

The Little Book Of Hygge Danish Secrets To Happy Living The Happiness Institute Series

Dwell, Gather, BeHygge: the Danish Secrets of HappinessHardcore Twenty-FourThe Art of HyggeAmerican CozyScandinavian Comfort FoodThe Little Book of IkigaiKingdom of the Blazing PhoenixThe Book of HyggeOption BRhapsody in Green: A Writer, an Obsession, a Laughably Small Excuse for a Vegetable GardenThe Year of Living DanishlyThe Little Book of LykkeThe Little Book of Life HacksHyggeThe Little Book of LagomKey to HappinessTime to HyggeHyggeThe Cozy LifeHyggeConcussionThe Art of Making MemoriesThe Little Book of Scandi LivingThe Little Book of FikaHyggeComic Sagas and Tales from IcelandThe Digested ReadThe Little Book of Hyggelf You're So Smart Why Aren't You HappyThe Little Book of Sloth PhilosophyLagomLagom: The Swedish Art of Living a Balanced, Happy LifeSummary of Meik Wiking's the Little Book of HyggeThe Descent of ManThe Little Book of HyggeSummary of "The Little Book of Hygge" by Meik Wiking - Free book by QuickRead.comLittle Book of HyggeThe Little Book of HyggeSummary of The Little Book of Hygge: Danish Secrets to Happy

Dwell, Gather, Be

Embrace Hygge (pronounced hoo-ga) and become happier with this definitive guide to the Danish philosophy of comfort, togetherness, and well-being. Why are Danes the happiest people in the world?

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The answer, says Meik Wiking, CEO of the Happiness Research Institute in Copenhagen, is Hygge. Loosely translated, Hygge—pronounced Hoo-ga—is a sense of comfort, togetherness, and well-being. "Hygge is about an atmosphere and an experience," Wiking explains. "It is about being with the people we love. A feeling of home. A feeling that we are safe." Hygge is the sensation you get when you 're cuddled up on a sofa, in cozy socks under a soft throw, during a storm. It 's that feeling when you 're sharing comfort food and easy conversation with loved ones at a candlelit table. It is the warmth of morning light shining just right on a crisp blue-sky day. The Little Book of Hygge introduces you to this cornerstone of Danish life, and offers advice and ideas on incorporating it into your own life, such as: Get comfy. Take a break. Be here now. Turn off the phones. Turn down the lights. Bring out the candles. Build relationships. Spend time with your tribe. Give yourself a break from the demands of healthy living. Cake is most definitely Hygge. Live life today, like there is no coffee tomorrow. From picking the right lighting to organizing a Hygge get-together to dressing hygge, Wiking shows you how to experience more joy and contentment the Danish way.

Hygge: the Danish Secrets of Happiness

Candlelight is hygge; the smell of freshly brewed coffee is hygge; the feel of crisp, clean bed linen is hygge; dinner with friends is hygge. 'Hygge', pronounced 'hoo-ga', is a Danish philosophy that roughly translates to 'cosiness'. But it is so much more than that. It's a way of life that encourages us to be kinder to ourselves, to take pleasure in the modest, the mundane and the familiar. It is a celebration of the everyday, of sensual experiences rather than things. It's an entire attitude to life that results in Denmark regularly being voted one of the happiest countries in the world. So, with two divorces behind her and

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her 50th birthday rapidly approaching, journalist Charlotte Abrahams ponders whether it's hygge that's been missing from her life. Is it a philosophy we can all embrace? In a society where lifestyle trends tend to centre on deprivation - be it no sugar, no gluten, no possessions - what does cherishing yourself actually mean? And will it make her happy? In *Hygge*, Charlotte Abrahams weaves the history of hygge and its role in Danish culture with her own attempts, as an English woman, to embrace a more hygge life. In this beautifully written and stylishly designed book, she examines the impact this has on her home, her health, her relationships and, of course, her happiness. Light a candle, pour yourself a glass of wine, and get ready to enjoy your more hygge life.

Hardcore Twenty-Four

The most beautiful guide to the Danish custom of hygge, the everyday life philosophy for better living. Hygge is a feeling of belonging and warmth, a moment of comfort and contentment. This beautiful little book will help you to find hygge and embrace it every day. Make a pot of coffee, relax in your favourite chair and discover for yourself how life is better with hygge. 'Best [book] for the philosophy of hygge' You Magazine 'a philosophy for mindful living' The Guardian ' Her book is a thing of beauty ' Irish Examiner

The Art of Hygge

"Fear less, hope more; eat less, chew more; hate less, love more; and all good things are yours."

