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Uncover the secrets of the Swedish philosophy of life called Lagom - meaning 'just enough'. At its core is the idea that we can strike a healthy balance with the world around us without having to make extreme changes, and without denying ourselves anything.

This delightful book, written by Niki Brantmark, founder and curator of the award winning interior design blog, My Scandinavian Home, gives a taste of the philosophy behind Lagom and shows how to include some of the principles into our daily lives. Inspirational and fun ideas to help you achieve balance, well being and a more sustainable existence.

The book is divided into three sections. Introducing Lagom to your personal life includes ideas for decluttering your home, conscious buying and embracing 'slow design'. At work take time to balance your day with a proper lunchbreak and a gadget free Sabbath, while outdoor staycations in remote settings can offer relaxation you never knew possible!

Lagom at home and with our families explains the art of simple pleasures - bring a dish entertaining at home, of shared craft activities with our children and less stressed homework time! And finally there's Lagom in the wider world and the principles of living sustainably - as IKEA have pledged in their Live Lagom campaign -make some small changes like using LED lightbulbs, taking shorter showers and upcycling and you are living a Lagom life, a rewarding but responsible life; not denying yourself or sacrificing what you love, while not taking from the planet more than you need. It's just the right amount!

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