

# The Overwhelming Power of Nordic Life.

## Julie Catterson Lindahl's World of Nordic Wellbeing.

*"This place with all of its overwhelming power, yielded the beauty of its fine detail to me like a benevolent giant: there was the horizon and then the shifting of a tiny pebble as a wave washed the water onto the shore; there was the majestic forest with all of its preying creatures and then the single leaf, slowly blending into the soil; there was me, a part of the dominant species on earth, and a single human as fragile and impossible as a rose in the sand. Our world was so full of contradictions that we struggled to overcome. Here it was all right: our contradictions made us whole. Without them, life had no experience."*

*Julie Catterson Lindahl, Rose in the Sand (2011).*

### **The world's leading expert on Nordic Wellbeing**

Julie Catterson Lindahl, born in Rio de Janeiro, lived in Hong Kong, Manila, Tokyo, Sydney and London, and travelled the world as a management consultant, until she settled in Sweden on a small isolated island with her family. She not only lived the original Scandinavian life, but during a decade also researched various aspects of Nordic life style, searching the reasons why Scandinavians live longer, better and are happier than most people.

Julie Catterson Lindahl has a B.A. in English Literature from Wellesley College, a Master of Philosophy from Oxford University and is a Fulbright Scholar. Julie is founder of the Swedish-based non-profit organization, Stories for Society, which promotes the use of storytelling as a tool for learning and communication in schools.

If you want to learn about Nordic lifestyle and how a global nomad found a home, read more at:

[www.julielindahl.com](http://www.julielindahl.com)

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

"A wonderful companion for living simply, elegantly and fully in a world that values speed and consumption than breathing, tasting and delighting in the beauty that surrounds us"  
Sarah Susanka, author of The Not So Big Life and The Not So Big House.

### **Rose in the Sand**

"Nobody writes about the Swedish islands and the life that exists on them through the seasons better than Julie Lindahl. ...she does for Swedish islands what Peter Mayle did for Provence!"  
- Arshad Jamil, "Reviewer", USA.

"Rose in the Sand is a delight to read. Julie Lindahl writes beautifully, combining specific detail with sensitive, lyrical descriptions of the surrounding nature during the constantly shifting seasons, together with her own reflections of life. At times her prose is truly poetic."  
- H. Arnold Barton, Swedish-American historian, America's Swede of the Year 1988.

"Reading Julie Lindahl's Rose in the Sand is not like reading a book at all. It is like listening to soothing music, or watching an elegant movie or even more so, feeling like you are part of the movie...If you have not read this book, you are missing something in life."  
- Sundeep Waslekar, President, Strategic Foresight Group.

### **Letters from the Island**

"I have been a devoted reader of your columns for several years. I still love your observations, and thoughts. So many of them coincide with mine. I marvel at the fact that you were not born to this existence, and wonder that you are able so beautifully to adapt to it."  
- Elsie Swanberg, Nordstjernan Reader, USA.

### **Nordicwellbeing.com.**

**The world's first e-magazine for wellbeing with Nordic inspiration.**

"It was like a breath of fresh air to receive your online magazine emphasizing the wellbeing and healthy lifestyle which the Scandinavians are well known for."

- Rita, Massachusetts, USA