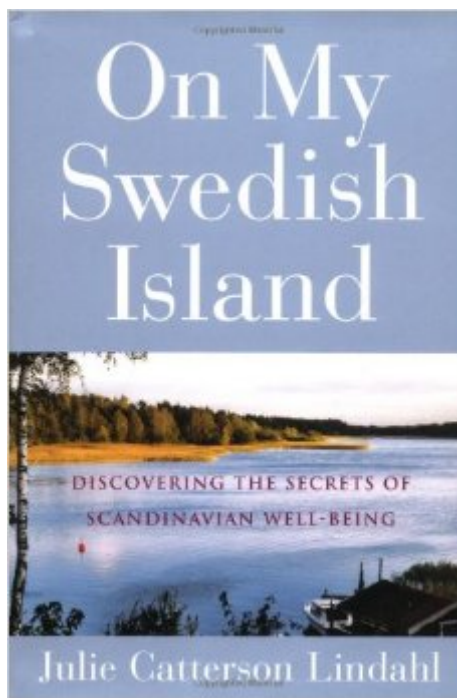


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# On My Swedish Island: Discovering The Secrets Of Scandinavian Well-being



## 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

For anyone who is interested in travel and culture, or for anyone who wants to improve his or her life to achieve a better lifestyle, this book is excellent. I myself fit into both categories, so I am very happy with it. I love this book with its very personal voice and several simple, practical ideas on how to enrich my life, (such as through recipes and tips) based on Scandinavian traditions. Also, it is a great read! I am definitely recommending it to my friends and relatives.

I took a journey to Sweden from my deck in CT! Most impressively, the author is able to take me through her journey in discovering her inner voice through discovering the Scandinavian outdoors and all it has to offer. This story really made me look at my own patch of green to realize that I can find my own island right here at home. I came away from her story refreshed, informed and well

travelled!

I thought the book was entertaining, enlightening, comprehensive, and useful. It made me dream of my very own 'away from everything' cabin in the woods living with nature. The references were especially useful and I am already using some of the products mentioned in that section. A very good book for anyone who cares about health and keeping our planet as it should be.

The suggestions in this book are not expensive. It is always good to get back to the basics. This book has sent me back out doors to enjoy my own little slice of nature. I don't think she is suggesting others to recreate her experiences but to consider your own. This book is a very good buy.

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.

I honestly don't know what everyone else sees in this book. I've tried to get through it multiple times and just can't. The style is painful, and reading it is like watching paint dry. If you're determined to read this, get it used.

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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