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~~The Little Book of Hygge: The Danish Way to Live Well~~

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Meik is CEO of the Happiness Research Institute in Copenhagen and has spent years studying the magic of Danish life. In this beautiful, inspiring book he will help you be more hygge: from picking the right lighting and planning a dinner party through to creating an emergency hygge kit and even how to dress.

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The Little Book of Hygge is a small collection of everything that is right in the world. Hygge is a term that doesn't have a literal translation in many

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languages, but it is a concept that everyone is familiar with: that sense of warmth, comfort, cosiness, belonging, safety.

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The Little Book Of Hygge Summary. 1-Sentence-Summary: The Little Book Of Hygge is about the hard-to-describe, yet powerful Danish attitude towards life, which consistently ranks Denmark among the happiest countries in the world and how you can cultivate it for yourself.

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## Books

Free download or read online The Little Book of Hygge: The Danish Way to Live Well pdf (ePUB) book. The first edition of the novel was published in 2016, and was written by Meik Wiking. The book was published in multiple languages including English, consists of 240 pages and is available in Hardcover format.

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everything about winter. I hate the snow. I hate the cold. I hate coats and hats and mittens. The months of January and February could be wiped off the calendar for all I care.

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One of the most data-rich of the recent profusion of Dane-books, The Little Book of Hygge by Meik Wiking (Penguin Life, £9.99), is the one that gets fastest to

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The Little Book of Hygge: The Danish Way to Live Well (Penguin Life) by Wiking, Meik at AbeBooks.co.uk - ISBN 10: 0241283914 - ISBN 13: 9780241283912 - Penguin Life - 2016 - Hardcover

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“All books are hyggelig, but classics written by authors such as Jane Austen, Charlotte Bronte, Leo Tolstoy, and Charles Dickens have a special place on

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the bookshelf. At the right age, your kids may also love to cuddle up with you in the hygge-krog and have you read to them.

~~The Little Book of Hygge Quotes by Meik Wiking~~  
"In other words, what freedom is to Americans... hygge is to Danes," Wiking says in his book *The Little Book Of Hygge*. This national obsession with all things cozy is credited as one of the reasons why Denmark is always at the top of the list of the world's happiest countries, despite their infamously miserable winters.

~~What Is Hygge? How to Enjoy the 'Cozy' Danish Lifestyle in ...~~

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Loosely translated, Hygge—pronounced Hoo-ga—is a sense of comfort, togetherness, and well-being.

"Hygge is about an atmosphere and an experience," Wiking explains. "It is about being with the people we love. A feeling of home.

### ~~The Little Book of Hygge — HarperCollins~~

The Little Book of Hygge is the definitive, must-read introduction to hygge, written by Meik Wiking, CEO of the Happiness Research Institute in Copenhagen. The book is packed full of original research on hygge, conducted by Meik and his team, along with beautiful photographs, recipes and ideas to help you add a touch of hygge to your life.

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The Little Book of Hygge will give you practical steps and tips to become more hygge: how to pick the right lighting, organise a dinner party and even how to dress hygge, all backed up by Meik's years' of research at the Happiness Research Institute in Copenhagen. This year live more like a Dane, embrace hygge and become happier.

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