

Hygge The Danish Art Of Escaping The Hustle And Bustle Of Modern Life And Finding Happiness In Simple Pleasures

[#Hygge](#) [#Danish lifestyle](#) [#simple pleasures](#) [#escaping hustle](#) [#finding happiness](#)

Discover Hygge, the cherished Danish art of escaping the overwhelming hustle and bustle of modern life. This unique philosophy guides you to find profound happiness and contentment in life's simple, cozy pleasures, fostering a deeper sense of well-being and tranquility.

Students benefit from organized study guides aligned with academic syllabi.

We sincerely thank you for visiting our website.

The document Escape Modern Life With Hygge is now available for you.

Downloading it is free, quick, and simple.

All of our documents are provided in their original form.

You don't need to worry about quality or authenticity.

We always maintain integrity in our information sources.

We hope this document brings you great benefit.

Stay updated with more resources from our website.

Thank you for your trust.

Many users on the internet are looking for this very document.

Your visit has brought you to the right source.

We provide the full version of this document Escape Modern Life With Hygge absolutely free.

Hygge

Does the hustle and bustle of modern living overwhelm you at times? Are you looking for a way to feel a sense of calm and ease in your own home? If you typically find yourself feeling stressed about how busy the world is today and are looking for a way to slow things down a bit in order to find more enjoyment out of life on a daily basis, then this book is definitely for you! Grab this book, Hygge: An Introduction to the Danish Art of Cozy Living to start learning the secrets of how you can start to live a life that is primarily filled with joy, pleasure, and a sense of safety. After reading about what the hygge lifestyle can offer you, you'll have a much better understanding of why this type of lifestyle has become so trendy and popular in recent years. Imagine a world where you feel stress-free whenever you're at home or in the presence of people about whom you truly care. When you're able to design a life of comfort, you're going to find that happiness is going to flow into your life at a faster pace than you've ever imagined possible. If happiness is what you truly value over all other material possessions, then it is essential that you start to integrate hygge principles into your life, sooner rather than later. Once you've surrounded yourself with comfort and pleasure, your world will be primed and ready for the happiness that will inevitably come with this pursuit. It's that simple. This book is going to provide you with the following information regarding the hygge lifestyle: What hygge is and how it originated Home decorating techniques that you can use in conjunction with hygge ideals How to enhance your relationships through hygge Tips on how activities that will promote a greater sense of calm in your life Why hygge is important for your mental health and clarity And so much more! With your happiness on the line, it's important that you read Hygge: An Introduction to the Danish Art of Cozy Living right away!

Hygge

Do you sometimes feel like your life is a mad rush without ending or meaning? Would you like to find something that offers relaxation, happiness and contentment, all rolled into one? You can have all of

that with the Danish art of Hygge, and it is easier to achieve than you perhaps would think. For many of us in today's crazy and hectic world of careers, family, and social lives, we can often forget that the things which are simpler and give the greatest pleasure are often put to one side. The simple pleasure of sitting in silence, watching the sunset, or enjoying the crackle of a fire as you share a meal can often have a greater effect on our souls than any material thing. And this where Hygge makes its mark. Hygge is more than just a concept. It is a way of being and living that has been adopted by countless numbers of people throughout Scandinavia and the wider world and reflects a coziness that encompasses the positivity and enjoyment that one can get from simple everyday things. It does not need to cost a lot of money and can be as humble as having a warm fire and enough food to eat. In *Hygge: Discovering the Danish Art of Happiness - How to Live Cosily and Enjoy Life's Simple Pleasures*, you will find six chapters which give in-depth information on what Hygge is and how you can apply it, including: Where Hygge comes from The fundamental principles of Hygge The benefits you can get from living a Hygge lifestyle How to apply Hygge to your life How Hygge changes with each season How to live a Hygge lifestyle, even when you have a budget to consider Millions of people around the world are turning to Hygge as a great way to live their lives. You can now be a part of this amazing revolution, build a simpler life, and be happier, more content, and in control of your life. Learn the Secrets of the Happiest Country Today by Clicking the "Add to Cart" Button at the Top of the Page.

Hygge

~~£55~~ 5% OFF for Bookstores! NOW at \$ 29.95 instead of \$ 46.42 ~~£~~Do you sometimes feel like your life is a mad rush without ending or meaning? Would you like to find something that offers relaxation, happiness and contentment, all rolled into one? Cravings for comfort, for coziness, for contentment: everyone experiences the desire for a happier, less stressful, and more serene life. Hygge, the Danish-born philosophy, is one proven way to achieve such a life. From the Old Norse for "well-being," hygge embodies a philosophy that is as much a mindset as it is a way of life. The goal of this book is simple: It will teach you a new perspective on life and how to embrace the idea of slowing down, appreciating the small things and seeing the beauty in everyday moments. You will discover: A thorough grounding in the Danish art of hygge, the lifestyle equivalent of embracing a hug from the inside out The eight ways to incorporate practical aspects of hygge into every part of your daily life, from hearth and home to food and crafts Why living your life in a constant rush and stress - even if it feels materially lucrative is not the path to ultimate happiness. Instead, engage with the simple things in life with gratitude and pleasure. How to foster a sense of cozy happiness throughout the year, with simple ideas for each season and holiday Learning to embrace the homemade and the found, creating thoughtful gifts and meaningful interactions in every aspect of your life And much more... Your Customers will never stop to use this book. Millions of people around the world are turning to Hygge as a great way to live their lives. You can now be a part of this amazing revolution, build a simpler life, and be happier, more content, and in control of your life. Buy it NOW and let your customers get addicted to this amazing book.

Hygge

~~£55~~ 5% OFF for Bookstore! NOW at \$ 29.95 instead of 39.95! ~~£~~Your customers will never stop to read this book! -----AMSP LTD If the word HYGGE (pronounced "hoo-gah") reminds you of hugs, you're not too far off. It is usually translated as "cosiness"

Hygge

Candlelight is hygge; the smell of freshly brewed coffee is hygge; the feel of crisp, clean bed linen is hygge; dinner with friends is hygge. 'Hygge', pronounced 'hoo-ga', is a Danish philosophy that roughly translates to 'cosiness'. But it is so much more than that. It's a way of life that encourages us to be kinder to ourselves, to take pleasure in the modest, the mundane and the familiar. It is a celebration of the everyday, of sensual experiences rather than things. It's an entire attitude to life that results in Denmark regularly being voted one of the happiest countries in the world. So, with two divorces behind her and her 50th birthday rapidly approaching, journalist Charlotte Abrahams ponders whether it's hygge that's been missing from her life. Is it a philosophy we can all embrace? In a society where lifestyle trends tend to centre on deprivation - be it no sugar, no gluten, no possessions - what does cherishing yourself actually mean? And will it make her happy? In *Hygge*, Charlotte Abrahams weaves the history of hygge and its role in Danish culture with her own attempts, as an English woman, to embrace a more hygge life. In this beautifully written and stylishly designed book, she examines the impact this has on her

home, her health, her relationships and, of course, her happiness. Light a candle, pour yourself a glass of wine, and get ready to enjoy your more hygge life.

