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The Little Book of Hygge: Danish Secrets to Happy Living ...

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The Little Book of Hygge: The Danish Way to Live Well (Penguin Life) by Wiking, Meik at AbeBooks.co.uk - ISBN 10: 0241283914 - ISBN 13: 9780241283912 - Penguin Life - 2016 - Hardcover

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Loosely translated, Hygge—pronounced Hoo-ga—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.

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[The Little Book Of Hygge](#)

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.

[The Little Book of Hygge. The Danish Way to Live Well by ...](#)

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The Little Book Of Hygge Summary. 1-Sentence-Summary: The Little Book Of Hygge is about the hard-to-describe, yet powerful Danish attitude towards life, which consistently ranks Denmark among the happiest countries in the world and how you can cultivate it for yourself.

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"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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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. [The Little Book of Hygge: Danish Secrets to Happy Living ...](#) 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.

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The Little Book of Hygge . Home ; The Little Book of Hygge; Review : I should begin my review of The Little Book of Hygge with a confession: I hate winter. I hate everything about winter. I hate the snow. I hate the cold. I hate coats and hats and mittens. The months of January and February could be wiped off the calendar for all I care.

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"All books are hyggelig, but classics written by authors such as Jane Austen, Charlotte Bronte, Leo Tolstoy, and Charles Dickens have a special place on the bookshelf. At the right age, your kids may also love to cuddle up with you in the hyggekrog and have you read to them.

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