

MEIK WIKING



THE LITTLE  
BOOK OF  
HYGGE

{ pronounced: HOO-GA }

Danish Secrets to Happy Living

Meik Wiking

# The Little Book of Hygge: Danish Secrets to Happy Living (Thorndike Large Print Lifestyles)



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A guide to the Danish philosophy of well-being shares assistance and ideas when planning on taking healthy breaks, living in as soon as, creating positive atmospheres, building relationships and finding the richness of existence in everyday small comforts. (self-help).



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A good, honest and quick guide to get right up to speed on Danish hygge Having been wedded to a Danish national for well over a decade now, and having made many annual (and sometimes more often) trips back again to her homeland, it had been with equal parts curiosity and incredulity that I found myself buying this book. It's an easy read, very interesting, includes happiness data and study, and ideas for incorporating more hygge into your life... I figured if I was going to bother reading a publication in regards to a subject I already implicitly understood a lot about, it might as well be the "little reserve of" instead of an encyclopedia... In this case, we have "The tiny book of Hygge", so I think it is both astonishing and at the same time unsurprising a few folks have bemoaned its brevity and introductory nature.' For instance, the following will be hyggelig: a small group of friends sitting around a fireplace in a cabin, wearing big jumpers (sweaters) and wooly socks, consuming malt wine. It under no circumstances claimed to become, and in the event that you thought it was, that's more an indictment of your reading comprehension compared to the author's writing capability. I am quite certain that with a couple hours to destroy, you could make it from cover to cover. With that out of the way, and I'm sure a few readers' panties in a wad, the first thing I wish to note is that this is definitely a quick read.. go on hyggelig trips; Is that a bad thing? Maybe if the context had been different, sure, but this purports to be a quick guide and that is exactly what you get. The authenticity will there be, and you will tell when you find out about things such as unscented candles getting the status quo, and how the most famous manufacturers don't even give scented products. If only that were true upon this part of the pond, but alas, most Americans have a tendency to be obsessed with stinky candles.- Good meals. Additionally, while many casual tourists likely skate right past, I think the regulars will appreciate the discussion of hygge in the Danish workplace as well. Spend plenty of time there, and you may realize that a lot of what is mentioned in the book is spot on. But I still got to read about it through each successive chapter. If you have never heard that expression from Danes discussing the weather with foreigners, you would be the first. All these examples talk with the authenticity of the writer and the frankness with which he dispenses his brief but complete intro to the concept of hygge. Now, you may ask, what does my Danish wife, born and raised, have to say concerning this book? Believe it or not, here only gripe was the dishes. I actually agree on this point, because while it could be a regional factor (I spend the majority of my time on Fyn (Funen) when in Denmark), nobody and I mean no one I've ever fulfilled would make, much less eat, any of this stuff to get their hygge repair. Wiking sums up his treatise on hygge by noting a complete hygge encounter includes 'taste, sound, smell, and texture. but the book feels very padded.), but if I experienced any axe to grind with this reserve, that would probably be the best thing. All told, We actually think the book lives up to what it purports to end up being, and that's a straightforward, quick introduction to the subject of hygge. If that's what you're looking for, then you certainly will not be disappointed. However, if you are after some deep, PhD dissertation style treatise on the subject of hygge, from the foundations completely to modern practices and with every aspect beaten to loss of life for 750 pages, after that no, this is simply not the one for you personally. A good crash course in hygge. But again, if you expected that from something known as "the tiny book of", you almost certainly have larger complications, reading comprehension being chief among them.... Again, it could boil down to a regional bias, as I steer far clear of Copenhagen and Zealand generally, and also Jutland (unless popping over into Germany to look! Hygge (pronounced hoo-gah) - the Danish artwork of living well - has become quite trendy nowadays. and reindeer fur. Wiking may be the CEO of 'The Joy Research Institute' - a Danish think tank that studies fulfillment, happiness, and the grade of life. This was a great book I must say i enjoyed the book Low

