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Sommario/riassunto	During the Cold War, Sweden actively cultivated a reputation as the "conscience of the world," working to build bridges between East and West and embracing a nominal commitment to international solidarity. This groundbreaking study explores the tension between realism and idealism in Swedish diplomacy during a key episode in Cold War history: the Conference on Security and Cooperation in Europe, culminating in the 1975 Helsinki Accords. Through careful analysis of new evidence, it offers a compelling counternarrative of this period, showing that Sweden strategically ignored human rights violations in Eastern Europe and the nonaligned states in its pursuit of national interests.