

Free Copy Fika The Art Of The Swedish Coffee Break With Recipes For Pastries Breads And Other Treats A Baking Book

# **Fika The Art Of The Swedish Coffee Break With Recipes For Pastries Breads And Other Treats A Baking Book**

LagomA Tribe Called BlissFikaA to ZåööFlushSisuThe Art of Making MemoriesThe Little Book of LagomEating the SunLive Lagom: Balanced Living, The Swedish WayScandinavian Christmas fika ScandiKitchen: Fika and HyggeCozyIn Search of the Best Swedish Chokladbollar: A Southeast Asian Falls in Love with FikaHello, BicycleChinese Soul FoodSwedish Cakes and CookiesDeaf Child CrossingWriting Is DesigningHyggeMedieval DramaBest Served WildLagomThe Great Scandinavian Baking BookLagom: The Swedish Art of Living a Balanced, Happy LifeSmorgasbordScandinavian Comfort FoodThe Culinary CyclistAP® World History Crash Course Book + OnlineThe Little Book of LykkeScandinavian GatheringsThe Nordic Baking BookThe Fruit Forager's CompanionFikaAlter EgoFikaThe Little Book of FikaStumbling on HappinessZentangle Basics 1

## **Lagom**

You've had hygge, now live lagom. Live Lagom is a guide to life based on the Swedish philosophy of lagom, meaning 'not too little, not too much, just right'.

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Celebrated author of Fika and Nordic happiness expert Anna Brones explains the practice of Lagom in traditional and practical terms, and includes advice and tips on how to find your happy medium. Lagom helps you to achieve balance in everyday life and in all areas including home, work and health. Learn how to save money, feel less stressed, reduce your environmental impact, and create your ideal home and career through the way of life practised in one of the happiest and most satisfied countries in the world. Discover for yourself the trend that Elle described as 'the more sustainable and enjoyable lifestyle we'll all be wanting in 2017.' Lagom allows you to enjoy the moment, and not only accept what you already have but also to make the most of it.

### **A Tribe Called Bliss**

One little word is the secret reminder of what really matters in life: Hygge. CHRISTMAS is the perfect time to embrace it and THIS BOOK will show you how.  
----- To me, hygge is: - Meeting my sister for a walk in the park, chatting, laughing and clowning around, as if we were children again. - Listening to the rain on the roof with a cup of tea and my boyfriend next to me. - Drinking wine in my mum's garden - Enjoying a cup of coffee with good friends, that becomes a dinner, that becomes a late-night drink, because no one wants the evening to end.  
----- Though we all know the feeling of hygge instinctively few of us ever manage to capture it for more than a moment. Now Danish actress and

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hygge aficionado Marie Tourell Söderberg - star of BBC 4's 1864 - has travelled the length and breadth of her home country to create the perfect guide to cooking, decorating, entertaining and being inspired the hygge way. Full of beautiful photographs and simple, practical steps and ideas to make your home and life both comfortable and cheering all year round, this book is the easy way to introduce hygge into your life. 'Pretty, homey and intimate, scattered with reflections from ordinary Danes' Guardian

### **Fika**

Let Scandinavian Gatherings be your hygge handbook (pronounced hoo-ga) for cozy retreats in the comfort of your own home! With this darling collection of Scandinavian-inspired recipes, crafts, and entertaining ideas, you can turn your home into a stress-free hygge oasis and embrace relaxation the Nordic way. From the creator of the popular Lulu the Baker blog, Scandinavian Gatherings illustrates the Scandinavian spirit of simple pleasures through 10 seasonal, family-friendly gatherings filled with the flavors and traditions of Norway, Sweden, Denmark, and Finland (a region regularly reported as the happiest place on earth!). The book boasts 30 simple craft projects for entertaining and decorating, as well as 40 accessible recipes that put a modern twist on sweet and savory Scandinavian treats. You'll soon be warming your home with the comforting smells of Mom's Maple Pecan Rings, Swedish Meat Pies, Lucia Buns, Hot Chocolate with Homemade

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Cardamom Marshmallows, and more. With gatherings like Nordic Brunch, Woodland Tea Party, Afternoon Fika, Lucia Day, and Christmas Cookie Exchange, you'll be able to relax with loved ones and enjoy the hygge atmosphere.