Hygge

Hygge Series Book #1 Does the hustle and bustle of modern living overwhelm you at times? Are you looking for a way to feel a sense of calm and ease in your own home? If you typically find yourself feeling stressed about how busy the world is today and are looking for a way to slow things down a bit in order to find more enjoyment out of life on a daily basis, then this book is definitely for you! Grab this book, *Hygge: An Introduction to the Danish Art of Cozy Living* to start learning the secrets of how you can start to live a life that is primarily filled with joy, pleasure, and a sense of safety. After reading about what the hygge lifestyle can offer you, you'll have a much better understanding of why this type of lifestyle has become so trendy and popular in recent years. Imagine a world where you feel stress-free whenever you're at home or in the presence of people about whom you truly care. When you're able to design a life of comfort, you're going to find that happiness is going to flow into your life at a faster pace than you've ever imagined possible. If happiness is what you truly value over all other material possessions, then it is essential that you start to integrate hygge principles into your life, sooner rather than later. Once you've surrounded yourself with comfort and pleasure, your world will be primed and ready for the happiness that will inevitably come with this pursuit. It's that simple. This book is going to provide you with the following information regarding the hygge lifestyle: What hygge is and how it originated Home decorating techniques that you can use in conjunction with hygge ideals How to enhance your relationships through hygge Tips on how activities that will promote a greater sense of calm in your life Why hygge is important for your mental health and clarity And so much more! With your happiness on the line, it's important that you read *Hygge: An Introduction to the Danish Art of Cozy Living* right away!

Hygge, New and Expanded

Are you tired of evaluating your life and concluding that things aren't working out as you'd hoped? Every year, you plan to spend more time with friends and family, improve your spiritual health, or start working on your hobbies again. But because society has conditioned us to believe that the more we have, the happier we will be, we end up on the hamster wheel of life chasing the superficial-and feeling empty in the process. So what is the secret to true and everlasting happiness? Does it even exist, or are we chasing a pipe dream, doomed to sadness, disappointment, and failure? Although the media keeps pushing the ideology that we can buy happiness, statistics prove that this is not the case. Studies suggest that CEOs suffer from depression at a significantly higher rate than the general public. Additionally, rich kids are more anxious and depressed than children from middle- and lower-income households. Why? Because success doesn't guarantee happiness-finding joy in life's simple pleasures does. In *Hygge, New and Expanded*, you will learn all about the interesting concept of hygge, as well as the following: How to establish a morning and evening routine to help maximize your days Steps to spend more time looking after yourself Tools to assist your children in becoming more balanced Strategies to turn your home into a hygge haven Tips on the healthiest foods to keep you energized and focused Fun and exciting activities to do during the spring, summer, fall, and winter months Yoga exercises to help keep you grounded Despite how overwhelmed and dissatisfied with life you might feel at the moment, all is not lost. The human body was not designed to keep ripping and running. The cozy hygge lifestyle is your birthright, and you can claim it right now if you truly desire it. Discover the secrets to living a rich and inspired life abounding with miracles and moments that will bless your soul and rejuvenate your spirit. Enjoy Hygge Today.

Hygge

~~55%~~ OFF for Bookstore! NOW at \$ 37,95 instead of 49,95! Your customers will never stop to read this book! -----AMSP LTD Many books can tell you how to be hygge but this book will actually SHOW you! We all have experienced the feeling of hygge, without even realizing it. But now is the time to give a name to this sensation and to LEARN how to fully experience it! The "Danish coziness" theory is quickly becoming the new "French living" when referring to an optimistic and laid-back way of life. There are countless viral articles comparing the happiness levels of Americans versus Danes. Danish people are happier, more relaxed; their homes are nicer, cozier It's a frame of mind that seems difficult to define, yet there is a name for this slow-moving, stress-free mindset: hygge (pronounced "hoo-ga"). Hygge is about pampering yourself:

candlelight, cooking, baking, having supper with family and friends; a feast where you're surrounded by friends and family, enjoying the simple things in life and sharing this sense of community. Hygge is the sensation you get when you're nestled up on a sofa, in comfortable socks under a soft throw blanket, during a storm. It's that feeling when you're sharing comfort food and a chat with friends and family at a candlelit table. It is the glow of morning light shining on a fresh blue-sky day. In this book you will find: - Hygge's origins and why it makes a difference in our busy lives - How to make the most of life's simple pleasures and truly embrace moderation. - How to fit Hygge into all parts of your life - even if you are on a budget - How Hygge is much more than just a concept A large number of individuals around the globe see Hygge as an extraordinary method to live their lives to the fullest. You will be able to be part of this amazing adventure and learn how to lead a more simple life, and be more joyful, more content, and in charge of your life. The Book of Hygge is an encouragement to invite abundance and happiness into your life. It is a call to enjoy life by concentrating on what really matters for you Inside, you'll find: - Origin and history of Hygge - Experiencing Hygge consistently - basic exercises - Hygge in your home - Hygge in your work environment - The link between Hygge and mindfulness - And a lot more! Regardless of whether you are new to this practice or you're an accomplished learner, this guide is your pass to the universe of Hygge. Are you ready to lead a more joyful, more satisfying life? With our daily Hygge exercises you'll soon be able to effortlessly put this new philosophy into practice! Being happy has never been easier! Buy "Hygge" now and start living life to the fullest!

