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Swedish doctor Bertil Marklund covers broad ground in just over 100 pages, providing a comprehensive guide to lifestyle choices, including sleep, diet, exercise, and the negative impact of stress; he also introduces the concept of lagom, a Swedish take on moderation.

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

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

By living lagom you can live a happier and more balanced life, reduce your environmental impact, improve your work-life balance, free your home from clutter, enjoy good food the Swedish way, grow your own and learn to forage, and cherish the relationships with those you love.

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- The Swedish concept of Lagom (pronounced "lah-gom") roughly translates to "not too little, not too much, just right." - This charming book introduces readers to a new way of balanced living that promises happiness and sustainability in work and in life.

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