### **A to Zåöö**

In Scandinavia the whole period of Christmas, from the first Sunday in Advent to New Year's Day, is marked by festivals and celebrated in traditional but beautifully contemporary style. Hygge, the Danish word for cosiness, is about being inside with candles, great comfort food and lots of cakes and sweets. The first week of December is baking week - enough has to be made to last the whole Christmas period. Jars of decorated cookies, gingerbread houses and clogs filled with little presents rub shoulders with simple wreaths, trees and tables decorated with white candles and fresh greenery. Brunches, cocktail and tea parties, lunches and dinners are celebrated with a mixture of traditional goodies and delicious modern recipes. Duck and pork rule on Christmas Eve, fish, ham and seasonal vegetables on Christmas Day. Sweets, biscuits, puddings and other treats abound - all washed down with gluwain and fruity cocktails. In this glorious book, illustrated with evocative photographs, Trine Hahnemann provides a cornucopia of 70 Christmas recipes showing us how we, too, can decorate our homes and make delicious dishes to celebrate Christmas the Scandinavian way.

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### **Flush**

A smart and funny book by a prominent Harvard psychologist, which uses groundbreaking research and (often hilarious) anecdotes to show us why we're so lousy at predicting what will make us happy – and what we can do about it. Most of us spend our lives steering ourselves toward the best of all possible futures, only to find that tomorrow rarely turns out as we had expected. Why? As Harvard psychologist Daniel Gilbert explains, when people try to imagine what the future will hold, they make some basic and consistent mistakes. Just as memory plays tricks on us when we try to look backward in time, so does imagination play tricks when we try to look forward. Using cutting-edge research, much of it original, Gilbert shakes, cajoles, persuades, tricks and jokes us into accepting the fact that happiness is not really what or where we thought it was. Among the unexpected questions he poses: Why are conjoined twins no less happy than the general population? When you go out to eat, is it better to order your favourite dish every time, or to try something new? If Ingrid Bergman hadn't gotten on the plane at the end of Casablanca, would she and Bogey have been better off? Smart, witty, accessible and laugh-out-loud funny, *Stumbling on Happiness* brilliantly describes all that science has to tell us about the uniquely human ability to envision the future, and how likely we are to enjoy it when we get there. From the Hardcover edition.

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## **Sisu**

The Scandinavians excel at comfort family, friends, a good atmosphere, long meals, relaxation, and an emphasis on the simple pleasures. They even have a word for this kind of coziness that comes with spending quality time in hearth and home when the days are short: "hygge." Trine Hahnemann is the doyenne of Scandinavian cooking, and loves nothing more than spending time in her kitchen cooking up comforting food in good company. This is her collection of recipes that will warm you up and teach you to embrace the art of hygge, no matter where you live."

## **The Art of Making Memories**

Lagom: n. just the right amount, balanced, harmonious. This beautiful, fresh cookbook offers genuine insight into how Swedes eat and cook - with recipes that fit around the seasons, occasions, times of day, and appetite. Eating and cooking in tune with 'lagom' means embracing food that is good for body and soul, unfussy, delicious and sustaining, and all in harmony. The Swedes understand that balance is everything - that you crave comforting food when a bitter wind is howling outside, that refreshing, lighter meals suit hot, hazy days, that a mid-morning bun is good for morale, and that a long, sociable lunch with friends and family on a

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Sunday is the most rewarding way to end the weekend.

### **The Little Book of Lagom**

An Outdoor Cookbook with a Distinctly Refined Palette “Roughing it” doesn’t have to include the food you eat when you’re in the backcountry. Even when you’re miles from a full spice rack and only have a single-burner backpacking stove to work with, you can—and should—eat well. Best Served Wild offers up good backcountry food meant to be shared with friends around an open campfire. Adventure writer Brendan Leonard and food writer Anna Brones team up to bring you veggie-focused recipes for taking your backcountry food game beyond freeze-dried backpacking meals and brick-like energy bars. They share recipes for everything from single day adventures to overnight trips to multi-day outings—real food for real adventures.

