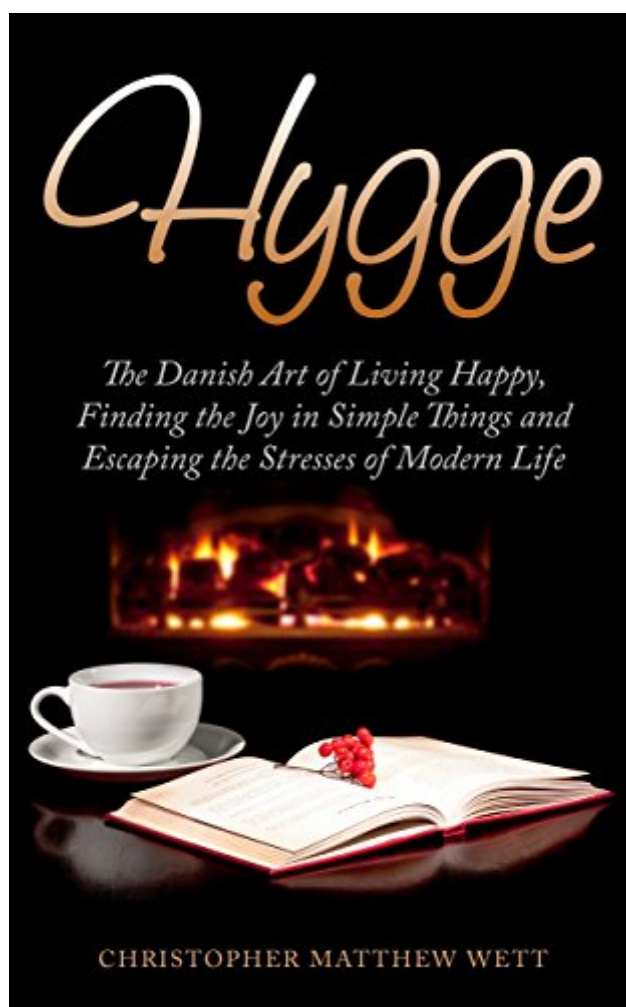


The book was found

Hygge: The Danish Art Of Living Happy, Finding The Joy In Simple Things And Escaping The Stresses Of Modern Life (Hygge, Happiness, Finding Joy, Escaping Stress)





Synopsis

The Happiest People on Earth! In the last few years, Nordic countries topped the list in the pursuit of happiness. Could there be something about the Danes' sense of well-being have to do with their Danish term hygge? If you're from or have visited a Scandinavian country, maybe you know what this fun word means, but if you can't pronounce it, try puckering your lips and aim for a throaty sound somewhere between h-g and hu-guh. Kind of like humming, right? The good news is, it's easier to remember than the original word. Hygge isn't difficult to define, but it's hard to translate loosely into English words like coziness, indulgence, and gratitude. However, Norwegians would probably argue that the word has more to do with the simple things, like sitting by the fire on a cold night with fuzzy socks, reading a book, or drinking coffee. It's about transforming an ordinary event with friends into something special. So next time you hear the word as coziness, find out about the Danish art of embracing life.

How To Hygge
Rules For Hygge
Ways To Create Hygge At Home
Hygge and Your Work Life
Hygge To Support Health And Well Being
Hygge And Mindfulness
And Much, Much More!

Seize the moment and let the warmth, fuzzy feeling flow – we divide this amazing world of hygge! Take action and get this book now with just one click!

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