Hygge

55% OFF for Bookstore! NOW at \$ 32,95 instead of 39,95! Your customers will never stop to read this book! -----AMSP LTD Many books can tell you how to be hygge but this book will actually SHOW you! We all have experienced the feeling of hygge, without even realizing it. But now is the time to give a name to this sensation and to LEARN how to fully experience it! The "Danish coziness" theory is quickly becoming the new "French living" when referring to an optimistic and laid-back way of life. There are countless viral articles comparing the happiness levels of Americans versus Danes. Danish people are happier, more relaxed; their homes are nicer, cozier It's a frame of mind that seems difficult to define, yet there is a name for this slow-moving, stress-free mindset: hygge (pronounced "hoo-ga"). Hygge is about pampering yourself: candlelight, cooking, baking, having supper with family and friends; a feast where you're surrounded by friends and family, enjoying the simple things in life and sharing this sense of community. Hygge is the sensation you get when you're nestled up on a sofa, in comfortable socks under a soft throw blanket, during a storm. It's that feeling when you're sharing comfort food and a chat with friends and family at a candlelit table. It is the glow of morning light shining on a fresh blue-sky day. In this book you will find: - Hygge's origins and why it makes a difference in our busy lives - How to make the most of life's simple pleasures and truly embrace moderation. - How to fit Hygge into all parts of your life - even if you are on a budget - How Hygge is much more than just a concept A large number of individuals around the globe see Hygge as an extraordinary method to live their lives to the fullest. You will be able to be part of this amazing adventure and learn how to lead a more simple life, and be more joyful, more content, and in charge of your life. The Book of Hygge is an encouragement to invite abundance and happiness into your life. It is a call to enjoy life by concentrating on what really matters for you Inside, you'll find: - Origin and history of Hygge - Experiencing Hygge consistently - basic exercises - Hygge in your home - Hygge in your work environment - The link between Hygge and mindfulness - And a lot more! Regardless of whether you are new to this practice or you're an accomplished learner, this guide is your pass to the universe of Hygge. Are you ready to lead a more joyful, more satisfying life? With our daily Hygge exercises you'll soon be able to effortlessly put this new philosophy into practice! Being happy has never been easier! Buy "Hygge" now and start living life to the fullest!

The Art of Hygge

The Art of Hygge is packed with delicious recipes to share with friends, craft ideas for decorating your home, and inspirational suggestions for enjoying the magic of everyday pleasures. Whether it's a soothing mug of hot chocolate, a tasty butternut squash soup or a snuggly pair of felt slippers, you'll find that a little hygge brings a lot of happiness!

The Book of Hygge

-The most poetic of the hygge books]; I found myself repeatedly returning to its list-like incantation of hyggeligt habits.- --Louisa Kamps, ELLE Hygge (hoo-gah) is a Danish word but a universal feeling of

being warm, safe, comforted, and sheltered--an experience of belonging to the moment and to each other. When life gets hectic, work grows stressful, and the days fly by, unplug and tune in. Hygge anchors us, reminding us to slow down, to connect with place and with one another, to dwell and savor rather than rush and spend. When you curl up by the fire with a blanket, or have a simple meal with friends, that is hygge. When you acknowledge the sacred in the secular, or focus on people rather than things, or when you express love through small gestures, that is hygge. The Book of Hygge is an invitation to welcome abundance and contentment into your life. It is a call to live more fully by focusing on what moves you. With beautiful full-color photographs and instructive meditations on relishing the everyday, it is your perfect guide to cultivating the coziness that has made Danes the happiest people in the world. The Book of Hygge is designed with an unjacketed, textured cover and crisp, clean interiors. As seen in the *The New Yorker*, a cure for SAD in book form.

Hygge

Do you love curling up with a blanket, a coffee and a good book? If you want to learn how to appreciate the little things and enjoy your life day by day, then keep reading. You might now be rehearsing Hygge longer than you may suspect. Hygge is a concept began in Danish civilization which spotlights on living with a sense of relaxation, and stability. It's been depicted as, "creating a warm atmosphere and getting a charge from these valuable things in life with fantastic individuals." The word "hygge" derives itself from a Norwegian word meaning "well-being." As we know it, it first appeared in Danish writings in the 19th-century and has since evolved to encompass an entire cultural phenomenon known most prominently in Denmark. That is the technical aspect of its linguistic history though, and every Dane you will ever come across will think of every other word in their language before deeming hygge "technical." When it comes to defining, categorizing, and identifying a feeling of hygge, the term "lifestyle" does not quite capture it. Hygge does not encompass rules, regulations, products, or even stereotypical mantras. It encompasses a feeling. This is the reason the Scandinavian word is untranslatable in many countries. For areas of the world that base their ideas of success, wealth, and growth on personal assets and analyzed statistics, the idea of utilizing emotion to somehow judge personal growth on these typical scales is foreign and nonsensical. Hygge is not merely the promotion of relaxation and comfort, though that is how one gauges whether or not hygge is being achieved. Promoting these aspects of life enable inward health, from physical healing to mental rejuvenation. The reduction of stresses and anxieties help the body heal from the damage that stress induces over long periods of time. The reduction of stress reduces levels of damaging chemicals, which can elicit everything from life-threatening fatigue to chronic, debilitating migraines. Allowing the body to relax enables organs to filter the cortisol from your bloodstream and muscle tissue, so that automatic immune responses can kick into overdrive and begin to repair the body. That is what hygge truly is: a personal experience between yourself and relaxation. All this lifestyle wants to do is promote self-care in a way many people neglect. All this lifestyle wants to do is make sure you are the healthiest you can be. All this lifestyle wants to do is make you happy. You do not work for this lifestyle; it works for you. And that is its true, unadulterated beauty. If you want to learn What makes Hygge so special How to design your home in the Hygge way How Hygge can helps happiness Why should practice it And more... You don't have to wait!!!! Press the BUY NOW BUTTON and get started.

Hygge and Lagom DIY

55% OFF for Bookstores! NOW at \$ 39,95 instead of \$ 61,92 If you wish to discover a stunning sense of happiness and well-being, then Hygge & Lagom is for you... Two manuscripts in one book: Hygge: How To Enjoy Life's Simple Pleasures And Live Cozily by Discovering The Danish Art Of Happiness Lagom: Life is Worth More Than Anything You Can Buy in a Store, The Swedish Secrets to Happy Living This book provides an in-depth explanation of the Hygge & Lagom lifestyle, as well as numerous bits of practical advice on how to practice Hygge & Lagom every day. Your Customers will never stop to use this book Some of the topics covered in part 1 of this book include: A thorough grounding in the Danish art of hygge, the lifestyle equivalent of embracing a hug from the inside out The eight ways to incorporate practical aspects of hygge into every part of your daily life, from hearth and home to food and crafts Why living your life in a constant rush and stress - even if it feels materially lucrative is not the path to ultimate happiness. Instead, engage with the simple things in life with gratitude and pleasure. How to foster a sense of cozy happiness throughout the year, with simple ideas for each season and holiday Learning to embrace the homemade and the found, creating thoughtful gifts and meaningful interactions in every aspect of your life And much more... Some of the topics covered in part 2 of this book include: What is lagom, and why is it important? Some of the benefits that come

with using Lagom How to implement lagom into your home and your work life Can you add lagom to your holiday celebration? Adding lagom into your parenting style, into your relationship with others, and even into romantic relationships How lagom can help you to eat right, get enough activity, and feel happier Ways that you can use lagom to help you save money and work on improving your finances And much, much more... Buy it NOW and let your customers get addicted to this amazing book.