### **Eating the Sun**

Demonstrates how to create the art form, offers tips for relating Zentangles to learning, and features step-by-step illustrations for twenty-five tangles.

### **Live Lagom: Balanced Living, The Swedish Way**

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"An illustrated lifestyle cookbook on the Swedish tradition of fika--a twice-daily coffee break--including recipes for traditional baked goods, information and anecdotes about Swedish coffee culture, and the roots and modern incarnations of this cherished custom. Sweden is one of the world's top coffee consuming nations, and the social coffee break known as fika is a cultural institution. A time to take a rest from work and chat with friends or colleagues over a cup and a sweet treat, fika is part of the national identity and a marker of the Swedish ideal of taking time to appreciate life's small joys. Fika can be had alone or in groups, indoors or outdoors, while traveling or while at home, and Fika is full of inspiration to elevate these daily coffee breaks. In this adorable and illustrated cookbook, Anna Brones and Johanna Kindvall share more than 45 classic recipes from their motherland--from cinnamon buns and ginger snaps to rhubarb cordial and rye bread--while also examining what fika means to Swedes and how we can all integrate its values into our daily lives."--

### **Scandinavian Christmas**

Any kitchen can be a Chinese kitchen with these 80 easy homestyle recipes—plus tips and techniques for cooking with a wok, stocking your pantry, making rice, and more Chinese food is more popular than any other cuisine and yet it often intimidates North American home cooks. Chinese Soul Food draws cooks into the kitchen with recipes that include sizzling potstickers, simply but delicious stir-fries,

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saucy braises, and soups that bring comfort with a sip. These are dishes that feed the belly and speak the universal language of "mmm!" In Chinese Soul Food, you'll find approachable recipes and plenty of tips for favorite homestyle Chinese dishes, such as red-braised pork belly, dry-fried green beans, braised-beef noodle soup, green onion pancakes, garlic eggplant, and the author's famous potstickers, which consistently sell out her cooking classes in Seattle. You will also find helpful tips and techniques, such as caring for and using a wok and how to cook rice properly, as well as a basic Chinese pantry list that also includes acceptable substitutions, making it even simpler for the busiest among us to cook their favorite Chinese dishes at home. Recipes are streamlined to minimize the fear factor of unfamiliar ingredients and techniques, and home cooks are gently guided toward becoming comfortable cooking satisfying Chinese meals.

☐☐ **fika**☐☐☐☐☐☐☐☐☐☐

The acclaimed chef featured in the Emmy-Award winning US PBS series The Mind of a Chef and the Netflix docuseries Chef's Table explores the rich baking tradition of the Nordic region, with 450 tempting recipes for home bakers Nordic culture is renowned for its love of baking and baked goods: hot coffee is paired with cinnamon buns spiced with cardamom, and cold winter nights are made cozier with the warmth of the oven. No one is better equipped to explore this subject than acclaimed chef Magnus Nilsson. In The Nordic Baking Book, Nilsson delves into all

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aspects of Nordic home baking - modern and traditional, sweet and savory - with recipes for everything from breads and pastries to cakes, cookies, and holiday treats. No other book on Nordic baking is as comprehensive and informative. Nilsson travelled extensively throughout the Nordic region - Denmark, the Faroe Islands, Finland, Greenland, Iceland, Norway, and Sweden - collecting recipes and documenting the landscape. The 100 photographs in the book have been shot by Nilsson - now an established photographer, following his successful exhibitions in the US. From the publisher of Nilsson's influential and internationally bestselling Fäviken and The Nordic Cookbook.

