



THE BOOK OF
HYGGE

THE DANISH ART OF
CONTENTMENT, COMFORT,
AND CONNECTION

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The Book of Hygge: The Danish Art of Contentment, Comfort, and Connection



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"Among the best guides to creating a far more socially connected and rewarding existence. When you acknowledge the sacred in the secular, or concentrate on people rather than points, or when you With beautiful full-color photos and instructive meditations on relishing the everyday, it really is your essential help to cultivating the coziness which has made Danes the happiest people in the world. When existence gets hectic, work grows demanding, and the days fly by, unplug and listen in.can be an invitation to welcome abundance and contentment into your life. Hygge anchors us, reminding us to decelerate, to connect with place and with one another, to dwell and savor instead of rush and spend.express love through small gestures, that's hygge. When you curl up by the fire with a blanket, or have a simple meal with friends, that is hygge."— The Book of Hygge is designed with an unjacketed, textured cover and crisp, clean interiors. The Reserve of Hygge It is a call to live more fully by focusing on what moves you.an event of belonging to the moment and to one another.Shelf AwarenessHygge (hoo-gah) is a Danish term but a universal feeling to be warm, safe, comforted, and sheltered— A perfect gift, As seen in the THE BRAND NEW Yorker.



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The best book on hygge This is a delightful little book, which manages to evoke hygge simply in the reading of it. The Publication of Hygge is a hyggelig read. I recommend. Unlike some other books which Martha Stewart-ize the subject with recipes and other prescriptions for creating hygge, this book emphasizes the facet of simpleness, of the hygge in everyday encounters. The photos may seem irrelevant, too, but they are important to the overall feeling of hygge that the publication evokes. .. The ultimate way to read it is to miss the aphorisms, which are often trite and sometimes irrelevant. This book is small. I had to turn off the professional editor in me to be able to open myself to this particular expression of hygge. For me personally, she succeeded, though not really initially because this 192-page book probably should have been half the distance with far more pictures and much less repetition of what comprises hygge. I believe the author intended not just to define hygge, and not simply to list types of it, but to provide the reader with an event of hygge. I will, I believe, keep this book; overall, it is a sincere work to communicate hygge to non-Danes . If you read just the aphorisms—which is tempting—you will see the book deeply silly. . Only if our very own culture (in the usa) could more easily support this sentiment. I valued that. I'm sorry, it had been so annoying for me to keeo reading that word over and over and over.. I would recommend this book! It is the perfect wintertime read with a fire in the fireplace and an excellent cup of coffee. Five Stars charming details about a desireable and satisfying lifestyle it was so annoying for me personally to keeo reading that word over and ... Was an interesting book, but if the author stated Hygge one time, they stated it a million!! I find it repetitive but it could be a great meditation.! An explanation of what I've been searching for all my life and couldn't put into words. This is a wonderful introduction to Hygge This is a wonderful introduction to Hygge. Love it and find it repetitive. But I was definitely happy when I finally managed to get to the end! I really do love the concept of Hygge and loved learning about it. Best of the latest crop of hygge books that seem to have burst on the picture lately, seeing that a European version of Japanese Wabi Sabi.! Love this book Love this book.! Four Stars Met my needs in understand the idea of Hygge Compact Great book Who needs Zen when you can Hygger? The contents of this book make me happy. I am not really Danish but have been to Denmark with my partner, who provides Danish ancestry, therefore i can say this book captures the sensation of something worth focusing on to them - reads such as a long Danish poem describing what lifestyle feels like after a week on the beach, or 90 a few minutes at the Spa. and it is not only a recipe book in disguise. And a nice final touch, demonstrating Danish interpersonal conscience - the author promises to donate some of the proceeds of every sale to a cause supporting the homeless - strategy to use! Hoping to learn it soon.. In the event that you read all the text, you will find the reserve repetitive, but informative plenty of to be well worth the purchase price. It has caused me to reevaluate how I consider the moments in my own life, even the occasions I'm not crazy about and try include more Hygge in them.. This was a gift and I could only hope I can borrow it later.



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