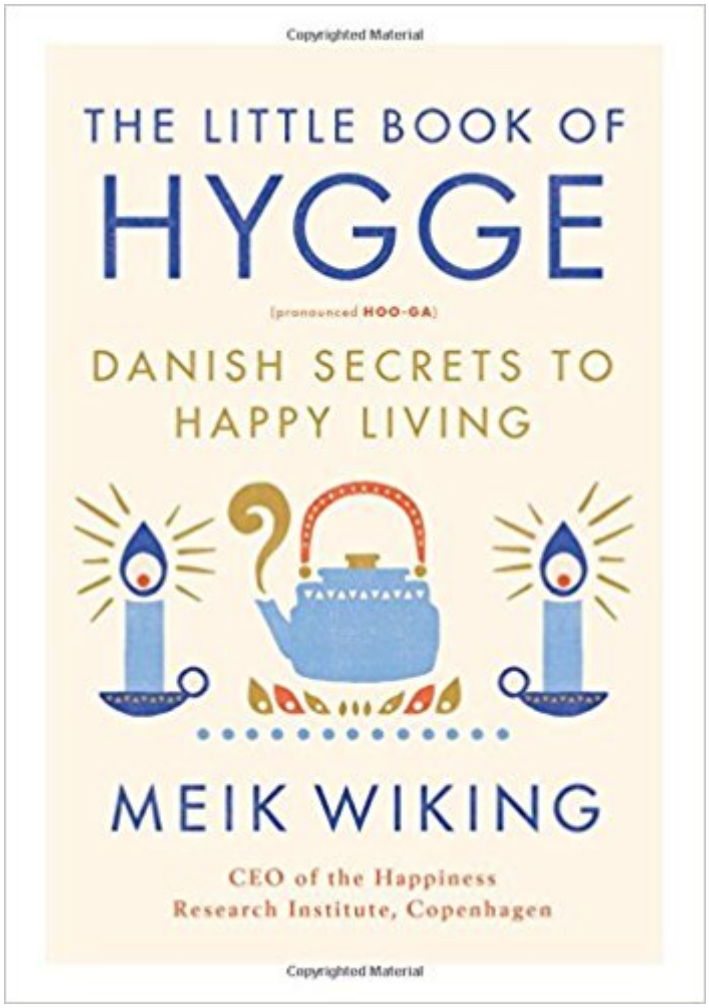
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The Little Book Of Hygge: Danish Secrets To Happy Living



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Synopsis

New York Times BestsellerEmbrace Hygge (pronounced hoo-ga) and become happier with this definitive guide to the Danish philosophy of comfort, togetherness, and well-being.Why are Danes the happiest people in the world? The answer, says Meik Wiking, CEO of the Happiness Research Institute in Copenhagen, is Hygge. Loosely translated, HyggeÃ¢â ¬â •pronounced Hoo-gaÃ¢â ¬â •is a sense of comfort, togetherness, and well-being. "Hygge is about an atmosphere and an experience," Wiking explains. "It is about being with the people we love. A feeling of home. A feeling that we are safe."Hygge is the sensation you get when youÃ¢â ¬â„¢re cuddled up on a sofa, in cozy socks under a soft throw, during a storm. ItÃ¢â ¬â„¢s that feeling when youÃ¢â ¬â„¢re sharing comfort food and easy conversation with loved ones at a candlelit table. It is the warmth of morning light shining just right on a crisp blue-sky day.The Little Book of Hygge introduces you to this cornerstone of Danish life, and offers advice and ideas on incorporating it into your own life, such as:Get comfy. Take a break.Be here now. Turn off the phones.Turn down the lights. Bring out the candles.Build relationships. Spend time with your tribe.Give yourself a break from the demands of healthy living. Cake is most definitely Hygge.Live life today, like there is no coffee tomorrow.From picking the right lighting to organizing a Hygge get-together to dressing hygge, Wiking shows you how to experience more joy and contentment the Danish way.

