

How To Hygge The Secrets Of Nordic Living

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[The Cozy Life with Hygge](#) - Pia Edberg 2019-11-17

With several hygge books available on the market, this is the revised version of The Cozy Life that started it all. In today's world, we're constantly rushing from one thing to the next and struggling with information overload. We're more disconnected from ourselves and our loved ones than ever before. Rediscover the joy of the simple things by learning

about the cultural phenomenon of hygge and the secret as to why Denmark is consistently rated the happiest country in the world. Embrace the little things and take simplicity and minimalism up a notch. This charming little book, filled with hand-drawn illustrations, will inspire you to slow down and enjoy life's cozy moments.

The Book of Hygge - Louisa Thomsen Brits 2016

Bring Hygge To Your Life -

Stacy Collins 2021-04-08

Are you tired and depressed with a never-ending rush? Do you try to complete all tasks at once but nothing works? Have you attempted to find positive content and answers online, but only received confusion by the tons of conflicting information? The modern world is full of fancy toys and many mind-blowing tourist centers that offer exhilarating experiences. Besides, we have remarkable technological achievements and innovative digital breakthroughs that our ancestors could have never fathomed. However, are we really happier than our predecessors who lacked the technology that we have today? Far from it! Depression, anxiety, and other psychological disorders are ravaging the lives of many people. According to the World Health Organization, over 264 million people worldwide suffer from depression. Would you like to add more calmness, happiness, culture, and sophistication in your life and

obtain transformative home inspiration, but can't understand how to implement it mindfully and where to begin? This book proposes a direct route to a Hygge life and will bring new energy, peace, happiness, and health to your home. The idea of making your home cozy to live a happy and meaningful life embodies the Hygge philosophy. If you're eager to make changes in your home that will enable you to generate positive vibes, this Hygge home book is totally for you! This self-help guide contains useful tips and practical life hacks to live a healthy lifestyle that will enable you to create a comfortable home that supports your mental, socioemotional, spiritual, and physical health. The benefits you'll get: Quick easy steps to apply immediately Checklists and useful exercises for practical application A concrete action plan: 10 days full of Hygge hacks to transform your home and life So, you'll acquire a detailed, meticulously researched, and

systematic guide regarding how to implement the Hygge philosophy. This Hygge life book will help you to make the critical changes in your home for a happier and fulfilled life. Therefore, if you have been battling stress symptoms or you don't like your home's vibes and aesthetics, then this material is perfect for you! Start living your happy, new life in your cozy home right now, and pick up your copy by clicking the "BUY NOW" bottom at the top before the price changes! The book is available in 3 Editions: Kindle Edition Paperback - Black & White Edition Paperback - Full Color Edition Go to "See all formats and editions" to choose which one you like most. *Happy Inside* - Michelle Ogundehin 2020-04-30 'I love this book. Strong, clever, intelligent advice with soul.' Mary Portas 'A wonderful look at how to transform our homes to be more mindfully aligned with our true nature and a reflection of who we are.' Fearne Cotton 'A happy home is a fundamental building block

of happiness, and Michelle's book is an essential, step-by-step guide to creating a home we love.' Arianna Huffington, Founder & CEO, Thrive Global 'A must-have read for anyone looking to improve not just their home but also their quality of life within it.' Matthew Williamson Be happier, healthier and more empowered with Michelle Ogundehin's step-by-step practical guide to creating a home that supports your well-being. Whether that home is owned or rented, small or large, and regardless of how much money you have, *Happy Inside* shows you how to harness its potential in pursuit of becoming your best self. If you want to feel calm, content, soothed or energized, you must begin with what surrounds you. This comprehensive guide covers everything from how to create more light and space to how to get a good night's sleep; the path to a perfect sofa and why a dining table is your most vital piece of furniture. Plus, how to decorate to promote joy; the importance of

play (and circular side tables); your definitive capsule kitchen kit; and why your hallway is where it all starts. Combining Michelle's knowledge of Buddhist philosophy, mindfulness, colour psychology and good design, *Happy Inside* is your one-stop guide to living well. Welcome to the healthy home revolution!