### **ScandiKitchen: Fika and Hygge**

Swedish Cakes and Cookies has become a modern classic since it was first published in 1945. Modernized and improved over the years, today's full-color edition, with beautiful photographs of each recipe, contains nearly 300 recipes. Some, such as Berry Muffins, Coconut Macaroons, Linzer Torte, and Jelly Doughnuts, may be familiar, while others, such as German Lemon Cake, Almond Meringues, Truffle Tarts, and Toffee Crunch Torte, are deliciously unique. Gluten-free, egg-free, and sugar-free recipes ensure that this book is accessible to all dessert lovers. Beginners and experts will be reminded that baking is both easy and enjoyable when they read the practical advice and step-by-step instructions in each section. Swedish Cakes and Cookies is an essential resource for any home

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baker, and for anyone who loves to meet with friends for coffee and cake.

### **Cozy**

An illustrated lifestyle cookbook on the Swedish tradition of fika--a twice-daily coffee break--including recipes for traditional baked goods, information and anecdotes about Swedish coffee culture, and the roots and modern incarnations of this cherished custom. Sweden is one of the world's top coffee consuming nations, and the twice-daily social coffee break known as fika is a cherished custom. Fika can be had alone or in groups, indoors or outdoors, while traveling or at home. A time to take a rest from work and chat with friends or colleagues over a cup and a sweet treat, fika reflects the Swedish ideal of slowing down to appreciate life's small joys. In this adorable illustrated cookbook, Anna Brones and Johanna Kindvall share nearly fifty classic recipes from their motherland—from cinnamon buns and ginger snaps to rhubarb cordial and rye bread—allowing all of us to enjoy this charming tradition regardless of where we live.

### **In Search of the Best Swedish Chokladbollar: A Southeast Asian Falls in Love with Fika**

The New York Times bestselling author of Happens Every Day, Isabel Gillies,

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presents a fresh and inspiring look at the subtle art of cozy—part manifesto, part lifestyle guide, part memoir—that shows fans of *The Little Book of Hygge* that true comfort comes from within. When we talk about being cozy, most of us think of a favorite sweater or a steaming cup of tea on a rainy day. But to Isabel Gillies, coziness goes beyond mere objects. To be truly cozy, she argues, means learning to identify the innermost truth of yourself and carrying it into the world, no matter your environment. Starting when she was young, Gillies has gradually learned the art and subtle beauty of creating a life where you feel safe, steadied, and at home in the world. From old family recipes and subway rides to jury duty and hospital stays, in *Cozy* Gillies shows readers that true ease stems not with throw pillows and a candle, but from opportunities to feel that we are part of something bigger than ourselves, and learn to make ourselves at home no matter where we are. Simple choices can make a hectic life or an uncomfortable situation just a little more comfortable—you just have to know what to do. Just as Marie Kondo offered a philosophy for how to tidy, Gillies offers a new way of occupying the spaces we live in. Starting with yourself, then broadening to your home, your community, and the world at large, *Cozy* will show you how to bring the truth of who you are into any situation, easy or challenging. As Gillies says, “Cozy isn’t something that just exists. You have to make cozy happen.” Written with profound warmth and featuring hand-drawn illustrations, this wise, necessary book is call to action for each of us to seek out those often-missed opportunities to care for ourselves, and to begin living a more intimate and authentic life.

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### **Hello, Bicycle**

"Bicycling is one of life's simple joys--it's fun, freeing, and good for the planet and our health. Yet, the world of cycling can be intimidating to new riders or those looking to get back into it. What kind of bike is best? How can casual riders make the switch to bike commuting? What simple maintenance can be done at home and what does a bike mechanic need to handle? Hello, Bicycle demystifies biking life, making it approachable to all. Covering everything you need to know, from changing flats and lubing chains to picnicking and traveling with bikes, this attractively packaged guide offers something for cyclists of all levels."

### **Chinese Soul Food**

A compelling and humorous story of friendship from Academy Award-winning actress Marlee Matlin. Cindy looked straight at Megan. Now she looked a little frustrated. "What's the matter? Are you deaf or something?" she yelled back. Megan screamed out, and then fell to the ground, laughing hysterically. "How did you know that?" she asked as she laughed. Megan is excited when Cindy moves into her neighborhood—maybe she'll finally have a best friend. Sure enough, the two girls quickly become inseparable. Cindy even starts to learn sign language so they can communicate more easily. But when they go away to summer camp

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together, problems arise. Cindy feels left out because Megan is spending all of her time with Lizzie, another deaf girl; Megan resents that Cindy is always trying to help her, even when she doesn't need help. Before they can mend their differences, both girls have to learn what it means to be a friend.