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—Scandinavian proverbHygge—the now familiar Danish word for warmth, coziness, peace and harmony—is something we all aspire to. This charming little book, filled with comforting quotes and simple tips, will help you kindle this coziness in your own life. Light a candle, snuggle up and celebrate the things that make life good.

American Cozy

The Scandinavians excel at comfort family, friends, a good atmosphere, long meals, relaxation, and an emphasis on the simple pleasures. They even have a word for this kind of coziness that comes with spending quality time in hearth and home when the days are short: "hygge." Trine Hahnemann is the doyenne of Scandinavian cooking, and loves nothing more than spending time in her kitchen cooking up comforting food in good company. This is her collection of recipes that will warm you up and teach you to embrace the art of hygge, no matter where you live."

Scandinavian Comfort Food

AS HEARD ON THE STEVE WRIGHT SHOW 'FORGET HYGGE. IT'S ALL ABOUT IKIGAI (THAT'S JAPANESE FOR A HAPPY LIFE)' The Times Find out how to live a long and happy life thanks to the ikigai miracle, a Japanese philosophy that helps you find fulfilment, joy and mindfulness in everything you do. It is extraordinary that Japanese men's longevity ranks 4th in the world, while Japanese women's ranks 2nd. But perhaps this comes as no surprise when you know that the Japanese

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understanding of ikigai is embedded in their daily life and in absolutely everything that they do. In their professional careers, in their relationships with family members, in the hobbies they cultivate so meticulously. Ken Mogi identifies five key pillars to ikigai: Pillar 1: Starting small Pillar 2: Releasing yourself Pillar 3:Harmony and sustainability Pillar 4:The joy of little things Pillar 5:Being in the here and now The Japanese talk about ikigai as 'a reason to get up in the morning'. It is something that keeps one's enthusiasm for life going, whether you are a cleaner of the famous Shinkansen bullet train, the mother of a newborn child or a Michelin-starred sushi chef. The Five Pillars at the heart of everything they do. But how do you find your own ikigai? How does ikigai contribute to happiness? Neuroscientist and bestselling Japanese writer Ken Mogi provides an absorbing insight into this way of life, incorporating scientific research and first-hand experience, and providing a colourful narrative of Japanese culture and history along the way.

The Little Book of Ikigai

Kingdom of the Blazing Phoenix

Relax, unwind and soak up the wisdom of the sloth with the slowest page turner you ' ll ever read.

The Book of Hygge

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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. With their overscheduled lifestyles, Americans can't always find time for the people and things they love. Enter *American Cozy*, which uses the Danish phenomenon of hygge--comfort, togetherness, and well-being--to bring coziness and ease to readers' homes, work, and lives. Filled with charming four-color illustrations, it explores organization and home d é cor, entertaining, cooking, creating a happier, more productive work life, de-cluttering, and slowing down.

Option B

Clever little ways to improve your daily life!

Rhapsody in Green: A Writer, an Obsession, a Laughably Small Excuse for a Vegetable Garden

Step aside Hygge. Lagom is the new Scandi lifestyle trend taking the world by storm. This delightfully illustrated book gives you the lowdown on this transformative approach to life and examines how the lagom ethos has helped boost Sweden to the No.10 ranking in 2017's World Happiness Report. Lagom (pronounced 'lah-gom') has no equivalent in the English language but is loosely translated as 'not too little, not too much, just right'. It is widely believed that the word comes from the Viking term 'laget om', for when a mug of mead was passed around a circle and there was just enough for everyone to get a sip.

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But while the anecdote may hit the nail on the head, the true etymology of the word points to an old form of the word 'lag', which means 'law'. Far from restrictive, lagom is a liberating concept, praising the idea that anything more than 'just enough' is a waste of time. Crucially it also comes with a selflessness and core belief of responsibility and common good. By living lagom you can: Live a happier and more balanced life Reduce your environmental impact Improve your work-life balance Free your home from clutter Enjoy good food the Swedish way Grow your own and learn to forage Cherish the relationships with those you love

The Year of Living Danishly

Comic Sagas and Tales brings together the very finest Icelandic stories from the thirteenth to the fifteenth centuries, a time of civil unrest and social upheaval. With feuding families and moments of grotesque violence, the sagas see such classic mythological figures as murdered fathers, disguised beggars, corrupt chieftains and avenging sons do battle with axes, words and cunning. The tales, meanwhile, follow heroes and comical fools through dreams, voyages and religious conversions in medieval Iceland and beyond. Shaped by Iceland's oral culture and their conversion to Christianity, these stories are works of ironic humour and stylistic innovation.