Lagom - Linnea Dunne

2017-07-13

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. 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 Atlas of Happiness - Helen Russell 2019-05-07

A fun, illustrated guide that takes us around the world, discovering the secrets to happiness. Author Helen Russell (*The Year of Living Danishly*) uncovers the fascinating ways that different nations search for happiness in their lives, and what they can

teach us about our own quest for meaning. This charming and diverse assortment of advice, history, and philosophies includes: Sobremesa from Spain Turangawaewae from New Zealand Azart from Russia Tarab from Syria joie de vivre from Canada and many more.

The Cozy Life - Pia Edberg
2016-04-07

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?

The Hygge Life - Gunnar Karl Gíslason 2017-11-14

Equal parts cookbook and lifestyle guide, this cozy little book shows you how to cultivate comfort and contentment and embrace life's small pleasures with the Danish practice of hygge. Hygge (loosely translated as "coziness") is centered around the idea of inviting comforting elements into day-to-day life while creating warmth, community, and intimacy. The *Hygge Life* teaches you how small gestures (putting wool blankets and warm cider out for guests) or larger undertakings (building bonfires and making campfire bread to

celebrate solstice) can warm the psyche and foster hygge, with more than 30 recipes for cozy and comforting food and drinks.

Hygge & West Home -

Christiana Coop 2018-09-25

From the cofounders of the popular design company.

“Inside the must-read, the duo takes us inside 20 homes that embody the hygge way of life.”

—Architectural Digest

Tastemakers Christiana and Aimee of Hygge & West know that the key to making a house into a home is in the decoration—whether that means embracing natural elements, creating cozy spaces, making room for family, or finding your own personal charm in every space. Hygge & West Home offers a look into twenty covetable homes designed to promote feelings of coziness, companionship, and comfort, from an intimate apartment in San Francisco to a log cabin in Wyoming, a family home in Minneapolis, and a colorful oasis in Brooklyn. With page after page of aspirational interiors,

engaging interviews with home owners, and tips on creating similar feelings in any space, this eye-catching book explores what makes a house a truly personal space and offers readers the tools and inspiration to make their home their own. “Christiana Coop and Aimee Lagos, creators of Hygge & West designs, know how to make the home a retreat, a soft and charming space that really embraces hygge, the Danish design term for a cozy, sweet environment.”

—Unique Homes

“A must-have resource if you are interested in design and interiors.”

—Coral & Tusk
Nordic Crafts - Mia Underwood 2013
Scandinavian style has never been more desirable, with its emphasis on natural materials, light and fresh colours, and classic motifs. Mia Underwood inherited her love of making things from her Danish grandmother, and she understands both the techniques and the heritage of crafts from Scandinavia. In Nordic Crafts she presents 35

new projects which reflect the traditions of the Scandinavian countries, with a modern twist. Projects for the home include a novel bread basket, and a deer's head made of fabric. For a child's room, there is a doorstop in the shape of an elephant, and a woodland scene to hang in the window. For playtime, felt animal masks will fire your child's imagination, while nisse--mischievous elves--are easy to make from scraps of wool. The Danish love of coziness and comfort--'hygge'--is reflected in patterns for felted slippers, embroidered mittens, and snoods for both adults and children. Finally, there are things to make for the celebrations that come round every year, including the all-important Christmas decorations, and ideas for decorating your home at Easter, in the Scandinavian way.

North - Brontë Aurell

2017-09-07

'Why are Scandinavians constantly topping the happiness table?' 'How do you

get more Scandi-style in your life?' 'Just how do you use lagom?' Like her viking ancestors before her, Brontë 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. Whether you want your apartment to look like it belongs in Copenhagen, to workout like a Norwegian or adapt to saunas like a Swede, this is the ultimate insider's guide to the countries of the Nørth. Full of inspiration and ideas, how tos and recipes to help you experience the very best of Scandinavian design, philosophy, cookery and culture. With a signature wit and a keen eye for detail, travel alongside Bronte 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

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(only bad clothing) and you may discover your inner Scandi sooner than you think.

