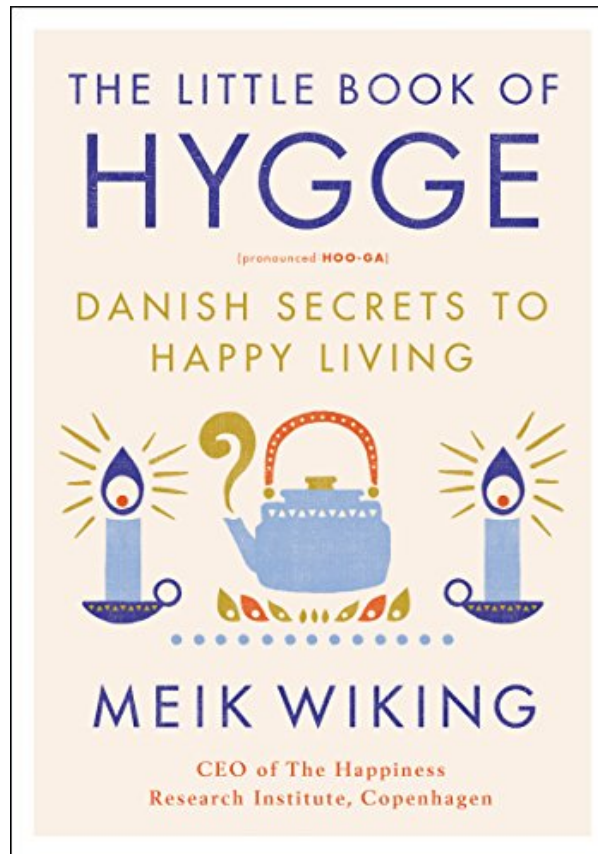


Download The Little Book of Hygge: Danish Secrets to Happy Living Online Book PDF by Meik Wiking



Synopsis:

New York Times Bestseller

Embrace Hygge (pronounced hoo-ga) and become happier with this definitive guide to the Danish philosophy of comfort, togetherness, and well-being.

Why are Danes the happiest people in the world? The answer, says Meik Wiking, CEO of the Happiness Research Institute in Copenhagen, is Hygge. Loosely translated, Hygge—pronounced Hoo-ga—is a sense of comfort, togetherness, and well-being. "Hygge is about an atmosphere and an experience," Wiking explains. "It is about being with the people we love. A feeling of home. A feeling that we are safe."

Hygge is the sensation you get when you're cuddled up on a sofa, in cozy socks under a soft throw, during a storm. It's that feeling when you're sharing comfort food and easy conversation with loved ones at a candlelit table. It is the warmth of morning light shining just right on a crisp blue-sky day.

The Little Book of Hygge introduces you to this cornerstone of Danish life, and offers advice and ideas on incorporating it into your own life, such as:

- Get comfy. Take a break.
- Be here now. Turn off the phones.
- Turn down the lights. Bring out the candles.
- Build relationships. Spend time with your tribe.
- Give yourself a break from the demands of healthy living. Cake is most definitely Hygge.
- Live life today, like there is no coffee tomorrow.

From picking the right lighting to organizing a Hygge get-together to dressing hygge, Wiking shows you how to experience more joy and contentment the Danish way.

