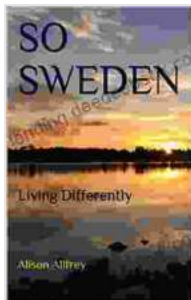


So Sweden: Living Differently with Alison Allfrey



SO SWEDEN: Living Differently by Alison Allfrey

★★★★☆ 4.1 out of 5

Language	: English
Paperback	: 142 pages
Item Weight	: 7.8 ounces
Dimensions	: 6 x 0.36 x 9 inches
File size	: 1200 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Lending	: Enabled
Print length	: 119 pages

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In her poignant and insightful memoir, *So Sweden: Living Differently*, Alison Allfrey recounts her experiences of moving to and living in Sweden, offering a unique perspective on the challenges and rewards of embracing a new life abroad.

Originally from the United Kingdom, Allfrey embarked on a journey to Sweden in search of a more fulfilling life. With an open mind and a

willingness to embrace the unknown, she immersed herself in Swedish culture, learning the language, making new friends, and discovering the subtle nuances that make Sweden a unique and captivating country.

Allfrey's writing is characterized by its honesty and introspection. She delves into the challenges she faced, from the initial culture shock to the difficulties of navigating a new social landscape. However, she also celebrates the joys and wonders of her new life, from the beauty of the Swedish countryside to the warmth and hospitality of the Swedish people.

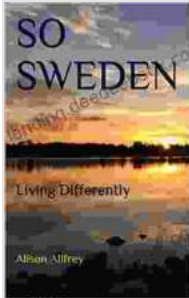
Beyond the personal narrative, *So Sweden* offers a broader exploration of Swedish culture and society. Allfrey provides insights into the Swedish education system, healthcare, and work-life balance, comparing them to her experiences in the UK and highlighting the strengths and weaknesses of each approach.

One of the most striking themes in the book is the concept of *lagom*, a Swedish word that roughly translates to "just enough" or "in moderation." Allfrey observes how this concept permeates Swedish society, from the design of homes to the way people interact with each other. She argues that *lagom* is a key to understanding Swedish culture and a valuable lesson for people from all walks of life.

In addition to its cultural insights, *So Sweden* is also a story of personal growth and transformation. Allfrey describes how her time in Sweden has changed her perspective on life, teaching her the importance of resilience, adaptability, and embracing the unknown.

Whether you are considering moving to Sweden, interested in Swedish culture, or simply seeking inspiration for living a more fulfilling life, *So*

Sweden is a must-read. Alison Allfrey's poignant and insightful writing will transport you to a new world, offering a unique perspective on the challenges and rewards of living differently.



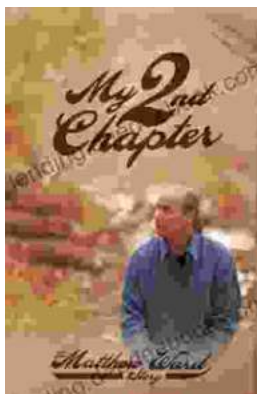
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