Fika - Anna Brones 2015-04-07
An illustrated lifestyle cookbook on the Swedish tradition of fika--a twice-daily coffee break--including recipes for traditional baked goods, information and anecdotes about Swedish coffee culture, and the roots and modern incarnations of this cherished custom. Sweden is one of the world's top coffee consuming nations, and the twice-daily social coffee break known as fika is a cherished custom. Fika can be had alone or in groups, indoors or outdoors, while traveling or at home. A time to take a rest from work and chat with friends or colleagues over a cup and a sweet treat, fika reflects the Swedish ideal of slowing down to appreciate life's small joys. In this adorable illustrated cookbook, Anna Brones and Johanna Kindvall share nearly fifty classic recipes from their motherland—from cinnamon buns and ginger snaps to rhubarb cordial and rye

bread—allowing all of us to enjoy this charming tradition regardless of where we live.

How to Hygge - Signe Johansen 2016-09-27
Nordic countries are consistently rated as the best places to live for quality of life, happiness and education, literacy and gender equality. But what's their secret? In *How To Hygge*, renowned Scandinavian cook and writer Signe Johansen explores the culture of hygge, shares the secrets of Nordic living and shows you how to adopt these elements into your everyday life, wherever you are in the world. Hygge is central to the Nordic sense of well-being. Roughly translated as 'cosiness', it implies warmth, conviviality and community. With fifty recipes and glorious imagery, Johansen explains how to enjoy the outdoors the Nordic way, the joy of fika (coming together over cake and coffee), how to collaborate to achieve a sense of community and why alcohol is integral to the healthy hedonism of hygge. For those

who have long admired the region's stylish design heritage, she reveals how to achieve Scandi-Cool in your own home, without breaking the bank. Explore the culture of hygge, and learn how to live your life to the fullest, Nordic-style.

Sisu - Joanna Nylund

2018-12-04

After you've cultivated the coziness of the Danes (hygge) and achieved the Swedish way of moderation (lagom), then what's next? How about developing your Sisu--an "untranslatable" Finnish term referring to a mixture of courage, resilience, grit, tenacity, and perseverance. It's a trait that has shaped not just the fate of a nation but continues to be a guiding principle for how Finns live their daily lives. Now it can offer lessons to us all, helping us to: discover our inner strength resolve conflicts at work and home raise kind and resilient children achieve our fitness goals fight for what we believe in And much more!

ScandiKitchen: The Essence

of Hygge - Bronte Aurell

2021-01-12

Discover the essence of hygge as revealed by Brontë Aurell, Danish owner of London's ScandiKitchen in this honest and thoughtful guide, which also features some of her favorite recipes from her books, *The Scandi Kitchen* and *Fika & Hygge*, to help you enjoy a "hyggelig" time. Hygge is in the zeitgeist, but what is it, how do we bring hygge in our lives and why are we so captivated with this Danish word? According to Brontë it is really not complicated and doesn't involve spending vast amounts of money on candles or blankets... in its purest form it is simply about appreciating life. Explained in 12 entertaining chapters interspersed with recipes, you will learn first about the origins of the word hygge (old Norse) and then how to embrace it with essays on: Hygge and the Basics, Hygge and Happiness, Hygge and Sharing, Hygge and Baking, Hygge and Darkness, Hygge and Light, Hygge and Time, Hygge and Stress, Hygge

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and Soul, Hygge and Nature, Hygge and Stuff and Hygge and Your Home. Hygge is a completely psychological and emotional state of being. Whether it's going for a long walk or baking and sharing a cake with friends, when you carve a pocket of time in your day, hygge can often be found. Remembering to appreciate and experience the moment will help you find your very own hygge.