The Little Book of Lykke

What 's the actual secret to happiness? Great memories! Meik Wiking—happiness researcher and New

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York Times bestselling author of *The Little Book of Hygge* and *The Little Book of Lykke*—shows us how to create memories that make life sweet in this charming book. Do you remember your first kiss? The day you graduated? Your favorite vacation? Or the best meal you ever had? Memories are the cornerstones of our identity, shaping who we are, how we act, and how we feel. In his work as a happiness researcher, Meik Wiking has learned that people are happier if they hold a positive, nostalgic view of the past. But how do we make and keep the memories that bring us lasting joy? *The Art of Making Memories* examines how mental images are made, stored, and recalled in our brains, as well as the “art of letting go” —why we tend to forget certain moments to make room for deeper, more meaningful ones. Meik uses data, interviews, global surveys, and real-life experiments to explain the nuances of nostalgia and the different ways we form memories around our experiences and recall them—revealing the power that a “first time” has on our recollections, and why a piece of music, a smell, or a taste can unexpectedly conjure a moment from the past. Ultimately, Meik shows how we each can create warm memories that will stay with us for years. Combining his signature charm with Scandinavian forthrightness, filled with infographics, illustrations, and photographs, and featuring “Happy Memory Tips,” *The Art of Making Memories* is an inspiration meditation and practical handbook filled with ideas to help us make the memories that will bring us joy throughout our lives.

The Little Book of Life Hacks

Want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Learn the secret to happiness and discover how the people of Denmark have achieved greater joy and fulfillment than anyone else in the

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world. For years people have been searching for the secret to happiness. However, unlike the fountain of youth, happiness is something that can be found by anyone, anywhere in the world! While the people of Denmark have been considered some of the happiest people on earth, you don ' t necessarily have to move there to find happiness. Instead, you can adopt the secrets of happiness into your own life. For instance, find joy even on the gloomiest of days by creating a space that sparks a feeling of warmth and love. Whether it ' s creating a nook filled with cozy blankets and your favorite books or cooking with your loved ones, you can find happiness in the world around you. Learn the Danish secrets of hygge and discover their secrets of finding joy and fulfillment despite their cloudy skies.

Hygge

What does it mean to be male in the 21st Century? Award-winning artist Grayson Perry explores what masculinity is: from sex to power, from fashion to career prospects, and what it could become—with illustrations throughout. In this witty and necessary new book, artist Grayson Perry trains his keen eye on the world of men to ask, what sort of man would make the world a better place? What would happen if we rethought the macho, outdated version of manhood, and embraced a different ideal? In the current atmosphere of bullying, intolerance and misogyny, demonstrated in the recent Trump versus Clinton presidential campaign, *The Descent of Man* is a timely and essential addition to current conversations around gender. Apart from gaining vast new wardrobe options, the real benefit might be that a newly fitted masculinity will allow men to have better relationships—and that ' s happiness, right? Grayson Perry admits he ' s not immune from the stereotypes himself—yet his thoughts on everything from power to physical appearance, from emotions to a brand new Manifesto for Men, are shot through with

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honesty, tenderness, and the belief that, for everyone to benefit, updating masculinity has to be something men decide to do themselves. They have nothing to lose but their hang-ups.

The Little Book of Lagom

New York Times Bestseller Embrace Hygge (pronounced hoo-ga) and become happier with this definitive guide to the Danish philosophy of comfort, togetherness, and well-being. Why are Danes the happiest people in the world? The answer, says Meik Wiking, CEO of the Happiness Research Institute in Copenhagen, is Hygge. Loosely translated, Hygge—pronounced Hoo-ga—is a sense of comfort, togetherness, and well-being. "Hygge is about an atmosphere and an experience," Wiking explains. "It is about being with the people we love. A feeling of home. A feeling that we are safe." Hygge is the sensation you get when you 're cuddled up on a sofa, in cozy socks under a soft throw, during a storm. It 's that feeling when you 're sharing comfort food and easy conversation with loved ones at a candlelit table. It is the warmth of morning light shining just right on a crisp blue-sky day. The Little Book of Hygge introduces you to this cornerstone of Danish life, and offers advice and ideas on incorporating it into your own life, such as: Get comfy. Take a break. Be here now. Turn off the phones. Turn down the lights. Bring out the candles. Build relationships. Spend time with your tribe. Give yourself a break from the demands of healthy living. Cake is most definitely Hygge. Live life today, like there is no coffee tomorrow. From picking the right lighting to organizing a Hygge get-together to dressing hygge, Wiking shows you how to experience more joy and contentment the Danish way.