### **Swedish Cakes and Cookies**

A savory spin on Swedish baking, pantry, and party cuisine from the coauthor of Fika. An illustrated cookbook on the classic breads and savory foods of a Swedish smörgåsbord that can be enjoyed for parties and holidays as well as for snacking and small meals. Includes traditional and contemporary Swedish recipes for dishes such as Rye Bread, Chicken Liver Pate, Elderflower Cured Trout, Fresh Cheese, Swedish Deviled Eggs, Buttery Red Cabbage, and infused aquavit liqueurs.

### **Deaf Child Crossing**

This reprint (with updated 'Suggestions for Further Reading') of the Houghton Mifflin edition makes David Bevington's classic anthology of medieval drama available again at an affordable price.

### **Writing Is Designing**

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What's the actual secret to happiness? Great memories! Meik Wiking—happiness researcher and New York Times bestselling author of *The Little Book of Hygge* and *The Little Book of Lykke*—shows us how to create memories that make life sweet in this charming book. Do you remember your first kiss? The day you graduated? Your favorite vacation? Or the best meal you ever had? Memories are the cornerstones of our identity, shaping who we are, how we act, and how we feel. In his work as a happiness researcher, Meik Wiking has learned that people are happier if they hold a positive, nostalgic view of the past. But how do we make and keep the memories that bring us lasting joy? *The Art of Making Memories* examines how mental images are made, stored, and recalled in our brains, as well as the “art of letting go”—why we tend to forget certain moments to make room for deeper, more meaningful ones. Meik uses data, interviews, global surveys, and real-life experiments to explain the nuances of nostalgia and the different ways we form memories around our experiences and recall them—revealing the power that a “first time” has on our recollections, and why a piece of music, a smell, or a taste can unexpectedly conjure a moment from the past. Ultimately, Meik shows how we each can create warm memories that will stay with us for years. Combining his signature charm with Scandinavian forthrightness, filled with infographics, illustrations, and photographs, and featuring “Happy Memory Tips,” *The Art of Making Memories* is an inspiration meditation and practical handbook filled with ideas to help us make the memories that will bring us joy throughout our lives.

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## Hygge

## Medieval Drama

Take a romp in the swamp with this New York Times bestselling mystery adventure set in the Florida Keys from Newbery Honoree Carl Hiaasen! Noah's dad is sure that the owner of the Coral Queen casino boat is flushing raw sewage into the harbor—which has made taking a dip at the local beach like swimming in a toilet. He can't prove it though, and so he decides that sinking the boat will make an effective statement. Right. The boat is pumped out and back in business within days and Noah's dad is in the local lock-up. Now Noah is determined to succeed where his dad failed. He will prove that the Coral Queen is dumping illegally . . . somehow. “The writing is pitch perfect.” —The New York Times “A royal flush.” —Chicago Sun-Times “Classic Hiaasen—laugh-out-loud satire in a Florida setting.” —Life

## Best Served Wild

Self-love expert and creator of the Earn Your Happy podcast shares the methods she used to build her own tribe and grow from an anxiety-ridden, unhealthy,

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introverted underachiever to a confident woman who takes risks and leaps out of her comfort zone—complete with a foreword from #1 New York Times bestselling author Gabrielle Bernstein. Today, we live in an uber-connected era, where anyone is able to make thousands of friends and participate in their lives with the swipe of a finger. Why then, in such a connected time in history, do so many women feel disconnected, confined, misunderstood, defeated, or think that success is a solo project? The benefits of having a tribe are undeniable. Women who have strong social circles are living longer, happier, healthier lives in comparison to those who lack connections and are exhausting themselves trying to quench external desires in isolation. In *A Tribe Called Bliss* Lori Harder bridges the gap between inspiration and action, providing a lasting resource for positive change and a guidebook for establishing a support tribe. With crucial and fascinating lessons and contextual self-work exercises, this is the ultimate guidebook to discover the key to a lifetime of blissful happiness.

