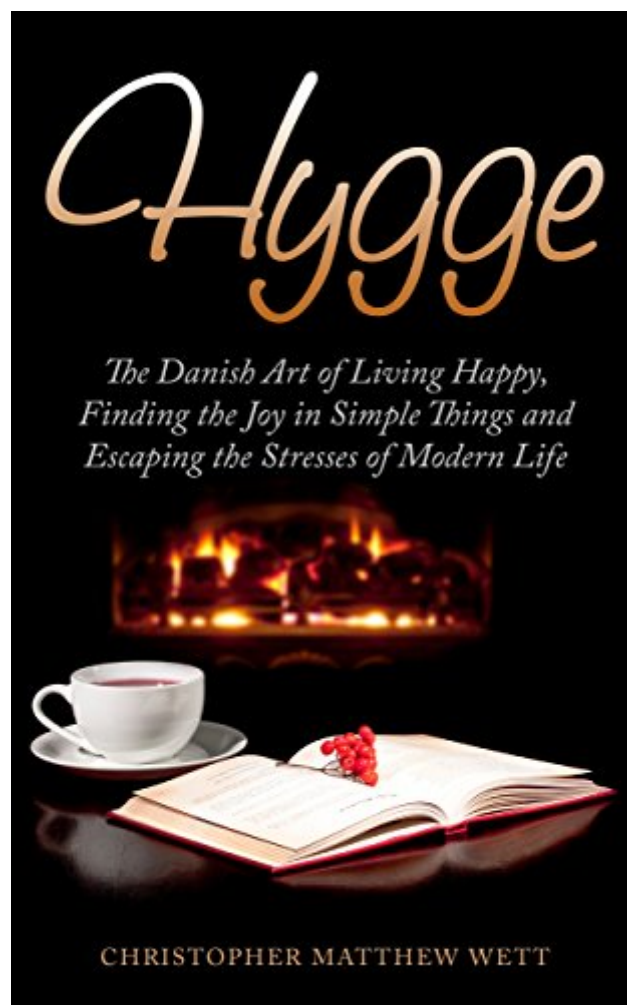




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Hygge: The Danish Art Of Living Happy, Finding The Joy In Simple Things And Escaping The Stresses Of Modern Life (Hygge, Happiness, Finding Joy, Escaping Stress)





Synopsis

The Happiest People on Earth! In the last years, Nordic countries took the lead in the pursuit of happiness. Could there be something for us to learn from the Danes? If you're from or have visited a Scandinavian country, maybe you know about this fun word that's hard to pronounce. The word, try puckering your lips and aim for a third word somewhere between hug and huh. Kind of like hugging with a feeling. The good news is, it's easier to remember than to learn. Hygge is difficult to define, but is traditionally loosely into the English word coziness and is associated with relaxation, indulgence, and gratitude. However, Norwegians would probably argue that's much more to the word. Hugging is being present in a moment - whether it be simple, something, or a little bit of comfort, something, or a little bit of coziness. The word refers to the ability to enjoy the simple and good things in life with you love. Hygge can describe soft and light, comfort food like a warm blanket or a warm inn, a warm fire, a warm night with fuzzy socks, or a warm blanket. It's about transforming an afternoon into an event with friends. So, let's take the word as coziness for now. 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! So, for the moment and let the warm, fuzzy feeling flow as we dive into this AMAZING WORLD OF HYGGE! Take Action and Get This Book Now With Just One Click!

Book Information

File Size: 1288 KB

Print Length: 45 pages

Simultaneous Device Usage: Unlimited

Publisher: ATKPublishing (June 12, 2017)

Publication Date: June 12, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B071K8MXMC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #458,915 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26

in Kindle Store > Kindle eBooks > Nonfiction > Travel > Europe > Denmark #64 in Books >

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