

ADVANTAGES OF APPLYING LAGOM IN EVERYDAY LIFE

Lagom is a lifestyle that focuses on the pleasure of sharing and moderation as the keys to well-being and happiness.

Achieving an uncluttered and quieter home



Learning to be resource-conserving and thrifty



Having mental balance for a more focused way of living



Feeling part of something bigger and improving social relations



Benefits

HUMAN LONGEVITY

Depends to a large extent on how we live:

93 %

depends on habits, among other factors

7 %

depends on the genes



WORKING MORE THAN 55H

Affects our health:

35 %

more likely to suffer a stroke.

17 %

more at risk of dying from heart disease.



Sources: Lagom, la receta sueca para alcanzar el equilibrio en tu vida, bbc.com y OMS