

45. hygge とは(3) : 構造理解

Homemade foods and sweets are also crucial for creating hygge. The love and attention that is infused in the making of the food is what makes it hygge.

The most wonderful aspect about hygge is that it is not related to how expensive something is, but more about how it makes one feel. So, spending a lot of money to create hygge is defeating the purpose of what it represents.

It is the simplicity of the thing, situation, and/or the environment that gives people a warm feeling of joy and happiness that makes hygge apparent.

The people of Iceland have developed a very nice, heartwarming tradition that is practiced by nearly all Icelandic people on Christmas Eve, that could be regarded as a form of hygge. This Icelandic tradition is called jolabokaflod and is roughly translated into English as “Christmas book flood.”

After receiving a brand-new book from a family member or friend,

Icelanders find a quiet, cozy place to curl up to read their newly gifted book while drinking hot cocoa.
