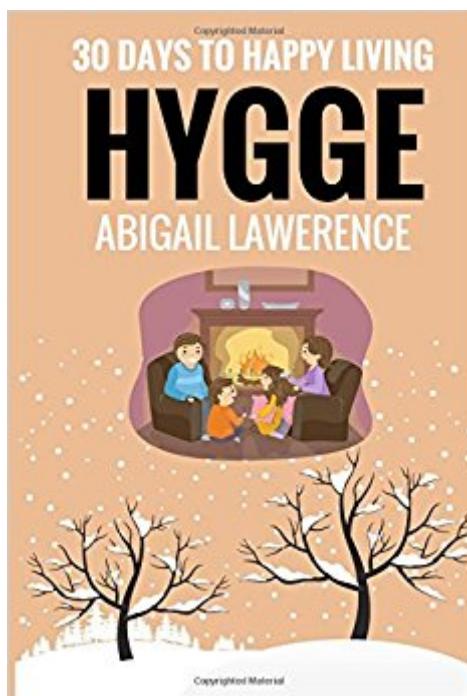


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# Hygge: 30 Days To Happy Living, From The Danish Art Of Happiness And Living Well



## Synopsis

30 Days to Happier Living. A Danish Art of Happiness and Living Well. Does going through life just feel like being on a hamster wheel? Does it feel like you are endlessly running without knowing where you are actually going? Are you simply spending life just going through the motions? Do you feel unsatisfied with your job, relationships with loved ones, or just constantly feeling empty for always wanting more than you'll ever have? Well then, hygge may be what's missing in your life. This is the Danish art of happiness and living well. It is the practice of slowing down and appreciating the things you would not think twice of. Sounds a bit cliché but Denmark hasn't been voted the happiest country in the world for no reason. And now you can that very reason with Hygge: 30 Days to Happy Living What's Included: • The History of Hygge • How to Share the Joy of Hygge with Others • Making a Hygge Home • Having a Hygge Life All Year Long • 30 Day Hygge Challenge to happier living • Several Delicious Recipes • And Much More! I want you to know how to spend less time stressing and more time enjoying life with loved ones then Hygge: 30 Days to Happy Living is one book you simply must read!

## Book Information

Paperback: 76 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (April 26, 2017)

Language: English

ISBN-10: 1545311269

ISBN-13: 978-1545311264

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.9 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 12 customer reviews

Best Sellers Rank: #1,165,103 in Books (See Top 100 in Books) #89 in Books > Travel > Europe > Denmark > General

## Customer Reviews

I love learning more about the Danish lifestyle. There is a reason the Danes are voted the happiest in the world. I've read some hygge books before and this is up there. How the concept developed was great to learn about and I never knew. Great if you want to live a healthy and happy life with fewer expenses and extravagances. It will make you cosy, peaceful and warm; seeking pleasure in everything you do and see. This book stresses the importance of making Hygge part of your food choices and daily exercise. It has simple tips to help you along for your personal, social

and work life. I would recommend.

This book is going to teach you about the benefits of hygge and verified the ways through that you can bring happiness in your life with danish art. This book is throughout very informative and acknowledging and the auhtor determined this term hygge in vivid words. So that everyone can take advantages from it and can improve their lives with the help of this book.

This book educates us how to live simple, free from stress and happy. Learn the practice of slowing down and appreciating small things around us, our family and friends and even our home. Hygge is a simple lifestyle. I liked how the author specify things that make our lives happy and worry less. I really enjoy reading this book.

Love the concept of Hygge! I am really finding the idea of hygge useful to improving my life and calming my anxiety. This is one of the several recent books on it that is lovely and I encourage everyone to read it for some positivity. This book is really worth the read.

I was excited to get this book, but after the first chapter, I was extremely disappointed. The author seems to repeat (and repeat and repeat) the same things about what "hygge" entails: light candles, wear black knit things, and just be comfy. On top of the endless repetition, there are numerous typographical errors throughout the book. Save some money and look elsewhere. If I find a better book about hygge, I'll edit this review.

This book is a fascinating glimpse, as well as an invitation, into an idlyic lifestyle that dreams are made of. I may never be able to fully turn 'Hygge' but this book is helping me get there. I can only liken it to a more stylized approach to the yearnings of the 'flower power' generation in America a few generations ago. There's some great ideas in the book and I've used some and am going to try more. An informative and enjoyable guide to happiness!

Its just awesome! The word I want to say after reading this book. ItÃ¢Â™s a introductory book with a hidden but powerful invitation. Although hygge is a Denis word but it not just a word itÃ¢Â™s a lifestyle that will bring you happiness if you are seeking it or not. This book will also tell you why Denmark is the most happiest country of the world.

hygge is one of the best motivating book which i have ever learnt. By reading this book i feel like a new person. It is very helpful to me. This book tells about art of happiness and living happy. I felt very happy after reading this book.. .

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