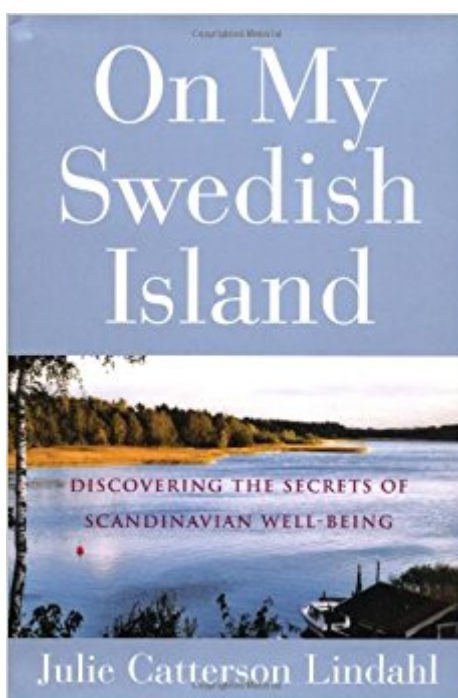


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# On My Swedish Island: Discovering The Secrets Of Scandinavian Well-being



## Synopsis

An exploration of the integral relationship between nature and personal development and how this manifests itself in the Scandinavian lifestyle—from outdoor life and relaxation to design, cuisine, gardening, and herbalism. *On My Swedish Island* is a rich collection of ideas about how we can improve our quality of life with a fresh philosophy that is Nordic-inspired, but can be used in any climate. Part memoir and part self-help book, *On My Swedish Island* combines the story of the author's transformation from urban jetsetter to wife and mother living on a small Swedish island with practical suggestions for living a simpler, more fulfilling existence.

## Book Information

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## Customer Reviews

Julie Catterson Lindahl is a writer on well-being in Scandinavia and the owner of Wellness of Scandinavia AB. A former Fulbright Scholar, she lives with her husband and twins, a son and a daughter, on an inspirational island just off the coast of Stockholm, Sweden.

There is much in this book to recommend it for reading by busy Americans or anyone who wants to know a little more about Scandinavian culture. Well-organized into chapters dealing specifically with outdoor life, plants and herbs, relaxation, design and the Scandinavian diet, the book offers many ideas to help the reader find a balance in life and to enjoy the everyday. A section on resources is provided for those who wish to pursue any topic further. After a short trip to the Scandinavian countries recently where I enjoyed nettle soup and lingonberry pie, I particularly liked the section on

food that included several unique recipes along with references to the Vikings and Nordic mythology. However, as much as I liked this book, the rather preachy tone got a little tiring after awhile and some of the material the author chose to include could best be called just general knowledge that is often found in newstand magazine articles. These factors aside, those seeking a more holistic lifestyle and a respite from the barrage of consumerism and everyday workplace stress will find this a pleasant read.

Absolutely wonderful book which transformed my life by reminding me what I learned and know, and bringing it to my mind in ways that are full of color, and making it real and practical and bringing it to life. And then a lot more.

\*\*\*\*\*This wonderful book describes a vision and philosophy of well-being inspired by Scandinavia. It appealed to me because of its emphasis on simplicity and place---a place known for darkness and coldness, interestingly. Since I live in the Pacific Northwest and often find myself through winter months yearning for sun and light, I thought I might find myself inspired by this book. And inspired I was! The author sees Scandinavia as "an exotic culture with universally relevant ideas". After moving to a simple life on a small Swedish island, she transformed the way she saw life and well-being. The author details how this well-being can be manifested in a Scandinavian-inspired way of life no matter where you live. Highly recommended.\*\*\*\*\*

There was such wisdom here, that while reading it I'd bought my mother a copy, and now I'm rereading my copy again a year later. Lindahl does an excellent job of guiding us through a 'cultural tour' of the Nordic mindset toward health. The info is organized well, into chapters covering physical fitness, a proximity to and relationship with nature, relaxation, and diet. Through each of these, she illustrates how it's different from the frenetic life of a business professional (which she'd once been), and give practical advice for those of us whose lives are still frenetic.

Very interesting to learn about the culture and habits of the Swedish people. I hope I can use the information I got from this book on my trip this year.

Item as described, quick shipping, great packaging, great read, many thanks !!!

Good book, enjoying it a lot, would buy it again for a friend as I'm sure everyone would enjoy

reading this one.

While reading *On My Swedish Island* by Julie Catterson Lindahl, I noticed I had a myriad of feelings towards it. At times, I was bored reading about herbs that are apparently capable of making your life more enjoyable, but at other times, I perked up upon reading about Sweden's "Every Man's Right" law. The book was well organized and easy to read through. I felt as if I could do some of the things Lindahl mentioned and create my own Swedish paradise inside my New Jersey home. To begin with, Lindahl suggests various ways to achieve inner peace. The Swedes are big on being outdoors and this value shines through in the writing. Although Lindahl is British, she married a Swede and appreciates and respects their values. She used to run on the treadmill everyday but ditched this habit and began going outside to run and cross country ski. "...I live in part of the world where the overwhelming majority of people perceive going out into nature as an integral part of life. A 1995 study showed that 80 to 90 percent of Swedes and Danes...spent recreational time in forested and natural environments or parks." (Lindahl 49-50) It's hard to get out and enjoy nature when no one else around does and too many things are going on. I appreciate how much the

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