Hygge

Would you like to reduce your stress levels using simple effective quick methods and appreciating what is to live a happy, comforting and genuine life? Would you like to discover easy ways to bring peace and harmony into your personal life and have the world around you completely in alignment with your inner self? If you want to make your happiness a priority through comfort, creating, and connecting in your life, then keep reading... Actually we live hectic times, and it is really difficult to appreciate the value of time socially, with friends, with family, with those we love. Sometimes can happen you hardly appreciate being in company anymore, with good food and drinks, working to create a connection. Maybe you can hardly be less stressed, to experience happiness, purity and simplicity of existence. But these are the true values that enrich our life and bring it to a deeper spiritual level. If you think it could be difficult to find balance and harmony within yourself, do not despair. You are about to discover a simple and complete guide to find happiness and inner well-being, through the Hygge Lifestyle. Have you ever heard about Hygge? Hygge is a Danish word, who wants to represents the art of creating comfort and happiness. Hygge means intimate and cozy. Behind this word, lies a true meaning of satisfaction. Hygge is in the beauty of little, pure and simple things that can make our existence better. It's easy to experience it as when you're curled up on a sofa with a loved one, or in a cozy bar with a friend, or sharing comfortable food and conversation with family. Through this book, you'll be able to completely transform your life using the Danish concept of well-being, you'll learn to: Create comfort and happiness Regenerate yourself, acquiring a simple, joyful and relaxed lifestyle; Put energy into yourself to bring real benefits in your life; Improve your relationships, appreciating time in the company of who you love; Discover tips to make the environment around you perfectly aligned with Hygge lifestyle. ÿ When I discovered Hygge I didn't believe it could change my life, reducing stress with effective and simple methods, which allowed me to appreciate what it is to live a happy and comforting life. By following the Hygge lifestyle you'll be able to appreciate the abundant, little pleasures of life that had previously gone unnoticed: slow down and take time to feed your inner soul. None of these Danish concepts are difficult to implement, just come with a desire to be the change you wish to see, with an open heart and mind to learn precious skills like focus, balance, productivity, and self-awareness. So, are you finally ready to take a fast lane to bring peace, well-being and harmony into your everyday life ? If the answer is yes, don't wait any longer. Order you copy now and give a new direction to your life!

Hygge

Traditional Danish Food: 20 amazing dishes you must try What is the national dish of Denmark? What is the national dish of Denmark? Danish National Dish Recipe hygge means creating a warm atmosphere and enjoying the good things in life with good people. The warm glow of candlelight is hygge. This book will show you how Hygge and Food are connected, how you can turn eating into a comfortable and cozy experience, and how your friends and family can participate. Whether you plan on eating out or staying at home, using the tips and advice in this book will make your life so much easier and more Danish-like!

Hygge

One little word is the secret reminder of what really matters in life: Hygge. CHRISTMAS is the perfect time to embrace it and THIS BOOK will show you how. ----- To me, hygge is: - Meeting my sister for a walk in the park, chatting, laughing and clowning around, as if we were children again. - Listening to the rain on the roof with a cup of tea and my boyfriend next to me. - Drinking wine in my mum's garden - Enjoying a cup of coffee with good friends, that becomes a dinner, that becomes a late-night drink, because no one wants the evening to end. ----- Though we all know the feeling of hygge instinctively few of us ever manage to capture it for more than a moment. Now Danish actress and hygge aficionado Marie Tourell S derberg - star of BBC 4's 1864 - has travelled the length and breadth of her home country to create the perfect guide to cooking, decorating, entertaining and being inspired the hygge way. Full of beautiful photographs and simple, practical steps and ideas to make your home and life both comfortable and cheering all year round, this book is the easy way

to introduce hygge into your life. 'Pretty, homey and intimate, scattered with reflections from ordinary Danes' Guardian

Hygge

Would you like to live a welcoming, harmonious lifestyle learning finally to be in balance with yourself and others? And would you like to achieve a quality of intimacy and comfortable conviviality that generates a feeling of well-being? If you want to have the opportunity to live a balanced and bright life in everyday personal areas, without letting chaos and stress take over, then keep reading... We spend our days, going, always going. Modern life leads us to be frantic, and the maximum aspiration is to never stop. All this stress is incredibly harmful to our health, sometimes it is necessary to take a break. It is essential to learn to get out of this vicious spiral. By following simple and effective advices, you will be able to re-establish an authentic contact with your "inner self"

Hygge

Enjoy Every Moment Like the Danish Do Denmark is said to be the happiest country in the world... The Danish people owe their happy life to the art of hygge, meaning intimacy, coziness and joy. Hygge teaches to enjoy life from the comfort of your house. Get together and learn how simple, inexpensive experiences and activities can drastically improve your life quality. Cuddle with a loved one, share food, read by the candlelight and release your oxycontin. Not only is this book about the subject Hygge, reading it also makes you 'feel' Hygge. Get inspired by easy to understand information that will help you live, love and even decorate your house. Get in touch with yourself, friends, family and co-workers. Discover the joy of simplicity and coziness with the Hygge lifestyle borrowed from the Danish. Hygge will motivate you to slow down and enjoy the most intimate, special and heartwarming moments. Learn to appreciate your indoors and surroundings, your safe haven and your playground. Get in touch with the secrets of the Danish This book will teach you a lot more than how to enjoy your cup of tea while listening to the rain ticking on the roof. Capture the moment, reclaim your joy and get together. In 'Hygge: The Danish Art of Comfort, Joy and Happiness', you will learn: What Hygge is, means and does for you How to slow down, relax and enjoy the moment like the Danish How to be authentic with life and people around you Countless ways to surround yourself with good energy at home Hyggelist activities that help you connect and bond with yourself What hygge can do for relationships The best oxytocin boosters How to Hygge by yourself How to design your 'Hygge home' Colors and their effect on feelings How to improve your quality of life with 30-day Hygge challenges As a bonus, the book comes with high-quality Hygge recipes for the whole family Learn about Denmark's best lifestyle secrets. Grab your copy today The book contains high-quality photographs, making the print version a perfect gift