Spirited - Signe Johansen
2019-10-17

A flavour-focused drinks recipe book with a feminist slant, *Spirited* opens up the 'boys' club' world of serious cocktails and features fifty drinks, both alcoholic and booze-free. *Spirited* brings together fifty well-crafted cocktail recipes, all fuelled by a cook's palate and a love of creative ingredients. Signe Johansen's recipes play with a wide range of flavours such as fresh, floral, herbal and spicy notes and encourage you to think like a cook not a bartender. With chapters on drambling (the joy of winter walks and whisky),

creative and delicious drinks to serve at gatherings, warming nightcaps and non-alcoholic 'soothies' to calm an ailing spirit, there is a tippie here for every occasion. There is also a collection of recipes called Cupboard Cocktails - made from staple ingredients you may already have in your kitchen - and more ambitious weekend projects for gifts or special occasions. *Spirited* is a refreshing departure from earnest mixologists writing about the 'art of the cocktail' - books often written by men, for men. Instead, Signe opens the field for everyone and celebrates the convivial and social experience of healthy hedonism and raising a glass together. This is a warm and inclusive companion to the subject, packed with trade secrets, delicious recipes and fascinating insight into the world of drinks.

The Little Book of Lykke - Meik Wiking 2017-12-26
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 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 Coorie Home - Beth Pearson 2019-09

Everyone loves an icebreaker, especially in Scotland. Whether you're waiting at the bus stop, propping up the bar, or being introduced at a party - it's not unusual to be asked this question: Where d'you stay?

But there's not always a simple answer. Everyone's home is different. Even so, whether Scots by birth or association, we all need to personalise -- with creative thinking, thrifty living, unexpected aesthetics -- the spaces in which we sleep, eat, and repeat. The Coorie Home creates a panoramic yet intimate view of authentic Scottish home life; it features insightful interviews, practical advice, exploration and beautiful photography. Encompassing communal living, cool interiors, the sanctuary of the remote getaway, urban gardens and all kinds of outside 'rooms', The Coorie Home showcases a contemporary array of eclectic, individual and inspirational Scottish living spaces.

There's No Such Thing as Bad Weather - Linda Åkeson McGurk 2017-10-03

Bringing Up Bébé meets Last Child in the Woods in this "fascinating exploration of the importance of the outdoors to childhood development" (Kirkus Reviews) from a Swedish-American mother who

sets out to discover if the nature-centric parenting philosophy of her native Scandinavia holds the key to healthier, happier lives for her American children. Could the Scandinavian philosophy of "There's no such thing as bad weather, only bad clothes" hold the key to happier, healthier lives for American children? When Swedish-born Linda Åkeson McGurk moved to Indiana, she quickly learned that the nature-centric parenting philosophies of her native Scandinavia were not the norm. In Sweden, children play outdoors year-round, regardless of the weather, and letting babies nap outside in freezing temperatures is common and recommended by physicians. Preschoolers spend their days climbing trees, catching frogs, and learning to compost, and environmental education is a key part of the public-school curriculum. In the US, McGurk found the playgrounds deserted, and preschoolers were getting drilled on academics with little time for free play in nature.

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And when a swimming outing at a nearby creek ended with a fine from a park officer, McGurk realized that the parenting philosophies of her native country and her adopted homeland were worlds apart. Struggling to decide what was best for her family, McGurk embarked on a six-month journey to Sweden with her two daughters to see how their lives would change in a place where spending time in nature is considered essential to a good childhood. Insightful and lively, *There's No Such Thing as Bad Weather* is a fascinating personal narrative that illustrates how Scandinavian culture could hold the key to raising healthy, resilient, and confident children in America.

Hygge and Kisses - Clara Christensen 2017-09-21

For readers everywhere who are embracing the Danish art of hygge - the first warm, wise and romantic hygge novel! The perfect feel-good novel to curl up with - light some candles, wrap yourself in a blanket and relax ... Bo, 26, has always been careful, cautious.

However, she's just been made redundant and her life plan is beginning to unravel. Before she starts immediately applying for other jobs in a panic, her friend Kirsten persuades her to take a holiday, to visit Kirsten's mother's house in Aalborg, North Jutland, a part of Denmark Bo is ashamed to admit she has never heard of. 'What's the weather going to be like?' she asks Kirsten hopefully, scrolling her cursor over the budget airlines webpage. 'Terrible,' Kirsten replies, 'London is positively Mediterranean by comparison, and of course it's November so it'll be dark seventeen hours a day. But no one goes to Denmark to get a tan. You need a change of scene and to blow away the cobwebs, and trust me, Skagen will do that. Besides, the summerhouse is cosy whatever the weather, and you never know who else will be around.' A few clicks later and there is no going back. And Bo's life plan is about to be entirely rewritten.