### **Lagom**

Discover the Finnish quality of *sisu* and how cultivating it can help you lead a life of greater purpose and happiness. This ancient Finnish word describes an attitude of courage, resilience, grit, tenacity and perseverance. This key psychological competence enables extraordinary action in times of adversity. To have *sisu* confers a further dimension of doing so with honesty, integrity and humility. By

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cultivating *sisu* you can: Face life's challenges with courage and determination Enhance your wellbeing and find your focus Communicate confidently and resolve conflicts effectively Cultivate endurance and achieve your fitness goals Raise kind and resilient children Act with integrity and fight for what you believe in *Sisu* is a universal trait. It may have been bottled and labelled by the Finns, but it is within reach of everyone. It lies within you, and you are very likely to have used it already.

### **The Great Scandinavian Baking Book**

Uncover the secrets of the Swedish philosophy of life called *Lagom* - meaning 'just enough'. At its core is the idea that we can strike a healthy balance with the world around us without having to make extreme changes, and without denying ourselves anything.

### **Lagom: The Swedish Art of Living a Balanced, Happy Life**

Join the happiness revolution! The author of the New York Times bestseller *The Little Book of Hygge* offers more inspiration and suggestions for achieving greater happiness, by practicing *Lykke* (*LOO-ka*)—pursuing and finding the good that exists in the world around us every day. While the Danes are the happiest people on the

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planet, happiness isn't exclusively Danish; cultures around the world have their own unique approaches to leading a contented, fulfilled life. For his work at the Happiness Research Institute in Copenhagen, Meik Wiking travels the globe from Dubai to Finland, Rio de Janeiro to Bhutan, South Korea to the United States, to discover the secrets of the very happiest people. In *The Little Book of Lykke*, Meik identifies the six factors that explain the majority of differences in happiness across the world—togetherness, money, health, freedom, trust, and kindness—and explores what actions we can take to become happier. As he reveals, we can deepen our blissfulness and contentment with little adjustments in our behavior, whether it's eating like the French (sitting around a table and savoring our time) or dancing the tango like Argentinians in Buenos Aires. With his trademark warmth and wit, Meik explores the happiness gap for parents, how much money you really need to buy happiness, how we can be healthier without having to go to the gym, how we can learn to build trust and collaboration, how we can help ourselves by helping others, and why our expectations often outweigh our reality. Weaving together original research and personal anecdotes, *The Little Book of Lykke* is a global roadmap for joy that offers a new approach to achieving everyday happiness that not only improve our own lives, but help us build better communities and a better world.

### **Smorgasbord**

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Chokladbollar are Swedish chocolate balls. Let Alaine introduce you to her favorite snack through a collection of 30 alternately naughty, healthy and exotic - but always delicious - recipes. Alaine's a global soul and chokladbollar, a constant in her nomadic lifestyle, reflect her culturally diverse upbringing. A recent convert to the Swedish art of fika, Alaine is keen to share the virtues of taking time out of our busy schedules to sit down with friends or on your own with a steaming cup of hot coffee and a chokladboll. Fika's about taking the time to reflect on our manic lives and to remember what's important to us. Chokladbollar are the perfect accompaniment to this and are an ideal gift for an old friend, a dinner party dessert or fun activity to create with the kids. Alaine's book is written in a fun and accessible manner, making it a great pick me up after a long day at the office or a tempting treat for all ages. She has fleshed out the recipes with an investigation of fika culture in contemporary Sweden, complete with city guides and a tour of some of the coolest new coffee bars in town. Scandinavian design's one of the hottest out there right now - this book distills some of that in the art of making these simple yet profound treats.

### **Scandinavian Comfort Food**

A fun, whimsical, wide-ranging children's picture book, taking readers from A to Zåäö in the Swedish alphabet and through history via the joy of exploration and imagination. Each object--a chair, a fireplace, carved figures, all historical objects

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currently held at ASI--is paired with a Swedish verb (and it's translation) that represents how one might explore or use this object if imagination was the only limit.

