



## Lagom : vivre mieux avec moins - la méthode suédoise

By Brones, Anna

DUNOD, 2017. Paperback. Condition: NEUF. Le Lagom est un art de vivre suédois, basé sur la simplicité et la recherche de l'équilibre. Il s'applique à tous les aspects de la vie quotidienne. Dans ce livre, Anna Brones, auteur d'origine suédoise qui vit à présent aux Etats-Unis, vous dévoile les secrets de cette philosophie de vie profondément ancrée dans la culture suédoise : Découvrez l'histoire du Lagom et son principe du " juste ce qu'il faut ", au coeur de la société suédoise ; Pratiquez la voie de l'équilibre pour mieux gérer le stress et apprendre à vous satisfaire de ce que vous avez déjà ; Reconnectez-vous à la nature et prenez soin de l'environnement ; Trouvez l'inspiration pour décorer votre maison avec goût et simplicité. - Nombre de page(s) : 224 - Poids : 420g - Langue : SUEDOIS - Genre : Développement personnel.



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