Hygge

Enjoy Every Moment Like the Danish Do! Denmark is said to be the happiest country in the world... The Danish people owe their happy life to the art of hygge, meaning intimacy, coziness and joy. Hygge teaches to enjoy life from the comfort of your house. Get together and learn how simple, inexpensive experiences and activities can drastically improve your life quality. Cuddle with a loved one, share food, read by the candlelight and release your oxycontin. Not only is this book about the subject Hygge, reading it also makes you 'feel' Hygge. Get inspired by easy to understand information that will help you live, love and even decorate your house. Get in touch with yourself, friends, family and co-workers. Discover the joy of simplicity and coziness with the Hygge lifestyle borrowed from the Danish. Hygge will motivate you to slow down and enjoy the most intimate, special and heartwarming moments. Learn to appreciate your indoors and surroundings, your safe haven and your playground. Get in touch with the secrets of the Danish! This book will teach you a lot more than how to enjoy your cup of tea while listening to the rain ticking on the roof. Capture the moment, reclaim your joy and get together. In 'Hygge: The Danish Art of Comfort, Joy and Happiness', you will learn: What Hygge is, means and does for you How to slow down, relax and enjoy the moment like the Danish How to be authentic with life and people around you Countless ways to surround yourself with good energy at home Hyggelist activities that help you connect and bond with yourself What hygge can do for relationships The best oxytocin boosters How to Hygge by yourself How to design your 'Hygge home' Colors and their effect on feelings How to improve your quality of life with 30-day Hygge challenges As a bonus, the book comes with high-quality Hygge recipes for the whole family! Learn about Denmark's best lifestyle secrets. Grab your copy today! The book contains high-quality photographs, making the print version a perfect gift!

The Art of Danish Living

From the author of the million-copy bestseller, *The Little Book of Hygge*, comes a beautifully designed guide on how to get more out of work and live like the happiest people in the world: the Danish. We often look to the Danish lifestyle as a utopia: they enjoy long summer holidays and the cosiest, hyggelig winters, but their happiness isn't just limited to their free time. Almost two thirds report high job satisfaction, and 58% say they would continue working even if they won the lottery. But what exactly are the ingredients of happiness at work? And how can we live more like that? Meik Wiking, the world's favourite happiness expert, is back with more of his wise yet simple snippets of inspiration from Danish culture, and shows us that nurturing a sense of purpose, trust between you and your manager and freedom within your role can mean more than any job title. Based on stats from his own research and designed with his trademark style, this book is sure to improve your happiness levels. We will spend around a third of our lives at work, so why not feel happier while we do it? 'Danish, dishy and the world's happiest man' *The Times* 'I love it, I love it, I love it. Just reading it makes you more content' Chris Evans (praise for *My Hygge Home*)

Hygge

Quell your worries. Free your spirit. Start your life anew. If you're tired of stressing the small things, perhaps it's time to consider a big idea. The concept of hygge could change your life and help you win your independence, placing control in your hands and heart, ensuring each day is full of love . . . but what in the world is hygge? At its very essence, Hygge is the art appreciation--reveling in life's little pleasures. Easier said than done, indeed, but absolutely transformative. Author and advocate Krysten Harlow delivers a new world of info herein Benefits to the body, mind, and soul from following Hygge . . . Links between hygge and happiness . . . How to make your home more hygge . . . How to duly declutter your space . . . How to experience togetherness through hygge in entertaining . . . How to implement Hygge at work . . . Why warmth matters in homes . . . Ways to hygge your look and style . . . Applying hygge to your everyday diet . . . Hygge activities, exercises, stories, and much, much more! Be your best version. Live life to its fullest. Discover hygge today!

The Book of Hygge

"One of the best guides to creating a more socially connected and rewarding life."—Shelf Awareness Whether you're seeking mindfulness gifts, meditation gifts, or are looking for a way to bring calm and comfort into your home, hygge is the solution. Hygge (hoo-gah) is a Danish word for a feeling of being warm, safe, comforted, and sheltered—an experience of belonging to the moment and to each other. When life gets hectic, work grows stressful, and the days fly by, unplug and tune in. This definitive guide to hygge deserves a place on your coffee table—and in your heart. Hygge anchors us, reminding us to slow down, to connect with place and with one another, to dwell and savor rather than rush and spend. When you curl up by the fire with a blanket, or have a simple meal with friends, that is hygge. When you acknowledge the sacred in the secular, or focus on people rather than things, or when you express love through small gestures, that is hygge. The Book of Hygge is an invitation to welcome abundance and contentment into your life. It is a call to live more fully by focusing on what moves you. This beautiful gift book is packed with full-color photographs and instructive meditations on relishing the everyday. It is your essential guide to cultivating the coziness that has made Danes the happiest people in the world. A perfect gift, *The Book of Hygge* is designed with an unjacketed, textured cover and crisp, clean interiors. As seen in the *The New Yorker*.

Hygge

Discover the secret to a happier, more fulfilling life with "The Art of Cozy: A guide to embracing hygge." This groundbreaking eBook by acclaimed author Maarja Peebo takes you on a journey to embrace the Danish concept of "hygge," a uniquely Scandinavian approach to living that emphasizes comfort, warmth, and an appreciation for life's simple pleasures. In this book, Peebo provides practical, easy-to-follow guidance for incorporating the hygge lifestyle into your daily routine. You'll learn how to create a cozy home environment, prepare comforting meals, and practice mindfulness and self-care techniques that promote inner peace and balanced well-being. Whether you're looking for ways to reduce stress, increase happiness, or simply add a touch of warmth to your daily life, "The Art of Cozy" is the key to unlocking the hygge lifestyle and discovering the true meaning of contentment. So why wait? If you're ready to live a happier, more fulfilling life, order your copy of "The Art of Cozy" today and start your journey to embracing hygge!

