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



HYGGE

The Danish Art of Finding Happiness in Simple Pleasures

By Julia Edwards



Synopsis

Did you know that Denmark is one of the happiest countries on earth? Do you know why? Itâ™s because of hygge. Hygge, pronounce hoo-gah, is relaxed way of living in Scandinavia. It embraces family and kinship. People who follow hygge are more relaxed because they embrace their life, and find ways to relax and have fun every day. They have a cozy soul. Sounds weird, maybe, but would rather have a cozy soul or frazzled, stressed soul? Hygge isnâ™t hard to adopt either. This book will cover everything you need to know about hygge and how to adopt the practice into your life. In this book you will find:- The history of hygge- Hygge recipes- How to make a hygge home- The importance of Christmas- Hygge clothing- And so much more. With hygge you learn to enjoy things that are soothing like a nice warm cup of tea, a pair of fuzzy slippers, a comfy warm blanket, and warm plate of cookies. Hygge isnâ™t something you can buy online, nor is it a pill you can take, itâ™s a feeling that you just know when you have it. Itâ™s that fuzzy feeling you get in your heart when you are with family. Itâ™s that feeling on wondering on Christmas morning. And the feeling of new born baby in your arms. Thereâ™s not questioning it when you have found it. This book will help you to learn all that you need to about living a hygge life. It will also get you started learning some recipes that will make your home smell like a hygge home. So grab a copy of this book if youâ™re ready to change your life, and learn how to embrace the coziness and soothing things. Wrap up in your favorite blankets and light a few candles, and enjoy the read.

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Customer Reviews

I am really finding the idea of hygge useful to improving my life and calming my anxiety. This is one of the several recent books on it that is lovely and I encourage you to read it for some positivity.

I heard about Hygge before but never knew anything about it. I love the wellness and cosy feeling that you can get from the right environment given from Hygge. It becomes clear as to why the Danish are the happiest people in the world if they practice this way of life. This book covers topics like food and drink with tonnes of clearly laid-out recipes like Danish Sugared Potatoes or Icelandic Kebabs and 10 things you need to create the perfect Hygge Home.

I was not familiar with the hygge way of thinking and living but thanks to this book I learned more about this Danish lifestyle. The book explains the basic things that you need to know about hygge and will ensure you that you will be happy after implementing the ideas to your life. The book is easy to follow and understand. I will definitely check out more about this subject because I am triggered to learn more.

This book made me so incredibly happy while reading it. The phenomenon and idea of Hygge is something that appeals to my very soul, and it is something that I want to try and implement far more in my life than I already am. As my main resolution for this year is to stay happy, it seems inevitable that I would work towards the Hygge lifestyle.

This is my first time to encounter this type of relaxation. This really caught my curiosity. Reading this book is like a fresh of breath air. I can't wait to try this with my families and friends and escape the hustle and bustle of day to day life.

I knew nothing about Hygge before purchasing this book, and i learned a lot about creating a calming lifestyle and environment around me...highly recommend it.

I would have liked more ideas to make life more hygge and fewer recipes. This book will be a good start.

Lovely ideas for happiness. Classic scandinavian recipes.

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