



THE HYGGE LIFE: A GUIDE TO
CRAFTING A WARM, COZY & LUXE
LIVING SPACE

The Hygge Life

Embracing the Nordic
art of coziness through
candles, snuggling,
drinking, simple pleasures,
and family traditions.

Gunnar Karl Gíslason and

The Hygge Life: Embracing the Nordic Art of Coziness Through Recipes, Entertaining, Decorating, Simple Rituals, and Family Traditions



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Equivalent parts cookbook and lifestyle guide, this cozy small book demonstrates how to cultivate comfort and contentment and embrace life's Hygge (loosely translated as "coziness") is certainly centered around the thought of inviting comforting components into day-to-day existence while creating warmth, community, and intimacy's little pleasures with the Danish practice of hygge. The Hygge Lifestyle teaches you how little gestures (placing wool blankets and warm cider out for guests) or bigger undertakings (building bonfires and making campfire bread to celebrate solstice) can warm the psyche and foster hygge, with an increase of than 30 quality recipes for cozy and comforting meals and drinks.



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