



AMERICAN COZY



HYGGE-INSPIRED
WAYS TO CREATE COMFORT & HAPPINESS



STEPHANIE PEDERSEN



Stephanie Pedersen

American Cozy: Hygge-Inspired Ways to Create Comfort & Happiness



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The wildly popular phenomenon of hygge gets a warm American twist with this gifty, illustrated guide from bestselling Danish-American author Stephanie Pedersen. cor, entertaining, food preparation, creating a happier, more productive function lifestyle, de-cluttering, and slowing down.to provide coziness and ease to readers't always find time for the people and points they love. Enter American Cozy, which uses the Danish phenomenon of hygge—comfort, togetherness, and well-being— With their overscheduled lifestyles, Americans can' Filled with charming four-color illustrations, it explores company and house dé homes, work, and lives.



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Not very hygge This wasn't very hygge in my opinion. I was looking for a cozy read with quality recipes, ideas and points from America which would resonate with my life a lot more than the Danish version. Nevertheless, I feel this book was even more of a lesson what never to do and why (which is interesting if that's everything you are looking for) but I just seemed to get even more stressed instead of relaxed while reading this. I personally wanted a book which focused even more on those cozy factors. This book is America trying too hard to end up being something they're not. Ultimately I would recommend another version and skip the American, you've heard all of this information before. Also didn't agree with most of the author's stances on some items which contradict accurate hygge.



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