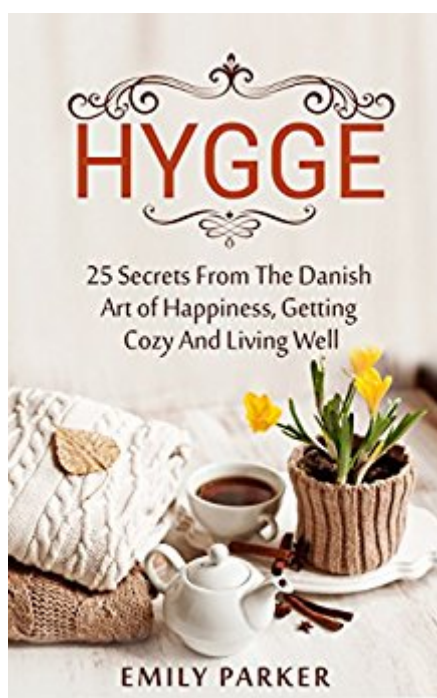


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# Hygge: 25 Secrets From The Danish Art Of Happiness, Getting Cozy And Living Well



## Synopsis

#1 BESTSELLER 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!

## Book Information

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## Customer Reviews

Having lived in Copenhagen, I wanted to be reminded of their magical hospitality, and to determine whether or not anyone could properly portray it. It is a bit like describing love, and it may have any aspect of that very thing. The author does a good job of suggesting ways to achieve the cozy situation. There is much insight into the joy of Danish life. It can set the reader on the search for hygge. CS

This book wasn't that informative and kind of over-generalized things and didn't provide a basis for the knowledge in it. References and sources would have been better than just saying "Danes do this," and talking about how hygge is mostly blankets and woolen rugs and candles and togetherness. I found it uninspired.

I had never heard of the Danish concept of "Hygge" before this book, but I have to say I absolutely loved it! I guess you could say it's sort of the same concept as "mindfulness" but not exactly. If the idea of slowing down, of appreciating the small things in life and seeing the beauty in everyday moments appeals to you, you will love this book!

I am glad I found this gold nugget. It is short, but very much to the point, explaining the concept of Hygge. I liked it a lot, so much, that I am going to put into practice some of the many ideas found in this book. Grea!

This is one of the several recent books on it that is lovely and I encourage you to read it for some positivity. This book will help you to learn all that you need to about living a hygge life. I highly recommended this book.

Since I was in Copenhagen last week, I thought I would try the book. At the airport there were stacks of this book. Its short and simple but not a great book. If you love all things Dansk, try the little book!

Awesome book.....lets you know all there is to know on the subject.

This is a very informative introduction to the art of hygge. If you are starting out on learning what the concept of hygge is and what it involves this is the the book for you. I liked that everything was written in short bursts but with loads of information. I am definately going to use this as a guide to create hygge in my home.

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