### **The Culinary Cyclist**

If you have never heard of the term "fika" or you are seeking more information on this cute word, your mind is about to be overflowed with information on this concept that every single one of us should incorporate into our everyday lifestyles. You can have your cake and eat it too! Just be sure to add a cup of coffee, some sweet treats and quality time with others to truly make it a fika! What is not to like? Swamped by the chaos of our everyday hectic lives and full schedules, many of us come home more stressed than when we started our day. We as human beings really do not know the true meaning of simplicity and do not take the time to genuinely appreciate the magical meaning of life itself. Thank goodness the Swedes have us covered! This book is full of valuable information on how to incorporate the Swedish lifestyle into the core of your own home and daily routines. In this book you will find: What fika is and why it is so important, especially to Scandinavian countries. How to TRULY appreciate the means of slowing down and enjoying moments. Delicious Swedish recipes that will kick-start your own fika traditions. Learn how vital coffee is to the everyday lives of the Swedes, and how it can be a crucial staple in your home today. How to enjoy fika

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not just indoors, but outdoors as well. What fika means for your happiness. And so much more Fika is a practice that is spreading rapidly across the globe; more and more people are becoming knowledgeable of its power and overall simplicity and quickly seeing the benefits of incorporating it into their daily routine. In our fast paced daily lives, we tend to make excuses when it comes to slowing down and actually taking some time out of the days for ourselves. This has to stop! We all need a break. or two, so why not adopt the Swedish practice of fika into our routines. Life is too short not to fika!

### **AP® World History Crash Course Book + Online**

While the Danish concept of hygge as caught on around the globe, so has lagom—its Swedish counterpart. An essential part of the lagom lifestyle, fika is the simple art of taking a break—sometimes twice a day—to enjoy a warm beverage and sweet treat with friends. This delightful gift book offers an introduction to the tradition along with recipes to help you establish your own fika practice.

### **The Little Book of Lykke**

"An illustrated exploration of the principles, laws, and wonders that rule our universe, our solar system, our world, and our daily lives from the bestselling

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creator of Lost in Translation"--

## **Scandinavian Gatherings**

Winner — IACP 2019 Reference & Technical Cookbook Award From apples and oranges to pawpaws and persimmons Half of the fruit that grows in yards and public spaces is never picked or eaten. Citrus trees are burdened with misshapen lemons, berries grow in tangled thickets on the roadside, and the crooked rows of abandoned orchards fill with fallen apples. At the same time, people yearn for an emotional connection that's lacking in bland grocery store bananas and tasteless melons. The Fruit Forager's Companion is a how-to guide with nearly 100 recipes devoted to the secret, sweet bounty just outside our front doors and ripe for the taking, from familiar apples and oranges to lesser-known pawpaws and mayhaws. Sara Bir—a seasoned chef, gardener, and forager—primes readers on foraging basics, demonstrates gathering and preservation techniques, and presents a suite of recipes including habanero crabapple jelly, lime pickle, pawpaw lemon curd, and fermented cranberry relish. Bir encourages readers to reconnect with nature and believes once the foraging mindset takes control, a new culinary world hiding in plain sight will reveal itself. Written in a witty and welcoming style, The Fruit Forager's Companion is a must-have for seekers of both flavor and fun.

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### **The Nordic Baking Book**

### **The Fruit Forager's Companion**

The first cookbook of its kind, The Culinary Cyclist is a gorgeous staple for any kitchen where bicycling and healthy, delicious food are priorities. This lovingly illustrated cookbook is your guide to hedonistic two-wheeled living. Recipes are all gluten free and vegetarian. Decadent basics such as a creamy sea salt chocolate cake and baked eggs in avocado halves are paired with cheerful instructions for gracefully hosting a dinner party, gifting food, bulk shopping by bicycle, and two-wheeled picnics. The cookbook is suitable for experienced cooks looking to add kitchen flair to their repertoire as well as beginners in the kitchen who want to start out their culinary lives on the right foot.