The Art of Cozy

Hilarious tongue-in-cheek guide to the Danish "hygge" lifestyle. This book came about after a particularly hyggelig evening in December 2015. I had just lit my pleasing contemporary wood-burner and was sitting back, gløgg in hand, listening to Terj Dørk's classic drøn jazz album "Tepid in Taarstrup". I found myself reflecting on the fact that we are the World's Happiest People™. Wasn't it time, I thought, we shared our secret? I immediately called around three of the Institute of Wellbeing's brightest young researchers: Freja, Olaf and Sofia. We sat together snug in my pure wool 'foursie', bathed on soft fire-light, and talked long into the evening. The idea came over us unexpectedly. We would publish a book, explaining hygge for the betterment of all mankind. I'm delighted that we have succeeded. And I hope our efforts will help you to find your own hygge-topia. Held og lykke!" Dr Magnus Olsensen Director, Institute of Wellbeing, Aarhus *** The Danish "hygge" (pronounced 'huhhpg-ghuhrr') lifestyle is all about feeling snug, gentle, warm and satisfied - ideally, self-satisfied. But how should you go about finding your special cosy place? Let Dr Magnus Olsensen be your hilarious guide to finding hygge in every area of your life - from the office to the bedroom. Hygge is derived from the Old Norse words hig, meaning cosy, and ger, meaning fire hazard. It is, in essence, a state of mind. (One that is heavily dependent on candles.) For some, achieving hygge will come easily. Others may have to work a little harder. But if you put in the hours - and follow the guidance in Say Ja to Hygge! - you will find your own hygge-topia. You will have become, in spirit, Danish. And - as the old song goes - there is nothing like a Dane! This truly hilarious send-up of hygge culture is a work of timely comic genius.

Say Ja to Hygge!

Why are the people of Denmark the happiest in the world? The Danish cultural phenomenon of Hygge is taking the world by storm. The Danish people have been rated the happiest in the world in various studies. The reason for this is that the people of Denmark embrace the simple things in life. Hygge is a concept, a feeling, a mindset. There is no direct translation for the word Hygge. Hygge is not a word with a simple definition, hygge is so much for that. It's a mindset of embracing the simple joys in life such as curling up in front of a roaring fire, getting up early to have breakfast with your loved ones, enjoying the crisp winter days, the list is endless! In this book, you will discover how to adopt the Hygge concept into your life to transform your home, family life, health and overall wellbeing. So stop the rat race, turn off social media and relax with this book of Hygge and embrace this Danish concept of cosy simple living.

Hygge

HYGGE Do You Want to Know What Makes Denmark The Happiest Country in The World? Click Add To Cart And Discover Everything You Can About Hygge. The great thing about Hygge is that it is something that you can enjoy all year long. It is a feeling of being grateful and just happy for what you have in life, being able to spend time with the ones you love, and being able to find an escape from the world no matter what is going on. This book is going to really explain Hygge in more detail and can it can help you gain this happiness in your own life. **WHAT IS HYGGE? HYGGE PRINCIPLES AND LIFESTYLE HYGGE AT HOME HYGGE AT WORK HYGGE AND RELATIONSHIPS HYGGE FAMILY HYGGE ON HOLIDAY HYGGE CLOTHES HYGGE RECIPES HYGGE 29 CHALLENGE** Don't miss out on this new guide to Hygge. All you need to do is scroll up and click on the buy now button to learn all about it!

Hygge

~~£55~~ 55% OFF for Bookstore! NOW at \$ 37,95 instead of 47,95! Your customers will never stop to read this book! -----AMSP LTD The Danish Lifestyle Trend: coziness, comfortable conviviality, wellness, happiness (and tons of candles too!) This book will bring you Hygge, lots of it! Wait, did you say HYGGE? Yes, you heard right! HYGGE is the Danish idea of coziness, comfort, bliss and health (and everything great). Using our day by day prompts, this book shows you how to take in coziness, comfort and joy into your daily life, and how to enjoy your life to the fullest. Hygge will prompt you to act instead of taking things lying down and start appreciating nature, friends, family, the world around you. The Danes (bless them!) seem to have found the secret of happiness: Hygge! Their icy winters gave them this amazing idea: they said (probably - we weren't there and also if we were, we don't like to eavesdrop!) "what if we stay in, light a few candles (who doesn't love a scented candle?), cook some yummy food, put on some music and watch the snow falling down? If we invite some friends over, that's the icing on the cake!" (by the way, have you ever tried Danish cakes? They are to die for!) "Hey wait! I have no friends, no family but I've got candles to burn (literally!). What am I gonna do? I can't be Hygge then!" Hold on to your hat ... of course you can! Make some tea (or hot cocoa or whatever you're partial too, really), grab a warm blanket, put on some music and you're all set! Hygge isn't a thing and it doesn't require learning or doing anything difficult or exhausting. Hygge can be simply described as the concept of finding happiness in small things. It is to a greater extent an inclination, a frame of mind. It's a psychological state more than a physical state. It is a way to deal with life, people and situations in harmony. Hygge crosses social barriers and has become a piece of the Danish culture. By living the moment, by appreciating every single second of the day the Danes have found a source of happiness in everyday life. Why not take a page from their books? Buy this book: you will see immediate improvements in your life. Never again surrender to pressure or boredom or sadness. It's never too late to start a new chapter of your life! Being Hygge has never been easier ... Click "add to cart" and don't forget to thank the Danes for this awesome concept!

Hygge

MAKE YOURS A HYGGE HOME THIS WINTER - AS SEEN ON THIS MORNING 'Such a beautiful book with so many suggestions for how we can get back to happiness. Just looking at it makes me happy' Holly Willoughby A gorgeous guide to the Danish art of creating a cosy, happy home from the internationally bestselling author, Meik Wiking. Our homes should be a place of comfort, a place to feel safe when we shut the door. Somewhere to be ourselves, to unwind and create special memories. Inspired by Danish design and traditions, this beautiful new book from Meik Wiking shares how to turn your home into a sanctuary and live like the happiest people in the world. With simple tips based on new research from The Happiness Institute in Copenhagen, this book reveals what makes a happy home tick. No matter how much space you have or what your budget is, Meik shows how you can use colour, light and space to create your happy place and celebrate cosiness the Danish way. Get your copy of the latest book from the author of THE LITTLE BOOK OF HYGGE now! 'I love it, I love it, I love it. Just reading this makes you more content' Chris Evans

My Hygge Home

Hygge (pronounced "hoo-gah") is a Danish word that describes the feeling of being cozy, comfortable, and at peace with the world. It's almost impossible to translate to English, and it's probably the reason that Denmark is one of the happiest countries in the world. According to the London Evening Standard, hygge takes us beyond mindful meditation and adult coloring books and introduces us to a comfortable, warm, relaxing lifestyle exemplified by those in Denmark. The Joy of Hygge is packed with recipes to warm you on a winter's evening, craft ideas for decorating your home, and inspirational suggestions for enjoying the magic of everyday pleasures. Learn how to make your life more hyggelig by:

- Creating a snuggly pair of hand-knitted socks
- Filling your house with more light and nature displays
- Building a cozy campfire for friends and family
- Taking advantage of picnics, bike rides, and woodland walks
- Appreciating the natural wonders that surround us every day
- And more! Remember—a little hygge brings a lot of happiness.

