



HYGGE, LAGOM &
THE ENERGY OF
EVERYDAY PLEASURES

The
SIMPLICITY
of **COZY**



Melissa Alvarez

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The Simplicity of Cozy: Hygge, Lagom & the Energy of Everyday Pleasures



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Connect to the Spiritual Energy of Coziness for More Joy, Contentment, and Fulfillment Make cozy your way of lifestyle with this inspiring information in connecting to the positive energy of basic, everyday moments. Known around the world as hygge (hoo-ga), lagom (lay-go-m), and other similar terms, cozy and well balanced living can help you improve your health, joy, and spirituality by understanding and feeling the frequency of people, animals, places, and situations. Easy exercises and useful techniques are featured throughout, assisting you make even more soulful connections and discover appreciation in every you are and whatever you experience. The Simplicity of Cozy is definitely a beginner's instruction to self-care that displays a variety of topics relating to and assisting cozy living, including mindfulness, basic ritual, home environment, relationship connections, and being in nature.



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Goes wide, but just a little smooth. She does write in an available, conversational, friendly design, and I do like this each concept comes with an action item connected with it, so you can place conceptual information into actual practice, if you so choose. Some tips about what I liked concerning this book: The author clearly did her study on the concept of rest in cultures other than just one, like many of the hygge books that are flooding the marketplace right now. A few of it also felt a little culturally blind and shallow, which felt diametrically opposed to the core idea of depth and coziness. Disclosure – I got this from NetGalley for review reasons. All things considered, We still think it's among the better books in this issue out there right now, and if you are only going to read 1 book on hygge, this would be considered a good choice. It was hard for me to get through, since much of it is repetitive, and experienced disjointed, such as a series of blog posts collected right into a binder. She goes wide, plugging in everything from worklife to homelife to sociable existence, and tying all of that into a spiritual kind of hygge that's sometimes missing from other books on this issue. That said, most of this felt kind of rehashed and flat to me.



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