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Key to Happiness

Uncover the secrets of the Swedish philosophy of life called Lagom – meaning ‘ just enough ’ . At its core is the idea that we can strike a healthy balance with the world around us without having to make extreme changes, and without denying ourselves anything.

Time to Hygge

Hygge

Lagom (pronounced lah-gom) is a Swedish word that means “ not too much and not too little, but just the right amount. ” It ’ s about moderation, efficiency, and fairness. This gift book helps readers find balance in their lives with practical tips, sensible recipes, simple craft projects, and inspirational quotes. They ’ ll learn how to fill their homes with energy-saving, recycled d é cor, reduce food waste in their everyday lives, and balance their needs with those of the wider world.

The Cozy Life

What are the true determinants of a happy and fulfilling life? Widely admired psychological researcher Rag Raghunathan sets out to find the answer, undertaking extensive research into the happiness of

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students, business people, stay-at-home-parents, lawyers, and artists, among others. From his research he reveals a crucial discovery: many of the psychological traits that lead to success ironically get in the way of happiness. Forging a new way forward, Raghunathan shows how we can transform these key traits of success, namely the need to be loved, the need for importance and the need for control, and replace them with other behaviours, goals and values to improve our life-long levels of happiness.

Hygge

Specific activities are designed to encourage you to cultivate togetherness and joy at the smallest and simplest things in everyday life. This book provides an in-depth explanation of the hygge lifestyle, as well as numerous bits of practical advice on how to practice hygge every day.

Concussion

Meik Wiking understands happiness better than anyone. In his role as Founder and CEO of the world's only Happiness Research Institute, he has travelled the globe interviewing the world's happiest people to discover the key components of happiness. In *The Key to Happiness*, Meik explores the hidden treasures which can improve your happiness, and divides them into the six building blocks of happiness; togetherness, money, health, kindness, trust and freedom. For each happiness block he offers practical tips- for togetherness he encourages setting up a mini-library in your apartment building or starting a tool-sharing programme in your street; for kindness he suggests leaving a surprise gift on a stranger's

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doorstep, helping a tourist find their way or telling someone who means a lot to you that they do. Drawing on social science, case studies and Meik's original research, this practical guide shows us that you can find happiness in a simple way of life. While Meik has travelled across the globe to discover the secrets of the world's happiest people, this book shows us that you can be just as happy where you are. This book is the perfect guide on how to survive and navigate the modern world with a smile on your face.

The Art of Making Memories

PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. Meik Wiking goes on a literal mission to uncover the secrets behind the Danes' happiness; a mission that takes him through years of happiness research and multiple dimensions of the Danish culture in "The Little Book of Hygge." This SUMOREADS Summary & Analysis offers supplementary material to "The Little Book of Hygge" to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary & Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary & Analysis Include? An Executive Summary of the original book Editorial Review Key Takeaways and analysis from each section A short bio of the authors Original Book Summary Overview Meik Wiking knows what it takes to be happy; he lives in the world's happiest country and has often been named the world's happiest man. In this New York Times bestseller, he digs through years of social and economic research to offer an easy and concise take on

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Denmark's enviable position as the most livable country in the world. "The Little Book of Hygge" offers invaluable insights for enjoying the comfort of purposeful design, finding happiness in everyday moments, and harnessing the joy of togetherness. It is as inspiring as it is beautiful! **BEFORE YOU BUY:** The purpose of this SUMOREADS Summary & Analysis is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). SUMOREADS has pulled out the essence-but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, "The Little Book of Hygge."