Hygge - Olivia Telford

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2017-07-24

Do you sometimes feel like your life is a mad rush without ending or meaning? Would you like to find something that offers relaxation, happiness and contentment, all rolled into one? You can have all of that with the Danish art of Hygge, and it is easier to achieve than you perhaps would think. For many of us in today's crazy and hectic world of careers, family, and social lives, we can often forget that the things which are simpler and give the greatest pleasure are often put to one side. The simple pleasure of sitting in silence, watching the sunset, or enjoying the crackle of a fire as you share a meal can often have a greater effect on our souls than any material thing. And this where Hygge makes its mark. Hygge is more than just a concept. It is a way of being and living that has been adopted by countless numbers of people throughout Scandinavia and the wider world and reflects a coziness that encompasses the positivity and enjoyment that one can get

from simple everyday things. It does not need to cost a lot of money and can be as humble as having a warm fire and enough food to eat. In Hygge: Discovering the Danish Art of Happiness - How to Live Cosily and Enjoy Life's Simple Pleasures, you will find six chapters which give in-depth information on what Hygge is and how you can apply it, including: Where Hygge comes from The fundamental principles of Hygge The benefits you can get from living a Hygge lifestyle How to apply Hygge to your life How Hygge changes with each season How to live a Hygge lifestyle, even when you have a budget to consider Millions of people around the world are turning to Hygge as a great way to live their lives. You can now be a part of this amazing revolution, build a simpler life, and be happier, more content, and in control of your life. Learn the Secrets of the Happiest Country Today by Clicking the "Add to Cart" Button at the Top of the Page.

The Almost Nearly Perfect

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People - Michael Booth

2015-01-27

NAMED THE #1 BEST BOOK OF THE YEAR BY THE CHRISTIAN SCIENCE MONITOR, A WITTY, INFORMATIVE, AND POPULAR TRAVELOGUE ABOUT THE SCANDINAVIAN COUNTRIES AND HOW THEY MAY NOT BE AS HAPPY OR AS PERFECT AS WE ASSUME

Journalist Michael Booth has lived among the Scandinavians for more than ten years, and he has grown increasingly frustrated with the rose-tinted view of this part of the world offered up by the Western media. In this timely book he leaves his adopted home of Denmark and embarks on a journey through all five of the Nordic countries to discover who these curious tribes are, the secrets of their success, and, most intriguing of all, what they think of one another. Why are the Danes so happy, despite having the highest taxes? Do the Finns really have the best education system? Are the Icelanders as feral as they sometimes appear? How are

the Norwegians spending their fantastic oil wealth? And why do all of them hate the Swedes? In *The Almost Nearly Perfect People* Michael Booth explains who the Scandinavians are, how they differ and why, and what their quirks and foibles are, and he explores why these societies have become so successful and models for the world. Along the way a more nuanced, often darker picture emerges of a region plagued by taboos, characterized by suffocating parochialism, and populated by extremists of various shades. They may very well be almost nearly perfect, but it isn't easy being Scandinavian.

Scandilicious Baking - Signe Johansen 2012

Discover the secrets of great baking with *Scandilicious* flair... Scandinavian baking is among the best in the world. Deeply ingrained in the culture, it is a distinctive part of the Nordic identity, history and well-being. Welcome to a place where cakes made with real butter are celebrated rather than feared, where

entire festivals are dedicated to baking and where it is believed there is nothing quite like the thrill of making one's own bread, Christmas biscuits or cardamom buns. Following on from the success of SECRETS OF SCANDINAVIAN COOKING...SCANDILICIOUS, Signe Johansen shares with us a mouth-watering selection of traditional and modern baked treats. Think moreish müsli bread hot from the oven; pumpkin, cheese and sage muffins that pack a real flavour punch; and irresistible redcurrant mazarin tart or upside-down blueberry cake - perfect for summer entertaining.

