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Living Well experiences inside and outside Sweden. The author not only hypes the benefits of lagom, she also applies a critical eye towards it by highlighting its drawbacks – after all, everything in moderation, right?

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An Adventure.com featured contributor, Lola Akinmade Åkerström is a Stockholm-based writer and

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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 moderation”.

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Author Lola Akinmade

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LAGOM: The Swedish Secret of Living Well

Lagom is not just a catchy word but truly a way of approaching life. The author's writing style is also quite easy to digest, making the book an easy

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read. I'm giving this book 5 stars as I foresee it will become a Swedish cultural reference guide and collector's item for years to come.

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book essentially says “
Let’s all collectively stop,
take a deep breath, examine
what lagom truly means in
all aspects of life, and
choose if we want to apply
it to our own lives once we
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'Lagom är bäst' (The right amount is best). Lagom sums up the Swedish psyche and is the reason why Sweden is one of the happiest countries in the world with a healthy work-life balance and high standards of living.

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Living Well difficult to explain to non-Swedes. There's a Swedish proverb that says "The right amount is best," and that is very much what Lagom is all about. In brief, it's the underpinning of not just the Swedish psyche, but the

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a certain level of balance
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Living Well and it was almost inevitable to start comparing both books while reading.

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