

## The Finnish Way Finding Courage Wellness And Happiness Through The Power Of Sisu

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My copy of this book was titled *The Finnish Way: Finding Courage, Wellness, and Happiness Through the Power of Sisu*. Published in 2018, it was written by Katja Pantzar. I picked it up because of my husband's Finnish ancestry. It's part autobiography, part self-help book, based around the Finnish concept of Sisu.

The Finnish Way: Finding Courage, Wellness, and Happiness ...

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The Finnish Way: Finding Courage, Wellness, and Happiness ...

The Finnish Way: Finding Courage, Wellness, and Happiness Through the Power of Sisu. Katja Pantzar. 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. Forget hygge--it's time to blow out the candles and get out into the world! Journalist Katja Pantzar did just that, taking the huge leap to move to the remote Nordic country of Finland.

The Finnish Way: Finding Courage, Wellness, and Happiness ...

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Finding Sisu: In Search of Courage, Strength, and ...

Katja Pantzar is a Helsinki-based writer, editor and broadcast journalist. Her newest book *Finding Sisu: In Search of Courage, Strength and Happiness the Finnish Way* (Hodder & Stoughton) publishes in March 2018 in the UK, in April in Germany as *Der finnische Weg zu Mut, Ausdauer und innerer Stärke*, (Bastei Lubbe) and in the US in June as *The Finnish Way: Finding Courage, Wellness, and Happiness through the Power of Sisu* (Tarcher Perigee/Penguin Books), with 18 other territories to follow.

Katja Pantzar

Original title: *Finding Sisu: In Search of Courage, Strength and Happiness the Finnish way*. U.S. title: *The Finnish Way: Finding Courage, Wellness, and Happiness through the Power of Sisu*. Find your sisu: the Finnish concept of resilience, grit, and determination – part memoir, part guidance.

Finding Sisu: In Search of Courage, Strength and Happiness ...

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