The Little Book of Scandi Living

One little word is the secret reminder of what really matters in life: Hygge. CHRISTMAS is the perfect time to embrace it and THIS BOOK will show you how. ----- To me, hygge is: - Meeting my sister for a walk in the park, chatting, laughing and clowning around, as if we were children again. - Listening to the rain on the roof with a cup of tea and my boyfriend next to me. - Drinking wine in my mum's garden - Enjoying a cup of coffee with good friends, that becomes a dinner, that becomes a late-night drink, because no one wants the evening to end. ----- Though we all know the feeling of hygge instinctively few of us ever manage to capture it for more than a moment. Now Danish actress and hygge aficionado Marie Tourell Sørensen - star of BBC 4's 1864 - has travelled the length and breadth of her home country to create the perfect guide to cooking, decorating, entertaining and being inspired the hygge way. Full of beautiful photographs and simple, practical steps and ideas to make your home and life both comfortable and cheering all year round, this book is the easy way to introduce hygge into your life. 'Pretty, homey and intimate, scattered with reflections from ordinary

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Danes' Guardian

The Little Book of Fika

* NOW WITH A NEW CHAPTER * 'A hugely enjoyable romp through the pleasures and pitfalls of setting up home in a foreign land.' - Guardian Given the opportunity of a new life in rural Jutland, Helen Russell discovered a startling statistic: Denmark, land of long dark winters, cured herring, Lego and pastries, was the happiest place on earth. Keen to know their secrets, Helen gave herself a year to uncover the formula for Danish happiness. From childcare, education, food and interior design to SAD and taxes, *The Year of Living Danishly* records a funny, poignant journey, showing us what the Danes get right, what they get wrong, and how we might all live a little more Danishly ourselves. In this new edition, six years on Helen reveals how her life and family have changed, and explores how Denmark, too – or her understanding of it – has shifted. It 's a messy and flawed place, she concludes – but can still be a model for a better way of living.

Hygge

Why are Scandinavians the world's happiest people? How do you get more Scandi-style in your life? What is lagom and how do you use it? Whether you want your apartment to look like it belongs in Copenhagen, to workout like a Norwegian or to make cinnamon buns like a Swede, this pocket edition of *North* is the perfect introduction to the world's happiest countries. Full of inspiration and ideas, how-

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tos and recipes to help you experience the very best of Scandinavian design, philosophy, cookery and culture, this honest behind-the-scenes look at the culture provides an invaluable insight into the wonderful and visually stunning world of Scandinavia. Like her viking ancestors before her, Bront ë Aurell left Denmark to explore the world beyond home shores and in her travels has come to understand the fascination with her kinfolk, as well as seeing the idiosyncrasies of the Scandinavian lifestyle that locals take for granted. With a signature wit and a keen eye for detail, she takes you on a journey through fjords and mountains, farmlands and cities to better understand these three nations and what makes each one so unique. So get outdoors, learn the life lesson that there's no such thing as bad weather (only bad clothing) and you may discover your inner Scandi sooner than you think.

Comic Sagas and Tales from Iceland

In today's world, we're constantly rushing from one thing to the next and are struggling with information overload. We're more disconnected from ourselves and our loved ones than ever before. Rediscover the joy of the simple things through the Danish concept of Hygge in *The Cozy Life*. This book will inspire you to slow down and enjoy life's cozy moments! * Learn about the Danish cultural phenomenon of Hygge, and the secret to why Denmark is consistently rated the happiest country in the world * Embrace the little things and take simplicity and minimalism up a notch * Add Hygge into every aspect of your life with practical examples and tips * Say goodbye to the Winter Blues and live a healthier, centred life This charming little book, filled with hand drawn illustrations, beautifully addresses that yearning we all have for a more authentic life, created by ourselves instead of external forces. What's stopping you from living a more meaningful and connected life?

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The Digested Read

THE COMPLETE BOOK OF HYGGE! The fashion for everything Scandinavian once again swept the world. Now it has spread not only to minimalist furniture and designer clothes, but also to lifestyle. Career and personal growth is being replaced by the desire for comfort and small everyday pleasures. In the world, popularity of hygge is rapidly growing - the philosophy of a happy life that arose in Denmark. Hygge is a Danish word that denotes the state of comfort, peace of mind and security that we experience, when sitting by a fireplace, when the wind blows outside or it's snowing. Warm, quiet lighting is also hygge, just as leisurely gatherings with friends or when you curl up with a book under the blanket. Mass interest in the phenomenon of hygge and the desire to be in a comfortable environment is a natural reaction to the increasingly troubled atmosphere in the world. Solving global problems is not so simple, but in the intervals between the salvation of the world you can enjoy the perfection of the little things. Hygge means the ability to appreciate the ordinary pleasures of life and enjoy the moment. Hygge is creating a warm atmosphere, enjoying good moments of life with your family. It is possible to approach the full understanding of this phenomenon only if you spend time in a relaxed warm atmosphere with those you love. Hygge can be experienced anywhere and at any time, although Danes find hygge mostly in the comfort of their homes. A 30-Day Hygge Challenge will show you how simple it is to live a hygge life and why hygge became so popular. This book tells you how to become happy and how to let hygge into your life by covering the following topics: * What is Hygge? * Hygge Lifestyle * Hygge and Feeling Good * 30-Day Hygge Challenge. Hygge habits. Get your copy now! Free with Kindle Unlimited!