The Joy of Hygge

HYGGE: change your perspective Can you remember moments from your life that were pure bliss? Moments that convinced you that this right here, this is why we're on this earth? Did you think of big moments like your engagement, or seeing a landscape in an exotic country? What if you could feel like

this more often? What if your morning coffee became a ritual of peace? Things that remind us about life's joy don't have to come in the big moments. Through practicing hygge, you can see the beauty in life every day. The best part is it's not complicated at all - quite the opposite in fact! Hygge is a focus on the beauty in simplicity. It's setting aside the hectic business we so often experience in the modern world, and finding joy in small moments. It's savoring a glass of your favorite wine with an old friend. It's stepping into your garden in a still moment and listening to the snow melt into tiny streams, signaling the beginning of spring. Hygge is stopping to take in the small, simple moments and appreciating them for the bursts of calm, peace and joy they bring to us every day. You don't need to change your life to practice hygge, you just need to change your perspective.

CONTENTS INTRODUCTION
What is Hygge? Bridging the cultural gap Hygge may call to you for lots of reasons Get started The Commercialization of hygge Not just a lifestyle trend HYGGE YOUR MIND Mindfulness Consciously Slow down Practice being positive Practice being grateful Meditation HYGGE YOUR SPACE Your town Home Office Shopping Fire Food Update your lounge wear MAKING NOT SO HYGGE MOMENTS HYGGE Outside Hygge by the Ocean: Rainy Days Off-season HYGGE IN ALL SEASONS Winter The Christmas season Spring: new beginnings, hope, wonder Summer: warmth in the air, lush greenery, relaxed atmosphere Fall: hot cider, pumpkins, plaid and your favorite socks HYGGE YOUR LIFE (TIME) Make time for hobbies Remember to create Hygge in the big moments HYGGE FOR THE TRAVELER SHARING HYGGE WITH YOUR LOVED ONES Family & friends: build a sense of community Choosing relationships carefully Improve the quality of your interactions with family and friends Be forgiving No controversy in hygge moments HYGGE ON YOUR OWN Coziness in different times of the day Love the simple things Manage your tech - embrace the benefits of unplugging All the other tech A smack upside the head for workaholics, perfectionists and self-proclaimed type A's. Taking care of yourself: exercising and eating well Related concepts: lagom and minimalism CONCLUSION

More Than Just Candles

Step into the cozy world of Danish cafés with "Hygge Delights," a captivating cookbook that invites you to savor the warmth, comfort, and mouthwatering flavors of Danish café cuisine. Explore the charming ambiance, delightful treats, and rich traditions that have made Danish cafés beloved worldwide. From the first pages, you'll be transported to a world of hygge, the Danish concept of coziness and contentment. Discover the essence of Danish café culture as you dive into a delightful collection of recipes that capture the heart and soul of Danish culinary artistry. Indulge in traditional Danish breakfast delights, from the iconic rye bread with assorted toppings to fluffy pancakes dripping with jam and powdered sugar. Immerse yourself in the enchanting world of Danish pastries, from flaky Wienerbrød to irresistible poppy seed Tebirkes. Explore the art of creating visually appealing smørrebrød platters, showcasing open-faced sandwiches adorned with herring, smoked salmon, roast beef, pickled vegetables, and creamy spreads. Delight in the flavors of Danish café soups and salads, with creamy seafood chowder and tangy red cabbage salad taking center stage. Satisfy your sweet tooth with Danish cinnamon swirls, classic rice pudding, creamy layer cakes, and decadent chocolate creations. And as you sip indulgent hot chocolate, Danish mulled wine, or herbal teas inspired by Danish botanicals, you'll experience the comforting embrace of Danish café specialties. Beyond the recipes, "Hygge Delights" offers glimpses into Danish café traditions and celebrations, allowing you to immerse yourself in the vibrant café culture. Discover the joy of cozy gatherings, book clubs, live music, and the art of hosting your own Danish-inspired soirée. With "Hygge Delights," you'll not only master the art of Danish café cuisine but also embrace the hygge lifestyle, finding moments of joy, togetherness, and delicious nourishment in the simple pleasures of Danish cafés. Indulge in the hygge delights of Danish café cuisine and embark on a culinary journey that will warm your heart and tantalize your taste buds. Whether you're a seasoned cook or a culinary adventurer, this book is your passport to a world of cozy, comforting, and utterly delicious Danish café delights.

Hygge Delights

Denmark consistently ranks as the happiest country on the planet. Reason? One word (many emotions) - hygge. Hygge is the fine art of creating comfort, intimacy and coziness to warm your soul. It is seeking pleasure from things that soothe the spirit. Hygge is more a feeling than anything else. It is tucking into pots of delicious warm food with friends or cuddling up on a cushy sofa with a loved one. How about sitting by the fireplace with hot cup of cocoa and enjoying crisp mornings with your favorite book in hand? In its truest sense, hygge is comfort of the soul. How does one feel and create hygge? Hygge: 25 Secrets From The Danish Art of Happiness, Getting Cozy And Living Well tells you everything you need to create the perfect hygge. From little known native traditions to actionable expert tips to creative

twists to existing ideas, the book is packed with everything warm and hygge. Here's a sneak peek at what you can look forward to: What is hygge and how the Danes use it to stay happy all the time? 8 Amazing tips for creating the perfect hygge home Be the ultimate hygge host with our social hygge tips 10 winter hygge tips that will help you enjoy uncomfortable winters like a boss Plus bonus tip and lots of interesting and cozy hygge ideas to stay happy, get cozy and live well - The Danish way So what are you waiting for? You should get this book now and learn everything about hygge!

