Contents

INTRODUCTI	on Oh No, Not Another Wellness Trend! 7
CHAPTER 1	What Is Niksen? 29
CHAPTER 2	But What If the Dutch Got It Right? 53
CHAPTER 3	Why Is Niksen So Hard? 83
CHAPTER 4	Niksen Is Good For You. Yes, It Is. 109
CHAPTER 5	Niksening Up Your Life 127
CHAPTER 6	When Niksen Doesn't Work 153
EPILOGUE	Creating Nikstopia 179
ACKNOWLEDGMENTS 191	

APPENDIX

- 1 The Nikseneers' Manifesto 195
- 2 Quick Niksen Tips 199
- 3 Niksen Tips From the Dutch 203

BIBLIOGRAPHY 207