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Discover the secret to a happier, more balanced life with the Swedish philosophy of lagom.

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In today's fast-paced and often chaotic world, lagom offers a lifeline, guiding readers to focus on what truly matters. **SWEDISH LAGOM: Finding Joy in Just Enough** is the essential guide to living a balanced, fulfilling life.

Sweden consistently ranks among the happiest countries in the world, and many attribute this to their uniquely balanced lifestyle. At the heart of

this lifestyle is the concept of lagom, which literally translates to "just the right amount." **SWEDISH LAGOM** delves into this philosophy, offering bite-sized facts, engaging anecdotes, and practical tips to help readers incorporate lagom into their daily lives.

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Karen Johnson Yassenka & Kortney Yassenka Karen Johnson Yassenka & Kortney Yassenka are a mother-daughter duo with deep Swedish roots. Karen's mother immigrated to America in 1948 from Avesta, Sweden while her father's family immigrated from Värmland, Sweden in the early 1900's. She draws upon her Swedish childhood and the Swedish traditions she incorporated into her own family as inspiration for this book. Kortney is a licensed clinical mental health counselor and is co-author of the best-selling *The Stoicism Book of Quotes*. The values of a Swedish lifestyle she shares in this book formed the foundation of her upbringing and continue to support her today.

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