Hygge

Hygge Series Book #1 Does the hustle and bustle of modern living overwhelm you at times? Are you looking for a way to feel a sense of calm and ease in your own home? If you typically find yourself feeling stressed about how busy the world is today and are looking for a way to slow things down a bit in order to find more enjoyment out of life on a daily basis, then this book is definitely for you! Grab this book, *Hygge: An Introduction to the Danish Art of Cozy Living* to start learning the secrets of how you can start to live a life that is primarily filled with joy, pleasure, and a sense of safety. After reading about what the hygge lifestyle can offer you, you'll have a much better understanding of why this type of lifestyle has become so trendy and popular in recent years. Imagine a world where you feel stress-free whenever you're at home or in the presence of people about whom you truly care. When you're able to design a life of comfort, you're going to find that happiness is going to flow into your life at a faster pace than you've ever imagined possible. If happiness is what you truly value over all other material possessions, then it is essential that you start to integrate hygge principles into your life, sooner rather than later. Once you've surrounded yourself with comfort and pleasure, your world will be primed and ready for the happiness that will inevitably come with this pursuit. It's that simple. This book is going to provide you with the following information regarding the hygge lifestyle: What hygge is and how it originated Home decorating techniques that you can use in conjunction with hygge ideals How to enhance your relationships through hygge Tips on how activities that will promote a greater sense of calm in your life Why hygge is important for your mental health and clarity And so much more! With your happiness on the line, it's important that you read *Hygge: An Introduction to the Danish Art of Cozy Living* right away!

Hygge

Would you like to find something that offers relaxation, happiness and contentment, all rolled into one? Do you sometimes feel like your life is a mad rush without ending or meaning? In today's world, we all experience some hectic days in our careers, family, and social lives. Hygge is a way of being. It's the feeling of being protected, safe in a warm refuge. Hygge is our desire to share. It is an individual experience and at the same time of communion with others and with places that give us courage and consolation and where we find certainty and stability. Incorporando Hygge nella tua vita, scoprirai come posare il telefono, raccogliere quella ciotola, pennello o altro sogno che hai rimandato e immergerti nel presente con calore e connessione. The goal of this book: We will teach you a new perspective on life and how to embrace the idea of slowing down, appreciating the small things and seeing the beauty in everyday moments. Here's just a fraction of what you get with this book: - Hygge's origins and why it matters in today's world - Hygge and mindfulness - How to incorporate Hygge into all aspects of your life - even if you're on a budget - How hygge helps happiness and why you should practice it - How Hygge is more than just a concept - How to have a Danish day - And much more!

Hygge

Equal parts cookbook and lifestyle guide, this cozy little book shows you how to cultivate comfort and contentment and embrace life's small pleasures with the Danish practice of hygge. Hygge (loosely translated as "coziness") is centered around the idea of inviting comforting elements into day-to-day life while creating warmth, community, and intimacy. The *Hygge Life* teaches you how small gestures (putting wool blankets and warm cider out for guests) or larger undertakings (building bonfires and making campfire bread to celebrate solstice) can warm the psyche and foster hygge, with more than 30 recipes for cozy and comforting food and drinks.

The Hygge Life

Hygge Habits This book brings a popular Danish concept of living, hygge to you with a simple, easily understandable guide on how to embrace this lifestyle that most certainly brings more happiness and cheerful moments your way. This term hygge roughly translated means a feeling of well-being and cozy

contentment and it really is bringing you plenty of happy vibes as soon as you embrace it. The book covers everything you need to know on this Danish concept with small tricks and tips on how to follow it correctly no matter at which part of the world you live in. Hygge is one of the main reasons why Denmark is at the very top of those the happiest countries in the world as the Danes have been following this concept for decades. Now, with this book, you can finally catch on to this magnificent lifestyle right away. Here Is a Preview of What You'll Learn Here... What is hygge? What you should bring hygge into your life What is Danish contentment How to embrace hygge elements Which hygge basics you need to know What are hygge essentials you can bring to your home Different hygge seasons What are the main benefits of embracing this lifestyle And much much more... Get this book NOW and bring more happiness and cheerful moments into your life now!

Hygge Habits

HYGGEA Small & Cozy Book With Secrets To Minimalist And Cozy Living Over the last three to four years hygge has become a common name in the lips of lifestyle experts. It's believed this approach to living originates in Denmark. While they are certainly seen as the home of hygge the simple truth is this lifestyle approach already exists across the globe. If you're looking for a way to get more out of life, to feel more satisfied, without having to spend a fortune then you're going to need to take a look at hygge. At a time when more and more people are suffering thanks to a pandemic with no end in sight, hygge can teach us all how to embrace what we already have. It may not seem like it but you already have far more than you realize, this lifestyle approach will help you to find the joy in life and maintain it, no matter what happens. Take a look at this short book to discover what hygge really is, where it originated from, how you can apply it to your daily life, and the common issues to be wary of. Hygge offers the opportunity to find happiness in a world that appears to be in constant turmoil. That's a rare gift and one worth embracing. Scroll up now and click Add to Cart for your copy and release the holiday spirit!

Hygge

The Danes have discovered the secret to happiness and they are finally sharing it with the world. That secret is hygge. This Danish cultural phenomenon has taken the world by storm with thousands of people around the globe now embracing this Danish concept of cosy and simple living. Denmark has been voted the happiest country for the past 40 years. Wouldn't you love to learn their secret to happiness? This book will help you to be happy every single day! We will learn about how hygge can help us feel satisfied and happy.* Wouldn't it be wonderful to de-stress, relax and take a break from our busy lives? But how can we do that? Hygge can help us unwind and enjoy the little things in life.* Technology seems to drive families apart even when they are sitting in the same room. How can we use hygge to bring our family together and give us a sense of belonging? * How can we create the perfect atmosphere for relaxing and feeling hygge? Everyone can embrace the hygge mindset, hygge does not discriminate, anyone from any walk of life can live a more hygge lifestyle. A smile is your face celebrating life and when we smile it is passed on to those around us. Grab your copy now!

Keep Calm and Hygge

Fed up with the hectic pace of modern day living? Well then, curl up with this book, a cosy blanket, some hot chocolate and learn how to embrace the Danish concept of cosy and simple living. Growing up in Denmark I never knew us Danes were different. Of course being different is not always a bad thing! In my early twenties I moved to New York to study interior design. It was during my time in New York that I realized the importance of hygge. Everyone seemed so busy, so stern looking and so stressed! After spending two long years in New York I decided I had to spread the word about "Hygge" and so I wrote my book "Hygge: A Danish Concept of Simple & Cosy Living. Us Danes have been voted the happiest in the world for the past 40 years in numerous studies. In this book I give away the secret to our happiness and explain how you too can embrace the concept of hygge to live a calmer more enjoyable lifestyle. The great thing about hygge is everyone can embrace the hygge mindset of cosy and simple living. Hygge will allow you to create closer bonds with your loved ones, enjoy the simple miracles in life which occur each day and enjoy the winter instead of dreading it! A great gift this holiday season!

Hygge