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The Little Book of Hygge

****THE INTERNATIONAL, NEW YORK TIMES and SUNDAY TIMES BESTSELLER, WITH OVER A MILLION COPIES SOLD AROUND THE WORLD**** Denmark has an international reputation for being one of the happiest nations in the world, and hygge is widely recognised to be the magic ingredient to this happiness. Hygge has been described as everything from "the art of creating intimacy", "cosiness of the soul", "the absence of annoyance" to "taking pleasure from the presence of soothing things", "cosy togetherness" and "the pursuit of everyday pleasures". Hooga? Hhyooguh? Heurgh? It is not really important how you choose to pronounce or even spell 'hygge'. What is important is that you feel it. Whether you're cuddled up on a sofa with a loved one, or sharing comfort food with your closest friends, hygge is about creating an atmosphere where we can let your guard down. The Little Book of Hygge is the definitive, must-read introduction to hygge, written by Meik Wiking, CEO of the Happiness Research Institute in Copenhagen. The book is packed full of original research on hygge, conducted by Meik and his team, along with beautiful photographs, recipes and ideas to help you add a touch of hygge to your life.

If You're So Smart Why Aren't You Happy

Join the happiness revolution! The author of the New York Times bestseller The Little Book of Hygge offers more inspiration and suggestions for achieving greater happiness, by practicing Lykke (LOO-ka)—pursuing and finding the good that exists in the world around us every day. While the Danes are

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the happiest people on the planet, happiness isn't exclusively Danish; cultures around the world have their own unique approaches to leading a contented, fulfilled life. For his work at the Happiness Research Institute in Copenhagen, Meik Wiking travels the globe from Dubai to Finland, Rio de Janeiro to Bhutan, South Korea to the United States, to discover the secrets of the very happiest people. In *The Little Book of Lykke*, Meik identifies the six factors that explain the majority of differences in happiness across the world—togetherness, money, health, freedom, trust, and kindness—and explores what actions we can take to become happier. As he reveals, we can deepen our blissfulness and contentment with little adjustments in our behavior, whether it's eating like the French (sitting around a table and savoring our time) or dancing the tango like Argentinians in Buenos Aires. With his trademark warmth and wit, Meik explores the happiness gap for parents, how much money you really need to buy happiness, how we can be healthier without having to go to the gym, how we can learn to build trust and collaboration, how we can help ourselves by helping others, and why our expectations often outweigh our reality. Weaving together original research and personal anecdotes, *The Little Book of Lykke* is a global roadmap for joy that offers a new approach to achieving everyday happiness that not only improve our own lives, but help us build better communities and a better world.

The Little Book of Sloth Philosophy

Janet Evanovich's #1 New York Times bestselling sensation Stephanie Plum returns in her twenty-fourth thriller as mutilated corpses litter the streets of New Jersey. Trouble comes in bunches for Stephanie Plum. First, professional grave robber and semi-professional loon, Simon Diggery, won't let her take him in until she agrees to care for his boa constrictor, Ethel. Stephanie's main qualification for

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babysitting an extremely large snake is that she owns a stun gun—whether that ’ s for use on the wandering serpent or the petrified neighbors remains to be seen. Events take a dark turn when headless bodies start appearing across town. At first, it ’ s just corpses from a funeral home and the morgue that have had the heads removed. But when a homeless man is murdered and dumped behind a church Stephanie knows that she ’ s the only one with a prayer of catching this killer. If all that ’ s not enough, Diesel ’ s back in town. The 6-foot-tall, blonde-haired hunk is a man who accepts no limits—that includes locked doors, closed windows and underwear. Trenton ’ s hottest cop, Joe Morelli isn ’ t pleased at this unexpected arrival nor is Ranger, the high-powered security consultant who has his own plans for Stephanie. As usual Jersey ’ s favorite bounty hunter is stuck in the middle with more questions than answers. What ’ s the deal with Grandma Mazur ’ s latest online paramour? Who is behind the startling epidemic of mutilated corpses? And is the enigmatic Diesel ’ s sudden appearance a coincidence or the cause of recent deadly events?

