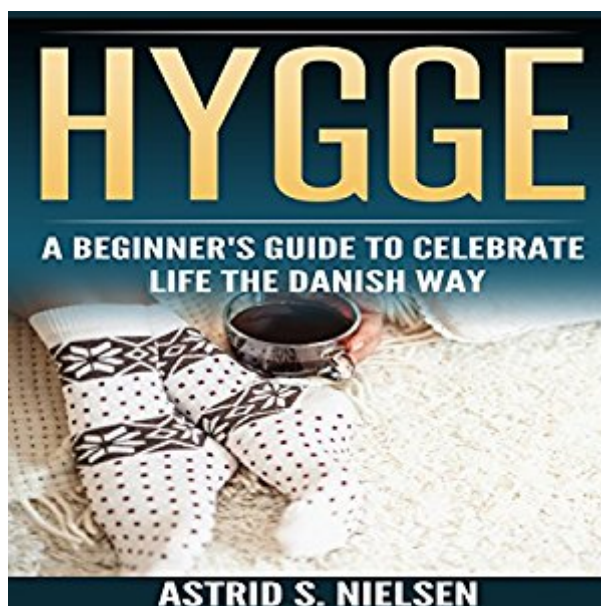


The book was found

Hygge: A Beginner's Guide To Celebrate Life The Danish Way



Synopsis

Do you feel life has lost all its joy and fun for you - or are your thoughts holding you back from success? Do you feel stagnant, stressed, and ready for a change? Are you terrified of suddenly ending up old with too many regrets and too little fulfillment? If you keep doing what you've always done, you'll never break the cycle. Is this positive for you? Hygge: A Beginner's Guide to Celebrate Life the Danish Way teaches you every step, including a detailed Danish action plan you've been too scared to try until now. This is an audiobook of action and doesn't just tell you to try harder. Life rewards those who take matters into their own hands, and this audiobook is where to start. Hygge is full of examples, proven techniques for mastering hygge that have worked for thousands of people just like you. This audiobook will arm you with a mindset to find satisfaction and happiness, along with concrete hygge techniques that will prime you for relaxation. Easy-to-implement small changes and practical takeaways for immediate action. What happens when you allow stress to rule your life? What happens when your relationships fall apart Increases in dissatisfaction and anxiety Loss of perspective in life You lose the ability to forgive and forget How will you learn to embrace hygge? Starting a hygge journal Learn the power of relationships Flipping the negatives into positives Learn how to use your emotions to your advantage What happens when you don't let life pass you by? Never wonder "what if" you could be free of your negativity Wake up every day knowing you decide what you will focus on!

Book Information

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Customer Reviews

Amazing book! A great amateurs manage presentation into Hygge way of life. It was anything but

difficult to peruse and extremely enlightening. I adore adapting new things consistently. I knew however a little about Danish individuals before I read this book. They utilize truly fascinating strategies to enhance their life to live solid and glad. I would prescribe this book to all individuals who need to enhance nature of their life. Truly worth prescribing!

Every Saturday I cease work, close down all electronics and spend quality time with family, friends, neighbors and books. I wish I could do it every day. With HYGGE we can approach that goal and his book explains how and why.

Best motivating book... I just love the way the author written.. This book teaches how to celebrate our life and it also teaches how to get rid of stress...

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