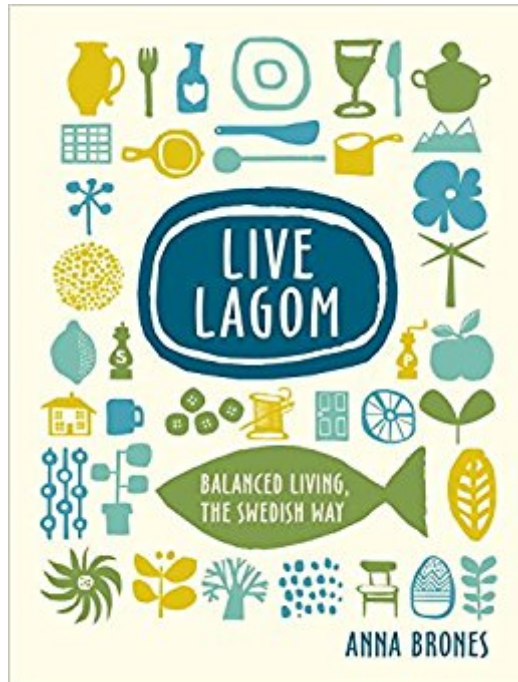




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# Live Lagom: Balanced Living, The Swedish Way



## Synopsis

An inviting exploration of "the new hygge": the Swedish concept of lagom--finding balance in moderation--featuring inspiration and practical advice on how to find a happy medium in life, home, work, and health. Following the cultural phenomena of fika and hygge, the allure of Scandinavian culture and tradition continues in the Swedish concept of lagom. From home design and work-life balance, to personal well-being and environmental sustainability, author Anna Brones presents valuable Swedish-inspired tips and actionable ways to create a more intentional, healthy lifestyle. Instead of thinking about how we can work less, lagom teaches us to think about how we can work better. Lagom at home is about finding balance between aesthetics and function, focusing on simplicity, light, and open spaces. Health and wellness in lagom is a holistic approach for the body and mind--including connecting more in person, caring for self, managing stress, keeping active, and embracing enjoyment in daily routine. Live Lagom inspires us to slow down and find happiness in everyday balance.

## Book Information

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## Customer Reviews

Praise for Fika: "The book is a delicious compendium of nearly 50 illustrated recipes inspired by Brones and Kindvall's childhoods, equally fueled by fika. The cookies, cakes and breads (including savory variants) tap right into a growing, universal quest to achieve a more laid-back European lifestyle." —Lindsey Tramuta, New York Times T Magazine "As accessible as it is insightful, Fika is a baking book mixed with etiquette how-to and cultural know-how, iced with a calendar of holidays and expressed as a work of illustrated art." —Anne Bramley, Paste Magazine

ANNA BRONES is a Swedish-American freelance writer based in Seattle. She is the editor of the online food magazine Å Foodie Underground, has been featured in the New York Times, and is a contributor to a variety of publications including BBC, Å Guardian, Sprudge, Women's Adventure, GOOD, and PUNCH. She is the author of several books, including Fika and Hello, Bicycle.

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