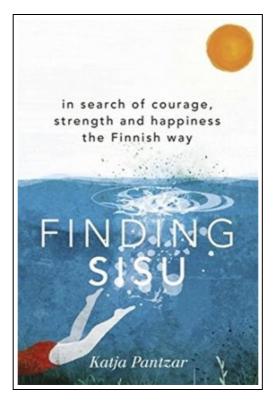
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FINDING SISU: IN SEARCH OF COURAGE, STRENGTH AND HAPPINESS THE FINNISH WAY (HARDBACK)



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Hodder Stoughton General Division, United Kingdom, 2018. Hardback. Condition: New. Language: English. Brand New Book. An engaging and practical guided tour of the simple and nature-inspired ways that Finns stay happy and healthy - including the powerful concept of sisu, or everyday courage. Sisu - a kind of everyday courage - is the Finnish approach to well-being that is turning lives around. In this beautiful book - part memoir, part guide - Katja shows how to embrace the daily practices that make Finns among the happiest people in the world. Topics include: * Movement as medicine: How walking, biking and swimming every day are good for what ails us-and best done outside the confines of a gym * Forest therapy: Why there s no substitute for getting out into nature on a regular basis * Healthy eating: What the Nordic diet can teach us all about feeding body, mind and soul * The gift of sisu: Why Finns embrace a special form of courage, grit and determination as a national virtue - and how anyone can dig deeper to survive and thrive through tough times. In Finding Sisu discover the ways in which you too can integrate this age-old philosophy of hope and perseverance into your life, wherever you are in the world, whatever challenges you may face. Find your courage. Find your grit. Find your sisu.



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