quality writing Poorly written, overly explains everything, generally repetitive rather than even interesting enough to read simply because a coffee table book.... Never really had this happen. I purchased it today and go through it seated near my xmas tree with the fireplace on and some maple coffee (how Hyggeligt of me). As Wiking describes it, hygge is definitely 'an atmosphere, an knowledge' - what we feel when we're with people we like in a warm and comfortable place. Items that promote hygge are called 'hyggelig. Forgive me for saying it, but if the title itself is pretty much telling you that may be the quick and dirty run down on something, it appears especially asinine to lament that as it happens not to be a dissertation about them. It would be even more hyggelig if a storm was raging outside. LOL Danish people strive to have almost all their life experiences become as hyggelig as possible. They try to have hyggelig homes; go to hyggeling restaurants; entertain hyggelig guests; play hyggelig games; work at hyggelig careers; As I stated, this is simply not a dissertation nor is it a chapter within an encyclopedia, but rather (and others have correctly described) pretty much an extended magazine article of sorts. etc. Danes enjoy interior decorating, and their decor often includes wood furniture, vintage items, and an open fireplace and/or a wood-burning stove. No complicated systems. Quick go through. Wiking recommends light fixtures designed by Poul Henningsen, whose lamps provide soft, diffuse light.. Ouch Tiny print hurts my eye.'- Maintain a healthy work-life balance. go out on a rowboat and bring a picnic basket;- Socialize with close friends and colleagues. Furthermore, the references the ubiquitous mid-century light fixtures, introduction candles and, most importantly, the predominance of wood home furniture over composites or synthetics, all rings true to anyone that has spent any moment in Denmark. Danish people like meats and potatoes. I understand it may sound elementary, but quite often, actually reading the name of the book ought to be your first evaluation of this content. For professional use, Danish men just like a T-shirt or sweater under a blazer, usually in black or gray.\*\*\*\*\*After providing this overview of hygge, Wiking continues on to talk about how to be hyggelig beyond your real estate; Before going any further, I want to say that I think some people have vastly missed the idea of such a book.. A traditional feature of Danish children's birthday parties is usually 'Cakeman' - a pastry in the form of a large gingerbread man, decorated with flags, sweets, and candles. interesting lifestyle using their Hygge philosophy on pleasure. One is called Skipperlabskovs (Skipper Stew), which is brisket sitting in potato mash - served with pickled beets and rye loaf of bread.- Hot beverages. Danes like coffee... small book doesn't have to mean ant size print. and they like sweets - especially cake..(like tea in British TV series. If you are thinking about the concept of "hygge" you will like this book!.- Create a sense of togetherness with close friends and family members; LOL)- Comfortable clothes.. Danes don't favor three-piece-suits. For casual wear, Danes like a comfortable jumper... In the event that you watch Danish Television series, the individuals are always making espresso, drinking coffee, and offering one another coffee. I was also curious because stated Dane works for a genuine happiness think-tank, so there is undoubtedly some quantity of legitimate study behind this reserve. with leggings for women or skinny jeans for males. And Danes Like scarves.- Casual hairdos. Danish hair styles are 'wake up and go'.. However, I was incredulous to some degree, because as anyone will see with a simple search on "hygge", there is a literal plethora of tomes on the subject, even (astoundingly) a 3-quantity collection!- Hyggeling textures might be wooden surfaces; or maybe a loose bun for women..\*\*\*\*\*A large amount of creating hygge is definitely good sense, but - if you would like some pointers - Wiking offers a guide:- Use lots of candles.. Essential for snuggling up and getting cozy.. during on a monthly basis of the entire year - from January to December; and during every period of the year. Wiking also describes different hyggelig encounters he's had

