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kind of an explanation as to what Hygge is - a Danish word that is kind of all about the essence of feeling cozy, warm and safe and snuggly - and how to incorporate it into your life.

### **The Little Book of Hygge: Danish Secrets to Happy Living**

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The Little Book of Hygge is a small collection of everything that is right in the world. Hygge is a term that doesn't have a literal translation in many languages, but it is a concept that everyone is familiar with: that sense of warmth, comfort, cosiness, belonging, safety.

### **The Little Book of Hygge: The Danish Way to Live Well by**

...

The most beautiful guide to the Danish custom of hygge, the everyday life philosophy for better living. Hygge is a feeling of belonging and warmth, a moment of comfort and contentment.

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This beautiful little book will help you to find hygge and embrace it every day.

### **The Book of Hygge: The Danish Art of Living Well by Louisa ...**

The Little Book of Hygge, which is already a best seller in Britain... is the most engaging of what is becoming a full-fledged lifestyle category. New York Times Much has been made, as of late, of the Danish philosophy of hygge...And a new tome, The Little Book of Hygge ... instructs on how to use the practice to cure the ailments of the modern world.

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### **The Book of Hygge by Louisa Thomsen Brits: 9780735214095 ...**

One of the most data-rich of the recent profusion of Dane-books, The Little Book of Hygge by Meik Wiking (Penguin Life, £9.99), is the one that gets fastest to the “dark side of hygge”: “Danes are...

### **The Book of Hygge review - can the Danes really teach us**

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Free download or read online The Little Book of Hygge: The Danish Way to Live Well pdf (ePUB) book. The first edition of the novel was published in 2016, and was written by Meik Wiking. The book was published in multiple languages including English, consists of 240 pages and is available in Hardcover format.

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## **[PDF] The Little Book of Hygge: The Danish Way to Live**

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The Book of Hygge: The Danish Art of Living Well by Louisa Thomsen Brits This beautiful little book delves into the philosophy of hygge itself to help readers find and embrace hygge every day. Make a pot of coffee, relax in your favourite chair and discover for yourself how life is better with hygge.

## **19 Hygge Books To Cozy Up With On A Winter Night - BOOK RIOT**

“The little book of Hygge” is written by Meik Wiking. First I would like to introduce this author a little bit. He is CEO of the Happiness Research Institute in Copenhagen. What an awesome job, isn't it?

## **The Little Book of Hygge Summary - Ellina's Life Space**

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The Little Book of Hygge is the definitive, must-read introduction to hygge, written by Meik Wiking, CEO of the Happiness Research Institute in Copenhagen. The book is packed full of original research on hygge, conducted by Meik and his team, along with beautiful photographs, recipes and ideas to help you add a touch of hygge to your life.

### **The Little Book of Hygge: The Danish Way to Live Well ...**

Author Meik Wiking's "The Little Book of Hygge" functions as a guide to the philosophy for those of us starting from scratch, and includes pro tips like what to pack in your hygge "emergency kit"...

**What is hygge? 'Little book of Hygge' explains Danish ...** about. New York Times Bestseller. Embrace Hygge (pronounced hoo-ga) and become happier with this definitive guide to the Danish philosophy of comfort, togetherness, and well-being.

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## **The Little Book of Hygge - HarperCollins**

Hygge (/ ˈ h (j) uː g ə /; Danish: ; Norwegian: [ˈhʏɡːə]) is a Danish and Norwegian word for a mood of coziness and comfortable conviviality with feelings of wellness and contentment. As a cultural category with its sets of associated practices hygge has more or less the same meanings in Danish and Norwegian, but the notion is more central in Denmark than in Norway.

## **Hygge - Wikipedia**

"In other words, what freedom is to Americans... hygge is to Danes," Wiking says in his book *The Little Book Of Hygge*. This national obsession with all things cozy is credited as one of the reasons why Denmark is always at the top of the list of the world's happiest countries, despite their infamously miserable winters.



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## **What Is Hygge? How to Enjoy the 'Cozy' Danish Lifestyle in ...**

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Here are 3 lessons from The Little Book of Hygge: Hygge is a special approach to happiness and not just an idea, but a mood, a feeling, an activity even. Atmosphere is a big part of hygge, so you should make a conscious effort to create the right environment for it. You can live and experience hygge anywhere and anytime, it is unlimited.

## **The Little Book Of Hygge Summary - Four Minute Books**

About the Author Louisa Thomsen Brits is of English and Danish heritage. Hygge is the language of belonging that she learned

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from her Danish family as a child when she spent vacations with her relatives in Denmark.

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