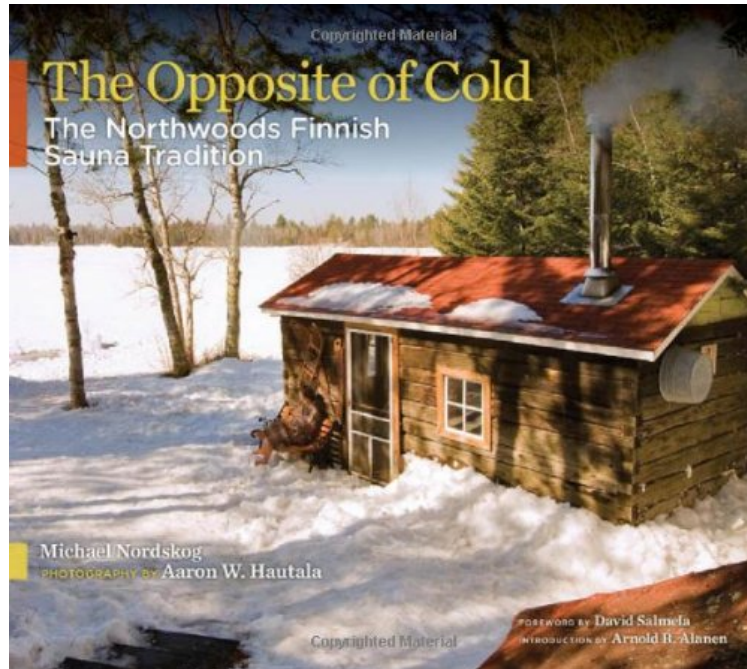


(Read free) The Opposite of Cold: The Northwoods Finnish Sauna Tradition

The Opposite of Cold: The Northwoods Finnish Sauna Tradition

Michael Nordskog

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Michael Nordskog : The Opposite of Cold: The Northwoods Finnish Sauna Tradition before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Opposite of Cold: The Northwoods Finnish Sauna Tradition:

As many in the north country can attest, one of life's great pleasures resides in the tradition of sauna-sitting in 180-plus-degree heat and throwing cool water on oven-hot stones to create a blast of steam (called lyly), followed by a jump in the lake, standing naked in subzero temperatures (or even a roll in the snow), or just relaxing on the cooling porch. To the uninitiated, there is a strange, alluring mystique to the art of Finnish sauna. But to an ever-increasing number of people—from their small urban saunas to backwoods and lakeside retreats—the culture and practice of Finnish sauna are as much a part of northwoods life as campfires and canoe trips.