Lagom

'Read Rhapsody in Green. A novelist's beautiful, useful essays about her tiny garden.' - India Knight
'Glorious for anyone who loves fruit, vegetables, herbs and language. It makes you see them with new eyes.' - Diana Henry
'A witty account of 'extreme allotmenting' for all obsessive gardeners' - Mail on Sunday
'An extremely entertaining and inspiring story of one woman's passionate transformation of a small, irregular shaped urban garden into a bountiful source of food.' - Woman & Home
'A gardening book like no other, this is the author's 'love letter' to her garden. She relays warm and witty stories about the trials and tribulations throughout her gardening year.' - Garden News
'this inspirational, funny book,

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written by someone who hankers after a homesteader's lifestyle, will make you look at even your window box in a new, more productive light.' - The Simple Things 'Gardening is not a hobby but a passion: a mess of excitement and compulsion and urgency and desire. Those who practise it are botanists, evangelists, freedom fighters, midwives and saboteurs; we kill; we bleed. No, I can't drop everything to come in for dinner; it's a matter of life and death out here.' Novelist Charlotte Mendelson has a secret life. Despite owning only six square metres of urban soil and a few pots, she is an extreme gardener; the creator of a tiny but bountiful edible jungle. And like all enthusiasts, she will not rest until you share her obsession. This is the story of an amateur gardener's journey to addiction: her attempts to buy lion dung from London Zoo and to build her own cold frame; her disinhibited composting and creative approach to design; her prejudices (roses, purple flowers, people with orchards); and her passions: quinces, salad-leaves, herbs, Japanese greens and ancient British apples. It is a story of where fantasy meets reality, of the slow onset of a consuming love and, most of all, of how gardening, however peculiar, can save your life.

Lagom: The Swedish Art of Living a Balanced, Happy Life

Literary ombudsman John Crace never met an important book he didnt like to deconstruct.From Salman Rushdie to John Grisham, Crace retells the big books in just 500 biting satirical words, pointing his pen at the clunky plots, stylistic tics and pretensions to Big Ideas, as he turns publishers golden dream books into dross. In the grand tradition of Tom Lehrer and Stan Freberg, Crace takes the books that produce the most media hype and retells each story in its authors inimitable style. Philip Roth, Don DeLillo, Margaret Drabble, Paul Auster, Alice Sebold, John Updike, Tom Wolfe, Ruth

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Rendell, A.S. Byatt, John LeCarre, Michael Crichton and Ian McEwan all emerge delightfully scathed in this book that makes it easy to talk knowingly about books youve never bothered to read or, for that matter, should have.

Summary of Meik Wiking's the Little Book of Hygge

"The author's experience with grief after the sudden death of her husband, combined with social science on resilience"--

The Descent of Man

The unlikely story of Dr. Bennet Omalu, the pathologist who made one of the most significant medical discoveries of the twenty-first century, a discovery that challenges the existence of America's favorite sport and puts him in the crosshairs of football's most powerful corporation: the NFL.

The Little Book of Hygge

Hygge (pronounced ' hu-gah ') is a Danish word that describes the feeling of being cosy, comfortable and at peace with the world. It ' s almost impossible to translate into English, and it ' s probably the reason that Denmark is one of the happiest countries in the world. The Art of Hygge is packed with recipes to warm you on a cold winter ' s evening, craft ideas for decorating your home, and inspirational

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suggestions for enjoying the magic of everyday pleasures. Whether it ' s a perfectly brewed cup of coffee, a delicious Danish apple cake shared with friends, or a snugly hand-knitted jumper, you ' ll find that a little hygge brings a lot of happiness!

Summary of "The Little Book of Hygge" by Meik Wiking - Free book by QuickRead.com

While the Danish concept of hygge as caught on around the globe, so has lagom—its Swedish counterpart. An essential part of the lagom lifestyle, fika is the simple art of taking a break—sometimes twice a day—to enjoy a warm beverage and sweet treat with friends. This delightful gift book offers an introduction to the tradition along with recipes to help you establish your own fika practice.