Hygge - Charlotte Abrahams
2016-10-13

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 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.

How to Hygge - Signe Johansen 2017-01-03

Discover the secrets of hygge--the Danish philosophy where coziness, warmth, and community is key.

The Scandinavian Guide to Happiness - Editors of Whalen Book Works 2021-01-05

Make time for the things that really matter in life. Find balance and happiness in your daily life, the Scandinavian way, with *The Scandinavian Guide to Happiness!* There's a reason Finland, Denmark, Norway, Iceland, and Sweden consistently rank as the top 5 happiest countries on earth! Find out the secrets to their happiness and fulfillment in *The Scandinavian Guide to Happiness*, which shares centuries of Nordic wisdom, including: - Lykke: Happiness is all around you (Denmark) - Lagom: Just the right amount—not too much, not too little (Sweden) - Fika: Taking daily coffee breaks and other comforting rituals (Sweden) -

Hygge: Coziness brings comfort, courage, and happiness (Denmark) - Sisu: Everyday courage, grit, and determination & acting rationally in the face of adversity These basic principles will help you see how to have a happy life without buying anything, changing yourself, or making any other crazy drastic changes! Topics include Simplicity, Happiness, Health & Wellness, Relationships, Nature-Inspired Living, and more. Full of inspiring, encouraging ideas—and charming illustrations!—this thoughtful Scandinavian guide is sure to put a happy glow on your life.

The Nordic Theory of Everything - Anu Partanen 2016-06-28

A Finnish journalist, now a naturalized American citizen, asks Americans to draw on elements of the Nordic way of life to nurture a fairer, happier, more secure, and less stressful society for themselves and their children Moving to America in 2008, Finnish

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journalist Anu Partanen quickly went from confident, successful professional to wary, self-doubting mess. She found that navigating the basics of everyday life—from buying a cell phone and filing taxes to education and childcare—was much more complicated and stressful than anything she encountered in her homeland. At first, she attributed her crippling anxiety to the difficulty of adapting to a freewheeling new culture. But as she got to know Americans better, she discovered they shared her deep apprehension. To understand why life is so different in the U.S. and Finland, Partanen began to look closely at both. In *The Nordic Theory of Everything*, Partanen compares and contrasts life in the United States with life in the Nordic region, focusing on four key relationships—parents and children, men and women, employees and employers, and government and citizens. She debunks criticism that Nordic countries are socialist “nanny states,” revealing instead that

it is we Americans who are far more enmeshed in unhealthy dependencies than we realize. As Partanen explains step by step, the Nordic approach allows citizens to enjoy more individual freedom and independence than we do. Partanen wants to open Americans’ eyes to how much better things can be—to show her beloved new country what it can learn from her homeland to reinvigorate and fulfill the promise of the American dream—to provide the opportunity to live a healthy, safe, economically secure, upwardly mobile life for everyone. Offering insights, advice, and solutions, *The Nordic Theory of Everything* makes a convincing argument that we can rebuild our society, rekindle our optimism, and restore true freedom to our relationships and lives. Hygge - Marie Tourell Söderberg 2016-10-06 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 Söderberg - 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 Danes' Guardian
Making Winter - Emma Mitchell 2017-10-05
Banish winter blues and embrace the frosty months by cosying up with Emma Mitchell's nature-inspired collection of crafts. From delicate silver jewellery, paper-craft decorations and crocheted mittens, to foraged infusions, delicious recipes and nature diaries, *Making Winter* is filled with projects designed to fend off dreariness in the winter months. Step-by-step instructions and beautiful photographs, shot at Emma's cottage in the Fens, take you through each project, so that even beginners can enjoy the mood-boosting benefits of a craft-filled winter and snuggle down in their own cosy paradise.

Scandinavian Comfort Food - Trine Hahnemann 2016-10-20
The Scandinavians excel in comfort - family, friends, a good atmosphere, long meals, relaxation and an emphasis on

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simple pleasures. They even have a word for this kind of cosiness that comes with spending quality time in hearth and home when the days are short: hygge. Trine

Hahneemann 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.

