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In her book Lagom: The Swedish Art of Balanced Living, Linnea Dunne says the Swedish have a rule called allemansrätt, which literally means "freedom to roam." It is a nearly universal right to ...

How to Practice the Swedish Art of 'Lagom' - sheknows.com

Swedish lagom, Norwegian friluftsliv and Japanese Ikigai also deserve attention. Today, hygge is being replaced by lagom, where at the head of everything is the Swedish aesthetics of moderation. The creative director of the British magazine Lagom, Elliot Stokes, believes that the difference between lagom and hygge is in the scale.

Lagom The Swedish Art Of Living A Balanced Happy Life

Review: Lagom "The Swedish Art of Balanced Living. I'm into lagom. I almost picked the word as the title of this website. As a lover of all things Swedish, I already knew the concept. I knew how deep it was inherited in the Swedish culture. The book "Lagom" The Swedish Art of Balanced Living by Linnea Dunne puts it beautifully together.

Review book: Lagom, the Swedish Art of Balanced Living

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