### **Fika**

Lagom (pronounced lah-gom) is a Swedish word that means “not too much and not too little, but just the right amount.” It’s about moderation, efficiency, and fairness. This gift book helps readers find balance in their lives with practical tips, sensible recipes, simple craft projects, and inspirational quotes. They’ll learn how to fill their

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homes with energy-saving, recycled décor, reduce food waste in their everyday lives, and balance their needs with those of the wider world.

### **Alter Ego**

A follow-up to the successful 'The ScandiKitchen' (published September 2015), this new book from Brontë Aurell features over 60 recipes for cakes, bakes and treats from all over Scandinavia. From indulgent cream confections to homely and comforting fruit cakes and traditional breads, sweet buns and pastries.

### **Fika**

REA's Crash Course® for the AP® World History Exam - Gets You a Higher Advanced Placement® Score in Less Time 2nd Edition - Updated for the 2017 Exam Crash Course is perfect for the time-crunched student, the last-minute studier, or anyone who wants a refresher on the subject. Are you crunched for time? Have you started studying for your Advanced Placement® World History exam yet? How will you memorize everything you need to know before the test? Do you wish there was a fast and easy way to study for the exam AND boost your score? If this sounds like you, don't panic. REA's Crash Course for AP® World History is just what you need. Our Crash Course gives you: Targeted, Focused

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Review - Study Only What You Need to Know Written by an AP® World History teacher, the targeted review chapters prepare students for the test by only focusing on the important topics and themes tested on the new 2017 AP® World History exam. The easy-to-read review chapters in outline format cover everything AP® students need to know for the exam: The Ancient Near East, The Middle Ages, Early Modern Europe, Asia, World War I & II, The Cold War, and more. The author also includes must-know key terms all AP® students should know before test day. Expert Test-taking Strategies Our experienced AP® World History teacher shares detailed question-level strategies and explains the best way to answer the multiple-choice and essay questions you'll encounter on test day. By following our expert tips and advice, you can boost your overall point score! Take REA's FREE Practice Exam After studying the material in the Crash Course, go to the online REA Study Center and test what you've learned. Our free practice exam features timed testing, detailed explanations of answers, and automatic scoring analysis. The exam is balanced to include every topic and type of question found on the actual AP® exam, so you know you're studying the smart way. Whether you're cramming for the test at the last minute, looking for extra review, or want to study on your own in preparation for the exams - this is the study guide every AP® World History student must have. When it's crucial crunch time and your Advanced Placement® exam is just around the corner, you need REA's Crash Course for AP® World History!

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### **The Little Book of Fika**

Without words, apps would be an unusable jumble of shapes and icons, while voice interfaces and chatbots wouldn't even exist. Words make software human-centered, and require just as much thought as the branding and code. This book will show you how to give your users clarity, test your words, and collaborate with your team. You'll see that writing is designing.

### **Stumbling on Happiness**

Alter Ego explores the personal and social identities being shaped in the metaverse at the beginning of the 21st century. Portraits of online gamers and virtual-world participants from America, Asia and Europe are paired with images of their avatars, with profiles of real-world and virtual characters. This book is both an entertainment and a serious look at a phenomenon that is shaping the future of human interaction.

### **Zentangle Basics 1**

Step aside Hygge. Lagom is the new Scandi lifestyle trend taking the world by storm. This delightfully illustrated book gives you the lowdown on this

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transformative approach to life and examines how the lagom ethos has helped boost Sweden to the No.10 ranking in 2017's World Happiness Report. Lagom (pronounced 'lah-gom') has no equivalent in the English language but is loosely translated as 'not too little, not too much, just right'. It is widely believed that the word comes from the Viking term 'laget om', for when a mug of mead was passed around a circle and there was just enough for everyone to get a sip. But while the anecdote may hit the nail on the head, the true etymology of the word points to an old form of the word 'lag', which means 'law'. Far from restrictive, lagom is a liberating concept, praising the idea that anything more than 'just enough' is a waste of time. Crucially it also comes with a selflessness and core belief of responsibility and common good. By living lagom you can: Live a happier and more balanced life Reduce your environmental impact Improve your work-life balance Free your home from clutter Enjoy good food the Swedish way Grow your own and learn to forage Cherish the relationships with those you love

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