[The Little Book of Scandi](#)

[Living](#) - Brontë Aurell

2020-02-11

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-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, Brontë 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.

[The Nordic Book of Runes](#) -

Jonathan Dee 2021-02-09

A guide to the secrets of rune-

reading, an ancient predictive art, that teaches you how to lay out runes and interpret them instantly. Once the sacred alphabet of the Germanic people of Northern Europe, runes are more than 2,000 years old. Runes (meaning a secret or mystery) were words of power, once carved on amulets, rings and weapons, and found as inscriptions on tombstones. The 1st rune, Fehu, is connected with cattle, and since wealth was measured in the number of cows a person owned, it has an underlying meaning of material wealth. The 11th rune, Isa, literally means 'ice', signifying danger and the probability of slipping up. Likewise, the 17th rune, Tiwaz, shares its significance with the North Star as an aid to navigation and charting life's path. In this insightful book, each of the runes is fully described, together with the symbolic images and celestial phenomena associated with them. Methods of laying out, or 'casting' the runes are described in order to give a full and comprehensive reading to

answer any question. There are six spreads to choose from, from Odin's Rune, a simple reading with one rune stone, to using up to nine runes for deeper insight into the past, present and future.

The Art of Hygge - Jonny Jackson 2016-09-08

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 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 snuggly hand-knitted jumper, you'll find that a little hygge brings a lot of happiness!

Solo - Signe Johansen
2018-01-25

'A book that turns a chore into a pleasure . . . Johansen is never less than in tune with her reader.' - Observer Food Monthly One of The Sunday Times and Observer Food Monthly's food books of the year. Embrace the joy and freedom of cooking delicious food just for you with this essential kitchen companion from the award-winning, bestselling Signe Johansen. Solo: The Joy of Cooking for One will inspire you to cook delicious food, every day. With easy ideas for every meal, including nourishing breakfasts, speedy suppers and batch recipes to save you time and effort, Solo has got you covered. Perfect for first-time cooks as well as experienced chefs, this handy book is the ultimate guide to cooking for one - and to enjoying the process just as much as the delicious results. 'Turning cooking for one from a soul-destroying mathematical exercise to a self-loving luxury, Solo is gleefully self-indulgent yet somehow wildly practical.' - Alexandra Heminsley

Hygge - Barbara Hayden
2020-01-19

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.

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

Niki Brantmark 2017-09-21

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.

The Year of Living Danishly -

Helen Russell 2015-01-08

* 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.

The Little Book of Hygge -

Meik Wiking 2017-01-17

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.

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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.

The Little Book of Hygge - Summarized for Busy People: Danish Secrets to Happy Living: Based on the Book by Meik Wiking -

Goldmine Reads 2017-12-11
Often dubbed as the world's happiest man, Meik Wiking introduces the Danish philosophy of hygge—happiness found in the sense of being one with others, being at home, and being where you truly belong. Wiking's *The Little Book of Hygge* reveals the vital element entrenched in the Danish lifestyle and culture. It also offers instructions in integrating it into your own life: • Take a breather and snuggle up. • Look away from

your phone and into the present. • Dim the lights and set the candles. • Establish and improve relationships. • Nothing says hygge as a sweet slice of cake or a piece of warm cookie. • Live in the now. There is no other time like the present. From setting the mood with the right lighting to organizing a hygge gathering, Meik Wiking reveals how the Danes find life's greatest pleasures even in the little things so you can too.

The Nordic Guide to Living 10 Years Longer - Bertil Marklund
2017-04-29

A Swedish doctor shares the secrets of Nordic health and happiness in this short guide to living a longer life. *The Nordic Guide to Living 10 Years Longer* is a pragmatic little book that channels the simple, healthy lifestyle of Scandinavia. Swedish doctor Bertil Marklund covers broad ground in just over one-hundred pages, providing a comprehensive guide to lifestyle choices, including sleep, diet, exercise, and the negative impact of stress; he also introduces the

concept of lagom, a Swedish take on moderation. We can all adopt the ten tips outlined in the book without completely rethinking the way we live.

With his practical advice, Dr. Marklund gives you the power to make a difference in your own life—today, and in the future.