less stress. Understand this publication andyou will understand how to do easily and painlessly put back the pleasure into your daily life and style. A worthwhile addition to my bookcase!. Although my home is definitely 'overstuffed' in the American way, there is a longing to simplify, which reminds me of why that is important. The reserve is smartly designed and has gorgeous pictures.Many of the "simplify" books are brutal. This is just about finding what's appropriate. They have everything from arranging items to making floral crowns., from Stockholm which, while fun, could be "a bit too much".Highly recommended. You'll likely have heard most of the concepts before, so this book is for those seeking balance and influenced by reading about lifestyle theory! I couldn't place it down and maintain re-reading certain parts. I absolutely love this reserve, its pretty thick and quality (sewn at backbone). I love every page! This is definitely a keeper. This is a read for those who happily self think about their own life-style. 'Vaar so gut'!. It is not too personal, nor academic, it really is just lagom :) Balance is good! I would recommend it to anyone who feels their existence is moving prematurely, is missing something, or is merely interested in studying other ways of lifestyle. As a 3rd era Swedish-American, I can find where many family members habits and philosophies originated from. An alternative solution to just "Simplify" A present for my partner, who loves the book (I'm reading a bit of it too).. Lots of Topics I actually was surprised at how many topic this book actually addresses. We took a vacation to Sweden, and found this kind of lifestyle in areas we visited off the beaten route -- i. I have long admired the Scandavian life-style and this book presented great insights. It also looks cute on my shelf! This book makes me happy Scanning this book felt such as a cozy hug, mainly because I'm Swedish and could relate to so very much in the book. Great

easy read I love this book. Easy to digest minimalist nuggets After scanning this easy-to-read inspiring little nugget of swiss living, I was motivated to spend a couple hours minimizing my closet - a task I've been wanting to do for a long time. Felt SO much better afterward and started on other areas of my house (and lifestyle!). My partner is not Swedish and occasionally the subtle cultural variations (obvious if you ask me) get annoying, therefore reading this book to him helped show him there are various other cultures or means of thinking besides his, also if he doesn't trust it. It's an easy read with great information.



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