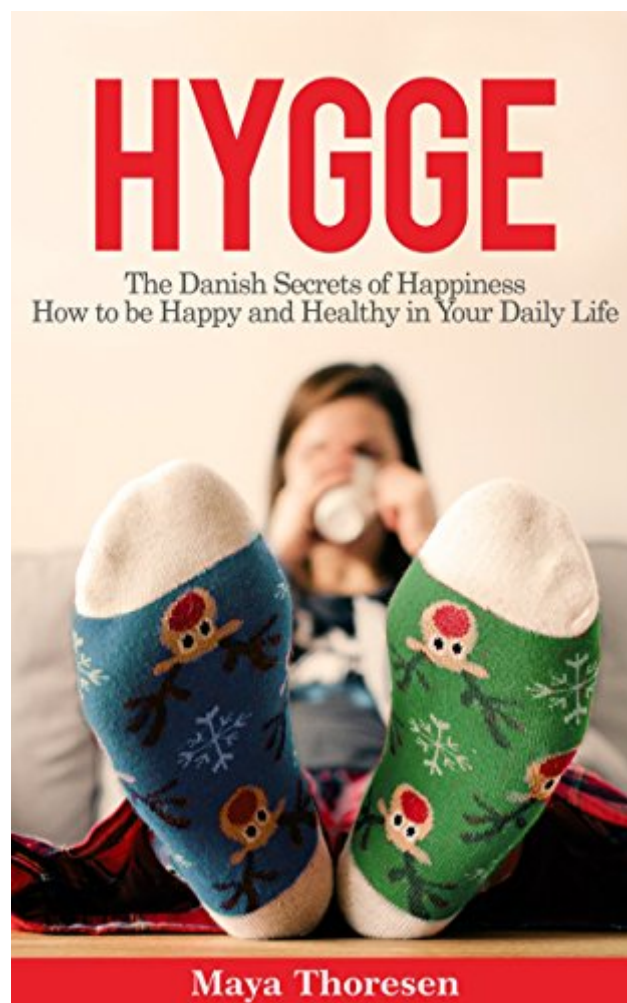




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Hygge: The Danish Secrets Of Happiness: How To Be Happy And Healthy In Your Daily Life.



Synopsis

Have you ever stopped just for a moment, pressing pause on your busy life, asking yourself if you are truly happy? You might be satisfied and you may love your family, but there's so much more to happiness than that. It is something everyone is chasing, but what of an entire culture has already found the secret, and it has been under your nose the whole time? Well, research has finally shown the happiest culture and country in the world might have the answers to a happy life. This book is meant to lead you on a path to the very beginning of that true happiness that we are all searching for, taking from the Scandinavian concept of hygge. This concept is sweeping through the Western world because it is changing the lives of people like you. Find out why the Danish people are the happiest one in the world and how to join their ranks

Here Is A Preview Of What You'll Learn...Hygge at HomeHygge at WorkHygge and RelationshipsFood and DrinksHygge Outside of the Home21 Days of Hygge ChallengeScroll up and click "Buy now with 1-Click" to download your copy now!

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Customer Reviews

Great book. As I read, I really did understand the concept of hygge. Savor your life. Every minute. This book is full of ways to live that. Highly recommended. I thoroughly enjoyed reading this book.

Quick read with tons of good advice on living a better and more rewarding life. Nice layout, well organized and well written.

Hygge is a lifestyle that brings happiness and a sense of cozy contentment. Imagine sitting on a couch sipping hot apple cider while candles flicker softly on your table as you read a comforting book while listening to calming music. This for me is Hygge. If you have pets however you will want to take precautions with candles. Keep them out of reach. Since I have cats I use battery operated candles now and that solves the whole issue. There is also some advice in this book about how to have better relationships. And there are some good parenting tips. This book really has simple ideas that anyone can incorporate into their daily existence. After reading this book I made Scandinavian Meatballs for dinner and drank a cup of calming tea while reading in bed. So even if you just do one or two things the book suggests it will be worth reading. The only thing I'd say not to do is not to watch a sunrise or sunset too closely. I hear it is not a good idea to look into the sun. ~The Rebecca Review I borrowed this book from the Kindle Unlimited program. The author did alert me to her book and I'm glad she did because I loved it.

This is an intriguing read, it is a Danish idea implies living just and keep yourself peaceful. The book is a fascinating and accommodating aide. I get this book for perusing reason yet I increase marvelous surprising information which I didn't anticipate from the book much appreciated. It is a great guide that is very essential nowadays. New ideas that are easy and very inspiring way of living. I Highly recommend for all people.

I find this book interesting! I had never heard of the Danish concept of hygge before this book, but I have to say I absolutely love this book. The simple line drawings by the author finds throughout the book were delightful. They were a reminder that hygge is about simple things. And I gained a better definition of what hygge is from this book, and learned it isn't just for winter, but all year long. I would love to recommend this book!

Such a cute little book. Very nice for just casual reading. Has good ideas and isn't too much like "if you don't do what this book says your life will be miserable". In other words, good suggestions

made without pressuring the reader. A good read for some perspective about Life!

It has, however, turned into a worldwide trend that has been gaining popularity in the last few years because of the simplicity of the concept. Often, Westerners complain about busy lives that never stop moving; and putting some of the hygge principles into practice can greatly improve the level of happiness a person feels versus if they had never taken the time to relax and just be together with those they love.

Hygge is particularly useful in the cold winter months, and that is how many believe the concept began. It just made the winter season more bearable and comfortable for the Scandinavians/

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