with his close friends, and writes about his happiness research. Wiking's ideas for hyggelig pastimes incorporate: spend a weekend in a cabin; possess a cooking party with your close friends; Spend lots of time with your family members. put couches in your workplace; have a movie evening - with popcorn; go to a hyggelig cafe and purchase pickled herring and schnapps; buy confections at a bakery; enjoy exhibitions of Christmas lights; possess smorrebrod (an open sandwich on rye bread) with beer or schnapps; However, Wiking's numerous ideas for 'hyggelig encounters' got extremely repetitive. and so on. You can probably think up a huge selection of 'hyggelig' activities yourself. For example, here's one: invite a couple of friends over; watch Netflix; generate Mexican food; drink sangria.. While this reserve shed insight to being happy and content it certainly didn't tell me things I didn't know apart from being happy in Denmark is a heck of a lot easier than being happy in america. The writing design is brisk, right down to earth and genuinely lays out the concept of hygge in the way you might try to describe it when among close friends. and later on - have chocolate eclairs for dessert. For those who have some hygge recommendations, feel absolve to comment below. The fact that I've under no circumstances been offered any of the food or beverage one of them book, after greater than a decade of going to on an at least annual basis and visiting both in the countryside and town (Odense) with the in-laws, should tell you something.'- Hyggelig tastes are familiar and sweet. Just a cup of tea, some woolen socks, and the acknowledgement of as soon as. the pitter patter of raindrops; Great information We learned so many things with this book, a must read if you wish to have more hygge in your life!- Hyggelig smells could be aromas that trigger fond memories.. simple ceramic cups; To find out what it's all about I read 'The Little Reserve of Hygge' by Meik Wiking (pronounced Mike Viking).. read a good book;..- Comfy furnishings..and after awhile, it seemed like a lot of padding to have sufficient words for an entire book. Still, if you are curious about hygge, that is a good crash course. Loved this!. Curiosity because, while I've been to Denmark more often than most, specifically in winter, I needed to see what an actual Dane would write about the subject. Hands-on Hygge Thorough, very clear, and with a sprinkling of snark get this to the very best book I've continue reading "hygge," and I've read Plenty of them. Still searching for somebody who can translate the ideas of summer time hygge-ing from the great, crisp woodlands and beaches of Scandinavia to the soggy, humid, bug-infested backyards of America though. ..I feel like I gained a pretty good knowledge of hygge from Wiking's publication. improve lifestyle on a day to day basis will love this book Everyone racking your brains on what lens may be used to improve lifestyle on a daily basis will love this book. It contemplates how exactly to add coziness and details of the way the Danes do and have for several years. Candles, companions, and comfort and ease. One of the best parts describes conversation with no one showing off. Sounds sort of ideal to me! I became alert to some items that I can add to my life, and there are several great DIY/recipes within that I will put to use. I have, in my short acquaintance with the idea, have actually identified the hyggeligt surrounds me, just waiting to be cultivated. The Danes place candles everywhere - in bedrooms living rooms, bathrooms, classrooms, boardrooms, etc. No check linens.= Hyggelig sounds may be: the crackling of burning up wood; While this publication shed insight to being happy and articles it certainly didn't tell me things I ..- Blankets and cushions.. It was a lot of information I have read on Pinterest or online generally. This content of the book is quite repetitive. Within the 1st chapter I understand fireplaces, candles, hot drinks are a major part of Hygge. Another little bit that produced rang true was discussion of the Danish climate, in particular the actual fact that some Danes will tell you there are just the gray and green winters. In a nutshell, hygge is a sense of well-being which can be engendered by pleasurable

surroundings, tasty food, and good company. Fine branding and cover, normally a total miss. Best purchase! togetherness is usually 'like a hug without touching..... Need to return. Teeny tiny print. My fav book ever! Great book.- Place dim light in strategic locations. I bought this book just because a friend browse it and recommended that I go through it because she felt that I actually practiced hygge without understanding it.or whatever else makes you feel safe and articles. I finished the whole book and my pal was right - I have already been practicing Hygge my entire life without even knowing it. Totally enjoyed this - plenty of hygge in the knowledge So this Danish idea of cozy - recognizing the heat and comfort and ease in simple things and activities - totally resonates with me. Unless you currently practice hygge, I suggest getting this book and trying some items. You almost certainly already enjoy doing a handful of them anyway, but when you know things that can make you happier and reside in the moment, your life will (likely) improve. A Scandinavian approach to happiness and a must read for all of us all. This was an excellent nonfiction book and essential read. It taught me a lot about happiness in lifestyle for all those.In the book, Wiking includes tested recipes for a couple of his favorite Danish dishes. A strange book but I cherished it glad I read it. and trees waving in the breeze. Basic information you can find online This book had not been very interesting. Maybe I will move there.



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