Book Information

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Customer Reviews

Ã¢â ¬Å“The Little Book of Hygge, which is already a best seller in BritainÃ¢â ¬Â¦ is the most

engaging of what is becoming a full-fledged lifestyle category.Ã¢â ¬Â• (New York Times)Ã¢â ¬Å“Infectiously positive... the best beginnerÃ¢â ¬â„¢s guide.Ã¢â ¬Â• (Mail on Sunday)Ã¢â ¬Å“This book explains everything you need to know about the Danish art of living well.Ã¢â ¬Â• (Metro)Ã¢â ¬Å“Meik WikingÃ¢â ¬Â¦knows the secret to happinessÃ¢â ¬Â¦[he] has written a gorgeously designed Ã¢â ¬Â¦guide to the Danish state of being that embraces coziness, sociability, thankfulness and comfort food.Ã¢â ¬Â• (The Times (London))Ã¢â ¬Å“The Little Book of HyggeÃ¢â ¬Â¦ may just be your passport to bliss.Ã¢â ¬Â• (Real Simple)Ã¢â ¬Å“Meik WikingÃ¢â ¬Â¦[cites] psychological research showing that close social relationships and time spent socializing, eating, and relaxingÃ¢â ¬Â¦ tend to be the greatest drivers of joy.Ã¢â ¬Â• (Elle)Ã¢â ¬Å“Much has been made, as of late, of the Danish philosophy of hyggeÃ¢â ¬Â¦And a new tome, The Little Book of HyggeÃ¢â ¬Â¦ instructs on how to use the practice to cure the ailments of the modern world.Ã¢â ¬Â• (InStyle)Ã¢â ¬Å“DenmarkÃ¢â ¬â„¢s concept of supreme coziness and comfort has taken the world of interiors by stormÃ¢â ¬Â¦But the concept of hygge doesnÃ¢â ¬â„¢t just apply to your home. As I learned in the cute hygge reference book The Little Book of HyggeÃ¢â ¬Â¦ you can hygge anything.Ã¢â ¬Â• (Vogue.com)Ã¢â ¬Å“The world fell head over fuzzy-sock-clad-heels for the Danish concept of hyggeÃ¢â ¬Â¦Meik Wiking (author and CEO of the Happiness Research Institute) breaks down the concept of hygge into a simple, 10-part manifesto.Ã¢â ¬Â• (Popsugar)Ã¢â ¬Å“A charming, illustrated guide to the hygge essentials. ItÃ¢â ¬â„¢s like the ultimate hygge initiation.Ã¢â ¬Â• (The Dallas Morning News)Ã¢â ¬Å“Comfort, coziness, warmthÃ¢â ¬â •thatÃ¢â ¬â„¢s what Hygge is. ItÃ¢â ¬â„¢s tailor-made for turbulent times, and this guide from Denmark can help you find it.Ã¢â ¬Â• (People)Ã¢â ¬Å“A thorough and genuinely helpful little life bible that youÃ¢â ¬â„¢ll find yourself coming back to time and again. Hooray for hygge--it will make you happier, fitter and slimmer!Ã¢â ¬Â• (Heat)Ã¢â ¬Å“Ever wondered why Denmark is always ranked one of the happiest places on earth? Well, thatÃ¢â ¬â„¢s down to hygge. And want to know what hygge is? Then read this book.Ã¢â ¬Â• (Daily Mail Ireland)

New York Times bestsellerGet consciously cozy.The Danes are famously the happiest people in the world, and hygge is a cornerstone of their way of life. Hygge (pro-nounced Hoo-ga) loosely translates as a sense of comfort, togetherness, and well-being. You know hygge when you feel it. It is when you are cuddled up on a sofa with a loved one, or sharing comfort food with your closest friends. It is those crisp blue mornings when the light through your window is just right. It is about gratitude and savoring the simple pleasures in life. In short, it is the pursuit of everyday happiness.Who better than Meik Wiking to be your guide to all things hygge? Meik is the CEO of the

Happiness Research Institute in Copenhagen and has spent years studying the magic of Danish life and what makes people happy. From bringing out the candles and spending time with your tribe to giving yourself a break from the demands of healthy living (cake is most definitely hygge), MeikÃ¢â ¬â„¢s beautiful, inspiring book will help you to be more hygge.

Thorough, clear, and with a sprinkling of snark make this the best book I've read on "hygge," and I've read LOTS of them. Still looking for someone who can translate the concepts of summer hygge-ing from the cool, crisp woodlands and beaches of Scandinavia to the soggy, humid, bug-infested backyards of America though.

Such a cute little book. Very nice for just casual reading. Has good ideas and isn't too much like "if you don't do what this book says your life will be miserable". In other words, good suggestions made without pressuring the reader.

I enjoyed this book and it definitely hit home on some chapters I just found it quiet repetitive and the recipes not needed .... in my opinion

A good read for some perspective about Life!

Love this book! Very glad I ordered it!

Great entertainment. Read if you wanna know why danes act like they do.

This book is a recipe for savoring every moment and creating an environment that is conducive to even more happiness on a daily basis. Cozy and comfortable will become your new mantra!

Interesting little book, arrived quickly and well packaged. Item as described.

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