



# On My Swedish Island: Discovering the Secrets of Scandinavian Well-being

*Julie Catterson Lindahl*

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**On My Swedish Island: Discovering the Secrets of Scandinavian Well-being** Julie Catterson Lindahl

**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.

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