

Hygge And Lagom Diy Bundle Scandinavian Living Ti

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A Cultural History of the Avant-Garde in the Nordic Countries Since 1975
People and Culture in Construction
Growing Up the Wall
The Finnish Way
Social Practices and Dynamic Non-Humans
Game Production
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Maya Thoresen
Andrew Dainty
Sue Fisher
Katja Pantzar
Cecily Maller
Olli Sotamaa
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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

the cultural history of the avant garde in the nordic countries since 1975 is the final volume of the four volume series of cultural histories of the avant garde movements in the nordic countries this volume carries the avant garde discussion forward to present day avant gardes challenged by the globalisation of the entertainment industries and new interactive media such as the internet the avant garde can now be considered a tradition that has been made more widely available through the opening of archives electronic documentation and new research which has spurred both re enactments revisions and continuations of historical avant garde practices while new cultural contexts political technological and ecological conditions have called for new strategies

this important work sets out cutting edge social science and business oriented thinking derived from a major epsrc research project its interdisciplinary approach draws together industry and research and is international in its relevance

no matter how small the outdoor space you have this book will get you started on a new way of growing grow up if you have limited outdoor space and would like to grow your food this practical illustrated guide will help you transform previously plant free zones into thriving beneficial and utterly beautiful food growing areas using special containers either bought or homemade as well as conventional methods such as growing frames wall boxes hanging baskets and ladder allotments you can grow a wide range of edible crops this book also includes guidance on creating edible roof gardens and how to plan and grow crops on green roofs including on sheds there is also a directory of plants suitable for vertical growing fruit flowers and herbs as well as vegetables with advice on how to cultivate them whether you have an apartment with just a wall windowsill balcony or small flat roof a school with nothing but a tarmac playground or just a paved courtyard in your community centre this book will get you started on a new way of growing

an engaging and practical guided tour of the simple and nature inspired ways that finns stay happy and healthy including the powerful concept of sisu or everyday courage forget hygge it s time to blow out the candles and get out into the world journalist katja pantzar did just that taking the huge leap to move to the remote nordic country of finland what she discovered there transformed her body mind and spirit in this engaging and practical guide she shows readers how to embrace the keep it simple and sensible daily practices that make finns one of the happiest populations in the world year after year topics include movement as medicine how walking biking and swimming every day are good for what ails

us and best done outside the confines of a gym natural mood boosters cold water swimming steamy saunas and other ways to alleviate stress anxiety insomnia and depression forest therapy why there s no substitute for getting out into nature on a regular basis healthy eating what the nordic diet can teach us all about feeding body mind and soul the gift of sisu why finns embrace a special form of courage grit and determination as a national virtue and how anyone can dig deeper to survive and thrive through tough times if you ve ever wondered if there s a better simpler way to find happiness and good heath look no further the finns have a word for that and this empowering book shows us how to achieve it

the robots are coming so too is the age of automation the march of invasive species more intense natural disasters and a potential cataclysm of other unprecedented events and phenomena of which we do not yet know and cannot predict this book is concerned with how to account for these non humans and their effects within theories of social practice in particular this provocative collection tackles contemporary debates about the roles relations and agencies of constantly changing disruptive intelligent or otherwise dynamic non humans such as weather animals and automated devices in doing so contributors challenge and take forward existing understandings of dynamic non humans in theories of social practice by reconsidering their potential roles in everyday life the book will benefit sociology geography science and technology studies and human and animal computer interaction design scholars seeking to make sense of the complex entanglement of non human phenomena and things in the performance of social practices

video games have entered the cultural mainstream and now rival established forms of entertainment such as film or television in terms of economic profits as careers in video game development become more common so do the stories about precarious working conditions and structural inequalities within the industry in game production studies an international group of researchers takes a closer look at the everyday realities of video game production ranging from commercial studios to independent creators across sixteen chapters the authors deal with issues related to labour production routines or monetization as well as local specificities as the first edited collection dedicated solely to video game production this volume provides a timely resource for anyone interested in how games are made and at what cost the contributors present case studies from canada china finland france germany poland and the us among other countries considering how fast the video game production networks are evolving the collection provides both timely discussion of new trends and phenomena such as boutique publishers in game monetization regulation or game jam natives and also historical probes into particular industries which address the wider socio historical context of these changes

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