



MAYA THORESEN

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**Hygge: The Danish Secrets of Happiness: How to be Happy and Healthy in Your Daily Life.**



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Suddenly, your life becomes filled with joy that was by no means there before. Some of the simplest moments will be the most precious. A lot of us put as well much focus on making money and purchasing new things. Experiences are far more lasting and meaningful than vehicles, clothes, gadgets, and accessories. But what about experiences? Hygge allows you to appreciate the tiny moments. Hygge is about spending time with your friends and family and enjoying simple actions to make your life more enjoyable and minimize your tension. In this book, you will learn how to simplify your life and become happier by favoring the little moments over material things. You will learn how to add coziness to your days, and above all, you will learn to stop looking at your phone and instead make more magical moments together with your loved ones. Turn your life into something you actually enjoy by using hygge! Therefore make your life a little more Danish by scanning this book today!



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Exceptional guide To Living The Hygge Way! "Putting some of the Hygge principles into practice can greatly improve the level of joy a person feels instead of never making the effort to relax and just spending some time with those they love. Sometimes you just need to unplug and read a good book! Very Basic I would contact this a Hygge primer. Got my 99 cents worth; Concise also to the idea. – if we stick to the methods of the Hygge method. What an amazing reserve that Maya has presented to her visitors. On the top, it seems like a fast, simple examine, but if one goes deeper there exists a goldmine of treasure to be discovered. I came across Maya's writing style as you of a longtime dear friend as she displays us how exactly to de-stress our lives. How-tos to simplify our homes, our work, create romance, relationships, attitudes, finances, holidays, actually the food we consume, all to attain the calmness of pleasure in all regions of our lives. The adjustments suggested aren't overwhelming, but very simple to achieve, whether you start with one component of your life or work on several at the same time. The minimalists are on the right track, however, I feel Maya's carefree design with the Hygge method is the ideal in reaching that goal most of us desire – the comfort of a warm blanket in everything we do. Strongly suggested not only to learn, but also to only try the 21-time challenge and be amazed at how gorgeous life can truly be. If you are interested in the concept of "hygge" you will love this book! You'll find the same information on-line. The answer is usually a resounding Yes! No photos. The book left me convinced that there's got to be more than hygge than what's covered in this reserve." Calmness, rest, contentment, togetherness, cozy and warmth all compatible what we all seek out in our lives. Ideal for a Hygge container gift! Save your money. You should attempt the 21 day problem plus some of Danish meals and drinks what you can find in the book. I also believe this book can be a good gift for Christmas. The query must be asked can this fully be achieved? Wasted the excess \$2.00 It's a very short book (I go through it in under 30 mins) and, surprisingly, repetitive. I made hygge boxes for gifts and everyone noticed the reserve first and were very excited to read the book as well as enjoy the contents to see the pleasure of hygge. It is also a specialist editor's nightmare; not really spelling, but sentences with rogue terms that left me considering, "Huh? I would like this reserve to have more details about hygge style but nonetheless rate it 5 celebrities as We enjoyed it so very much. It's a straightforward read, very informative, includes a lot of interesting concepts for incorporating more hygge into your daily life. This was an ideal book to introduce my friends to the concept of hygge! Really enjoyable reading I didn't know a whole lot about hygge but was curious. An search on the internet will provide you more info. I have no idea why I choose this one, maybe I love the cover and the feeling it gives to me. Even made my companion perform it with me. When I was reading it I sensed comfortable and relaxed. This books offers you the description of main hygge commandments. I really like the 21 day challenge in the end of the reserve, I enjoyed it so much. Reserve is written in a really nice relaxing style." It reads as if it's a translation of the native language. We desire peace and harmony in downtime as well as home and work. Appreciated this book. For those who are already acquainted with Hygge, there are better choices. Relax and live better Quick read with tons of good advice on living a better and more rewarding life. Nice layout, well-organized and well written. Good basic suggestions on living a happier life A thin book but full of useful suggestions. The suggestions are very doable as well and reducing stress may be the focus. Keeps in line with others like it Good book about Hygge. Insightful with good suggestions. Needs some editing, though. Nothing at all major. Just some tidying up with words Fun Easy read, no unearthed secrets but well explained and makes you need to implement. Nice read. THEREFORE I found this book. Sweet hygge A pleasant summary and overview of "how exactly to hygge," with good advice and suggestions on incorporating mindful coziness. I loved the book very much Google Hygge and save your money Extremely basic and repetitive. It's a good choice for those that are looking a tough outline of the concept and don't want to read much more about any of it. I enjoyed reading this book and learning more about this wonderful concept of hygge, I may see it enhancing my entire life as I incorporate it into my entire life more and more. Thank you!



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