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TEN SPEED PRESS, United States, 2017. Hardback. Condition: New. Language: English. Brand new Book. Equal parts cookbook and lifestyle guide, this cozy little book shows you how to cultivate comfort and contentment and embrace life's small pleasures with the Danish practice of hygge. Hygge (loosely translated as "coziness") is centered around the idea of inviting comforting elements into day-to-day life while creating warmth, community, and intimacy. The Hygge Life teaches you how small gestures (putting wool blankets and warm cider...

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- Authored by Karl Gunnar, Jody Eddy
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