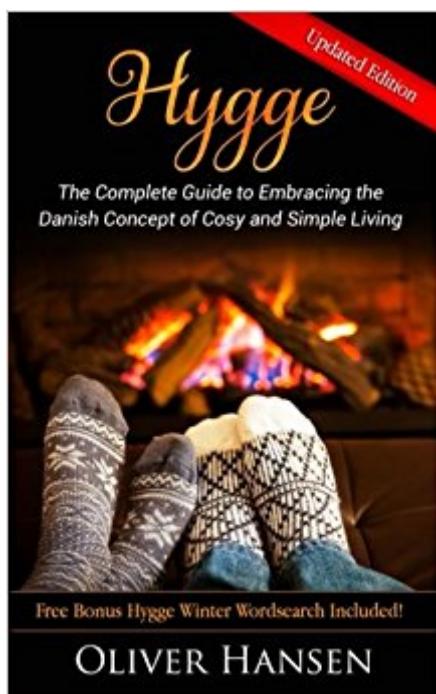


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# Hygge: The Complete Guide To Embracing The Danish Concept Of Cosy And Simple Living



## Synopsis

Updated Edition: Free Bonus Winter Wordsearch puzzles Included Why are the people of Denmark the happiest in the world? The Danish cultural phenomenon of Hygge is taking the world by storm. The Danish people have been rated the happiest in the world in various studies. The reason for this is that the people of Denmark embrace the simple things in life. Hygge is a concept, a feeling, a mindset. There is no direct translation for the word Hygge. Hygge is not a word with a simple definition, hygge is so much for that that. It's a mindset of embracing the simple joys in life such as curling up in front of a roaring fire, getting up early to have breakfast with your loved ones, enjoying the crisp winter days, the list is endless! In this book, you will discover how to adopt the Hygge concept into your life to transform your home, family life, health and overall wellbeing. So stop the rat race, turn off social media and relax with this book of Hygge and embrace this Danish concept of cosy simple living. A Great Gift this Holiday Season!

## Book Information

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## Customer Reviews

Really lovely book with great ideas we could all apply to our lives to be a bit happier. I am Danish and Swedish on my mother's side and I love this concept.

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.

It seemed like a dodge-podge of articles put together into a "book." On the kindle edition, there is

grammatical and spelling errors. Waste of time to read.

Wonderful book on a topic which is hard find information on. Great buy.

Great!! book, recommended

This is more of a collection of writings on hygge. So there is a lot of repeat information. It's not so much of a guide as it is an explanation of hygge from different points of view.

This book provides a lot of insight into Danish hygge, although there are others that are more detailed . This is a nice overview.

A poorly written book with many mis-spellings. The book did not give any enlightening information on Hygge and in fact would not convey the feeling of Hygge to anyone reading it. After conveying the idea of embracing "Hygge" there is nothing in this very short book that makes Hygge seem anything special. The fact that Hygge was spelled two different ways in the book leads me to believe that the author did not really know the subject being written about, but for \$5.00 what would one expect.

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