

"Uplifting, heart-warming, life-enriching. I wish I could have read this book years ago." — Nigel Slater



# HOW TO HYGGE

\*\*\* The Nordic Secrets to a Happy Life \*\*\*



Signe Johansen

## How to Hygge: The Nordic Secrets to a Happy Life



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The “Danish coziness” philosophy is fast becoming the brand new “French living” when it comes to aspirational life-style books and blogs. There are countless viral content articles comparing the happiness degrees of People in america versus Danes. Their homes are even more homey; their people are more cheerful.” Who may resist that? a special event of encounters over possessions, as well as being kind to yourself and treasuring a feeling of community. Hygge values the thought of cherishing yourself: candlelight, bakeries, and dinner with friends;How to Hygge by chef and author Signe Johansen is a fresh, informative, lighthearted, fully illustrated how-to information to hygge. It's a combination of recipes, tips for cozy living at home, and cabin porn: important components of living the Danish way?which, incidentally, encourages a daily dose of “healthful hedonism. It's an attitude that defies description, but there exists a name because of this slow-moving, stress-free of charge mindset: hygge (pronounced “hoo-ga”).



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Don't allow recipes deter you! Food-Heavy Lots of quality recipes involving specialized items which would involve complicated trips to far-off specialty stores, kind of a Hygge-killer there. She continuously mentions food in each chapter and the vital role it plays into fueling a dynamic lifestyle, maintaining a healthy diet, how it brings family members together, how making even more sustainable food choices affects nature as well as your body, etc. Simply put, the recipes certainly are a big portion of the publication because it's a big component of hygge. I'm trying to incorporate some Hygge into my entire life and home without spending gobs of cash. With it and the Internet with countless shops and stores and products online, we really do not have the excuse of stating, "This is just as well exotic, I can't probably find it, I can't possibly try out this, it's too much work to discover this. Great book Great intro to hygge Great book Great book. That is a great book with beautiful insights, and I warranty everyone will take something away from it. Bring coziness and warmth into your home This book has added joy to my entire life. This publication tells how to bring coziness and warmth into you house and existence. Reminds me of Denmark, I love it. Great publication about Hygge ,not only how to,fun to learn. A LOT MORE THAN Decor and Downtime I acquired this from the library first and loved it thus much We had to buy it. This is great and full of info for not only home but how to hygge at work and other places . Lots of information, well crafted and enjoyable to learn. Doesn't read simply such as a How To Book . I think those who discredit this to be more of a cookbook when compared to a "lifestyle" reserve have missed the idea of hygge and weren't watching Johansen's writing. But the photos are gorgeous and the non-recipe commentary is excellent. Skol! I really like the cozy feeling abs wintertime therefore i love Hygge books. I loved the author's focus on the outdoors, something frequently glossed over in other books on hygge, and her empowering undertake life.. Other books chat decor and downtime, that your author definitely covers aswell; Five Stars Self improvement for individuals who don't observe how good they are really! Get comfortable and snuggle up with this reserve about "Danish coziness." Get comfy and snuggle up with this book about "Danish coziness." I swear I sensed myself loosen up with every page! This reserve encourages the reader to consume well, get out in nature, find a sport to appreciate no matter your age and spend time together with your "community. Its very interesting, and i would love for her to write something more comprehensive. Extremely cozy and calming read. Beautiful book! I also understand some of these elements aren't readily available at an area supermarket--but we're all on Amazon right now, aren't we? But simply reading the book only makes you feel more relaxed and cozy..little things such as clearing spaces, candles, lighter picture frames. She seems very relaxed in her body, and her body positivity was bolstering and inspiring.. I really love the book and am sending to close friends for gifts.. These small points do make my house more cozy. Cozy book I thought this publication is well crafted, with equal focus on all of the nordic cultures." The Hygge principles set beautifully with the Autoimmune Protocol lifestyle concepts that I've embraced for a long time. Love love love Perfect for our coffee table! If you value being home, you'll love this publication."Give it a shot! Highly recommend! but I love how much further she took it. Live intentionally Very practical method to live intentionally and enjoy life. Great book Eay to learn and understand



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