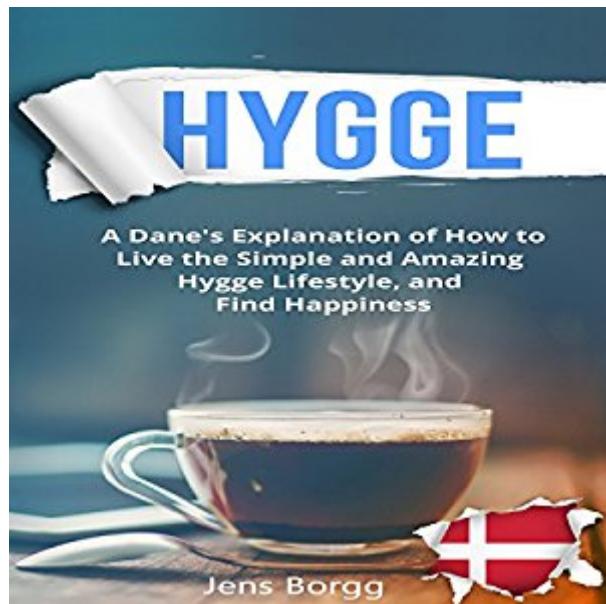


The book was found

# Hygge: The Complete Book Of Hygge



## **Synopsis**

What makes Denmark the happiest country in the world? This question has a one-word answer. Hygge is a philosophy of life that was founded by Danes, and Danes also happen to be the happiest people on earth. Coincidence? Absolutely not! The concept of Hygge and secret to the happiness of Denmark is finally beginning to enter the cultures of other countries around the world. Hygge, pronounced hue-guh (not hoo-ga like many say), is a Danish term and it is a difficult word to define in one sentence. There really aren't any synonyms for the word in the English language. Hygge is a great way for many people to find simplicity, and ultimately happiness in life, fueled by togetherness, contentment, and just a sense of well-being and appreciation. In this book, you learn everything that you need to know about how you can implement Hygge into every aspect of your life, and increase your quality of life. The great thing about Hygge is that it is something that you can enjoy all year long. It is a feeling of being grateful and just happy for what you have in life, being able to spend time with the ones you love, and being able to find an escape from the world no matter what is going on. Hygge can be experienced no matter where you are, and learning how to enjoy it and let it lead you can make a big difference in the level of happiness that you feel each day. This book is going to really explain Hygge in more detail and can it can help you gain this happiness in your own life.

## **Book Information**

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## **Customer Reviews**

Why do we have to ride on top of the mountain when we can be happy by looking at our beautiful mom, keep our child close to our heart, hold the hands of our loved ones and take a walk on the

empty road. This book will introduce you to the Hygge lifestyle and give you a proper lesson why it's important to read this book. If you want to follow this book go ahead and you won't regret it. If you don't want to follow like me then you will understand how they do it. Respect !!

I like this book because it discussed how to be simple and have comfort in every aspect of life. Its great to think that you will find happiness not with the expensive things around you but instead find happiness with your family, friends, people near and dear to you just chatting and laughing while having dinner. Hygge is not about materialism, its about being appropriate, realistic and comfortable in everything you do.

What an amazing little book this is! We could all benefit from the Danish idea of "Hygge". Learning to savor life, family, and friends is a wonderful way to approach this fast paced and intense world today. Try it. Your blood pressure may just thank you!

I just started reading it. I'm not all the way through. But so far....it makes me feel so good! Love the concept. Everyone trying to figure out what lens can be used to improve life on a day to day basis will enjoy this book.

The Hygge word, from Danish which translates into creating the simple life and happiness is explained in this book and the ways of implementing the principles of the term by creating the personal routine that will help you and become the happy and passionate person you desire to be.

Hygge is the ideal approach to make a stride back and truly appreciate the life that you have. Life has a great deal of tumult, and once in a while, there isn't a considerable measure that you can do about it, however with Hygge. There are such a variety of viewpoints that accompanied Hygge so actualizing it into your life.

That's an amazing book. There is always needed a lifestyle with perfection and with less loss of energy. This book is clearly presenting that lifestyle. I recommend this book to you on the quality basis.

Enjoyed it! I probably will still get cabin fever this winter, but will keep this author's suggestions in mind. Maine has long dark winters, too.

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