Little Book of Hygge

This fairy tale retelling lives in a mystical world inspired by the Far East, where the Dragon Lord and the Serpent God battle for control of the earthly realm; it is here that the flawed heroine of Forest of a Thousand Lanterns finally meets her match. An epic fantasy finale to that breathtaking and dazzling story. Princess Jade has grown up in exile, hidden away in a monastery while her stepmother, the ruthless Xifeng, rules as Empress of Feng Lu. But the empire is in distress and its people are sinking into poverty and despair. Even though Jade doesn't want the crown, she knows she is the only one who can dethrone the Empress and set the world right. Ready to reclaim her place as rightful heir, Jade embarks on a quest to raise the Dragon Lords and defeat Xifeng and the Serpent God once and for all. But will

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the same darkness that took Xifeng take Jade, too? Or will she find the strength within to save herself, her friends, and her empire? Set in an East Asian-inspired fantasy world filled with breathtaking pain and beauty, Kingdom of the Blazing Phoenix is filled with dazzling magic, powerful prose, and characters readers won't soon forget. Fans of Stealing Snow, Red Queen, and The Wrath and the Dawn will hungrily devour this page-turning read. Praise for Kingdom of the Blazing Phoenix: "There aren't many authors who could so precisely undo their first book with their second, but it is this clever unweaving that shows Dao's brilliance and skill. With heart-stopping action and wonderful new characters, this is not a sequel to be missed." --EK Johnston, #1 New York Times bestselling author "A lush, enchanting tale of magic, myth, and absolute courage. At once gorgeously woven and deliciously gruesome, Kingdom of the Blazing Phoenix is a thrilling end to a series that feels like a classic in its own right." --Natalie Mae, author of The Kinder Poison "Kingdom of the Blazing Phoenix is the stunning counterpoint to Forest of a Thousand Lanterns. A refreshing take on the classic heroine, and an adventure of stories nestled within stories, this is a book fairytale lovers will tuck among their most beloved treasures." --Emily X.R. Pan, New York Times bestselling author of The Astonishing Color of After "Kingdom of the Blazing Phoenix broke my heart and filled it, all at once. In the process, Julie C. Dao has turned a well-worn tale into something thrilling and new. Ornate, tender, and magical. I could not put this book down." --Tochi Onyebuchi, author of Beasts Made of Night and Crown of Thunder "Beautifully written and masterfully told, Kingdom of the Blazing Phoenix feels at once timeless and entirely new . . . I loved it with my whole heart." --Margaret Rogerson, New York Times bestselling author of An Enchantment of Ravens "Utterly brilliant in every way, Kingdom of the Blazing Phoenix is the perfect follow-up to Julie C. Dao's debut. This is the dark fantasy I've been waiting for, and I can't get enough!" --Beth Revis, New York Times bestselling author of Give the Dark My Love "A grand

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adventure for fans of fairy tales, fables, and legends coupled with the vibrant history of Chinese dynasties."--Kirkus Reviews * "A top purchase for most fantasy collections." --School Library Journal, starred review

The Little Book of Hygge

In a world where perfectly designed homes are encountered at every turn, Dwell, Gather, Be goes deeper, exploring how thoughtful, intentional home design can cultivate meaningful moments in life.

Summary of The Little Book of Hygge: Danish Secrets to Happy

Turn your life into something you actually enjoy by using hygge! Some of the simplest moments are the most precious. Stop chasing after material objects. In *Hygge: The Danish Secrets of Happiness. How to be Happy and Healthy in Your Daily Life*, you will learn the secrets to making your life more enjoyable and minimizing your stress. You will learn how to add coziness to your days instead of stress. Above all, you will learn to stop staring at your phone and instead make more magical moments with your loved ones. It is easy to make money and buy new things. But what about experiences? Experiences are far more lasting and meaningful than cars, clothes, gadgets, and accessories. 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 to prefer spending time with your family and doing fun activities for free over stressing about making credit card payments. Learn from the Best. Maya Thoresen is a Danish writer and lifestyle coach

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who is an expert on hygge. She created this book to reach people who are caught up in the hustle of commercialized life and who have forgotten to enjoy the simpler moments. She divulges her secrets to a richer, more enjoyable life in this book. Hygge makes you appreciate the little moments. Suddenly, your life becomes filled with joy that was never there before. So make your life a little more Danish by reading this book today! Scroll to the top of the page and select the buy now button.

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