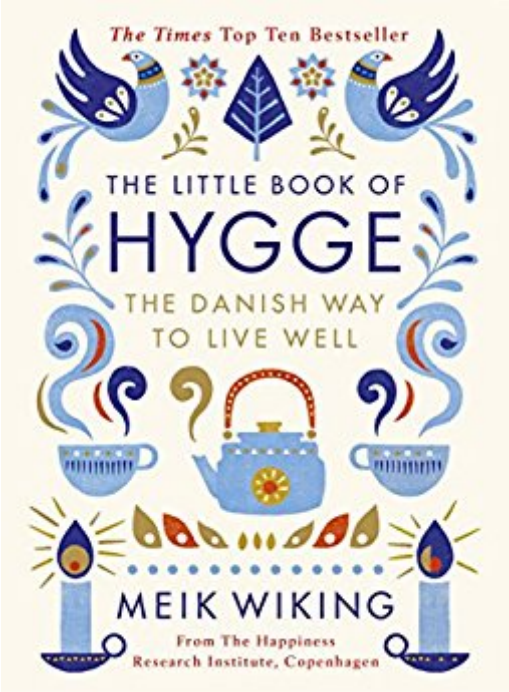
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The Little Book Of Hygge: The Danish Way To Live Well (Penguin Life)



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Synopsis

Denmark is often said to be the happiest country in the world. That’s down to one thing: hygge.’Hygge has been translated as everything from the art of creating intimacy to cosiness of the soul to taking pleasure from the presence of soothing things. My personal favourite is cocoa by candlelight...’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.Who better than Meik Wiking to be your guide to all things hygge? Meik is CEO of the Happiness Research Institute in Copenhagen and has spent years studying the magic of Danish life. In this beautiful, inspiring book he will help you be more hygge: from picking the right lighting and planning a dinner party through to creating an emergency hygge kit and even how to dress.Meik Wiking is the CEO of the Happiness Research Institute in Copenhagen. He is committed to finding out what makes people happy and has concluded that hygge is the magic ingredient that makes Danes the happiest nation in the world.

Book Information

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Customer Reviews

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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