

Hygge And Lagom Diy Bundle Scandinavian Living Ti

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hygge and lagom your personal prescription for happiness and balance in an unhappy and out of control world if you are feeling as though you ve lost your way recently you re not alone many of us feel disconnected from the world we live in it s no wonder given just how fast the world moves these days technology brings so many benefits but it comes at a steep cost our happiness many of us are left feeling alone disillusioned and unhappy these feelings make us withdraw from family friends and even the society to which we belong join the happiest people on earth hygge and lagom are two scandinavian principles that are catching on in the rest of the world for a long time these countries have topped the charts in the world s happiness index what makes them so different and what are these two special principles this book is actually two books in one you get a full discussion on both including 21 day challenges to help you adopt these principles either book stands their own but the real synergy takes place when you embrace both this will give you a feeling of lasting happiness and contentment one that you can practice for a lifetime and join those scandinavians as some of the happiest and most fulfilled people on the planet you ll learn how practicing hygge and logam can give you practical advice on how to furnish your home so you are left feeling tranquil and peaceful turning your home into a place of refuge from the modern world embrace nature to feel a connection to the natural world improve your attitude about work and end work place frustration get that feeling of work life balance that so many of us lack practice the do s and don ts that are the keys to successful relationships survive the holidays that so many of us find stressful and overwhelming integrate nature s seasons into your own life and mirror them to feel centered and balanced more than just the meatballs there re also chapters on how to dress eat and advice for parents on how to incorporate these customs into your home experience a state of well being by having just enough in your life everyone understands that moderation can be a practical tool to achieving a happy fulfilled life what we do not understand is how to really live that life of moderation without feeling deprived this book will teach you to do exactly that you ll get specific tips and tricks that will help not only you but also the environment the state of the planet demands that we embrace these ideas and give the earth a break from all the stress we put on it reconnect with yourself find your happiness achieve balance today

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