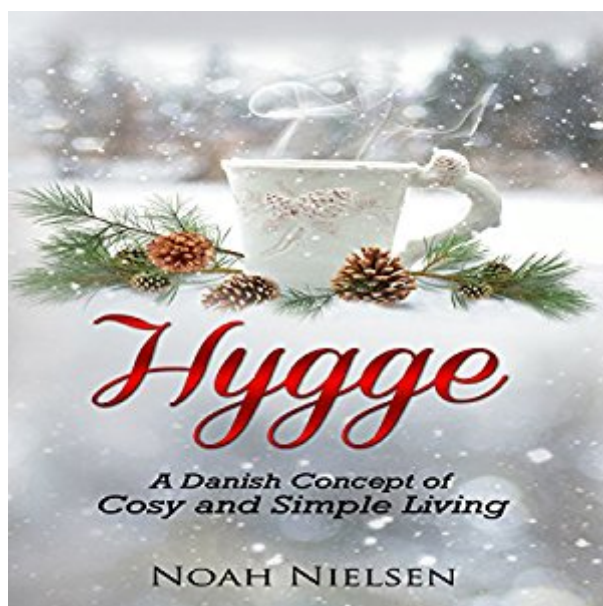


The book was found

Hygge: A Danish Concept Of Cosy And Simple Living



Synopsis

Fed up with the hectic pace of modern day living? Well then, curl up with this book, a cozy blanket, some hot chocolate, and learn how to embrace the Danish concept of cozy and simple living. Growing up in Denmark I never knew us Danes were different. Of course being different is not always a bad thing! In my early 20s I moved to New York to study interior design. It was during my time in New York that I realized the importance of hygge. Everyone seemed so busy, so stern looking, and so stressed! After spending two long years in New York I decided I had to spread the word about hygge and so I wrote my book *Hygge: A Danish Concept of Simple & Cosy Living*. Us Danes have been voted the happiest in the world for the past 40 years in numerous studies. In this book I give away the secret to our happiness and explain how you too can embrace the concept of hygge to live a calmer more enjoyable lifestyle. The great thing about hygge is everyone can embrace the hygge mindset of cozy and simple living. Hygge will allow you to create closer bonds with your loved ones, enjoy the simple miracles in life which occur each day and enjoy the winter instead of dreading it!

Book Information

Audible Audio Edition

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Customer Reviews

A good alternative from the usual How To Crush This and How to Win at That that seems to dominate . I was just looking for some guidance more toward the qualitative and this provided it. Some good and practical advice on how to get more out of less, and why even the term 'less' is

subjective, at best. Some of the advice contained here, if followed by more people, would benefit society overall. Good to see something that skips theory and focuses on the practical. There's a LOT in here and it's not a skimmable type of read, but well worth the time.

Hygge is a gathering of mindfulness, gratitude, meditation, downtime, family communion, and sensory awareness. Things are not so valued. Warm fuzzies in all things first. Great approach to life. Living in the moment and not worrying about tomorrow. Being happy with what is.

Total waste of money. Could have read this information online in a wiki post. Hygge is mindfulness...the Buddhists have been doing this for centuries and this is no "new idea"...left it at my laundromat to enlighten others.

A charming little book that was more lifestyle oriented than I had anticipated, but I think that was the point. Hygge is not just about candles and cozy fires. It could have used more thorough proof-reading.

The author presented the concept of Danish Hygge . It was an easy read. I felt that there was considerable repetition of ideas through several chapters. He seemed to revisit the concept of meditation to create Hygge under several chapter tropics.

Good book

I would really give this little book a 4.5. There is a bit too much emphasis on meditation. Meditation is fine, but this author seems to really push it. Otherwise, I was inspired to incorporate more hygge into my own life. I recommend the book.

I enjoyed reading this book, but it was a little repetitious. Went over the same stuff too much. Did not know the meaning of this word, so I was enlightened.

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