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**Lire des ebooks Le Livre du Lagom Anne Thoumieux PDF, ePub, mobi, Le Lagom , c'est l'art de la simplicité à la suédoise. Pas vraiment traduisible, le mot signifie " ni trop, ni trop peu ". Mantra économique quotidien, en droite ligne avec la tendance " slow ", c'est la tendance de la fin d'année 2017, avec trois livres à paraître sur le marché anglo-saxon.**

Anne Thoumieux, journaliste, propose une approche à 360° de ce phénomène de modération tout sauf ennuyeuse qui pourrait bien aider à construire une société meilleure pour demain. Elle étudie le Lagom à travers les différents aspects de notre vie : qu'est-ce qu'éduquer, travailler Lagom ? Recevoir Lagom ? A quoi ressemble la mode, la beauté, le bien-être Lagom ?

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