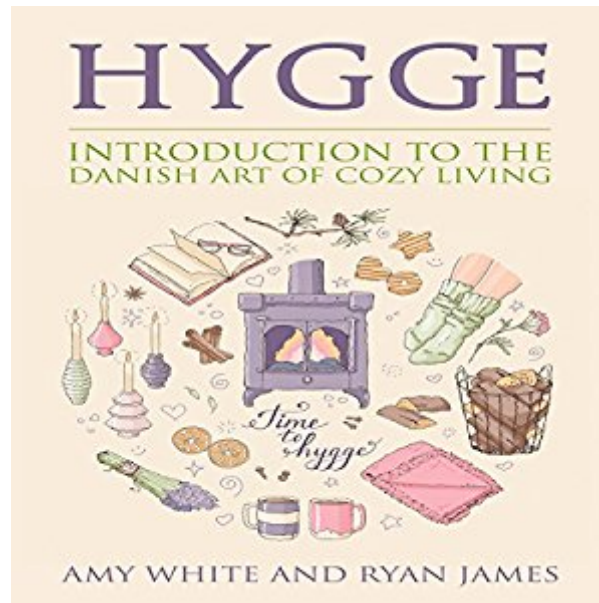




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Hygge: Introduction To The Danish Art Of Cozy Living



Synopsis

Does the hustle and bustle of modern living overwhelm you at times? Are you looking for a way to feel a sense of calm and ease in your own home? If you typically find yourself feeling stressed about how busy the world is today and are looking for a way to slow things down a bit in order to find more enjoyment out of life on a daily basis, then this book is definitely for you! Grab this book, *Hygge: An Introduction to the Danish Art of Cozy Living*, to start learning the secrets of how you can start to live a life that is primarily filled with joy, pleasure, and a sense of safety. After hearing about what the hygge lifestyle can offer you, you'll have a much better understanding of why this type of lifestyle has become so trendy and popular in recent years. Imagine a world where you feel stress-free whenever you're at home or in the presence of people about whom you truly care. When you're able to design a life of comfort, you're going to find that happiness is going to flow into your life at a faster pace than you've ever imagined possible. If happiness is what you truly value over all other material possessions, then it is essential that you start to integrate hygge principles into your life, sooner rather than later. Once you've surrounded yourself with comfort and pleasure, your world will be primed and ready for the happiness that will inevitably come with this pursuit. It's that simple. This book is going to provide you with the following information regarding the hygge lifestyle: What hygge is and how it originated Home decorating techniques that you can use in conjunction with hygge ideals How to enhance your relationships through hygge Tips on how activities that will promote a greater sense of calm in your life Why hygge is important for your mental health and clarity And so much more!

Book Information

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Customer Reviews

I was intrigued with the name of this book Hygge, Now I know its An Introduction to the Danish Art of Cozy Living to start learning the secrets of how we can start to live a life that is primarily filled with joy, pleasure, and a sense of safety for us people living in this world.

One of the best book i have found to bring the hygee in my house, this book will help you to redecorate your life with hygee style from living room to kitchen room. You can feel the change from your first day. Amy white also included a great introduction that will help you to understand the hygee life of denish people to adjust you more in it. You would love this book.

This book was a good reminder for living a simple, minimal, and cozy lifestyle. the Danish concept of Hygge teaches us that life most precious gifts are free and with all the negative going on in the world this was a nice escape to a happier place. I'd recommend this book to anyone wanting to understand and start hygge.

If words like comfy, cozy, companionship, and kindness appeal to you this book will help you learn how to have more of all of those in your life.

A nice summary of basic principles to lead a cosier and less strained life, leaving space to be creative in one's own circumstances.

Not very good. Information is repetitive, and not really new. Many of the suggestions are not good, such as "Rent a dog for the day" - is that actually a thing that people do? And then there is the suggestion to hold a sweater swap, but only after "ensuring" your friends that you will wash all of the sweaters before the swap. The misused words and typographical errors in the book are distracting. There wasn't any new information that couldn't be gleaned from a quick internet search for the word "hygge", and the book was poorly written. It reads like a weekend project. Two stars for being free.

Awesome! If you are interested in the concept of "hygge" you will love this book! It's an easy read, very informative, includes happiness data and research, and provides ideas for incorporating more hygge into your life. This is really worth reading and recommending!

This is an amazing book with amazing tips. As we all know that it is about a special lifestyle. The best advice here is to take your time, and find pleasure in the act of changing your lifestyle tactics. I highly recommend this book. By the way, I have enjoyed this book.

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