

The Little Book Of Hygge Danish Secrets To Happy Living

'Excellent book.' Nigella Lawson 'Charming, inspiring, uplifting... pure lovely.' Marian Keyes '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, 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.

The gift of art, the gift of inspiration, the gift of joy. This dynamic illustrated book is brimming over with encouragement and wisdom and delivered with a fresh, modern twist. Pairing quotes with original graphic art that brings the words to life, Think Happy, Be Happy is a gallery of beauty and cheer inspired by the letterpress and screenprint art that's hot on Etsy and pinned and re-pinned by Pinterest's millions of fans. The artwork is by more than twenty popular illustrators and designers, who transform simple but smart mottoes—from the contemplative "Find beauty in rain" to the upbeat "I make my own sunshine!" to the empowering "Don't shush your inner voice. It's who you are" to the joyful "Live every day like it's your birthday"—into bold and visually dynamic statements. This book is a delightful pick-me-up that can be read over and over again and bring comfort and affirmation every time. Paired randomly throughout is unexpected, complementary text—themed play-lists, top-ten lists, and simple recipes. Because what's better to lift the spirits than a Watermelon Mint Ice Pop? What is happiness? What can we do to be happier? Why does happiness matter? In this beautifully illustrated little book, leading Positive Psychologist Miriam Akhtar introduces us to the key ingredients of a well-lived and fulfilling life. Drawing on her expert knowledge of the Science of Happiness, the author shares 12 evidence-based Happiness Habits and the key practices that will help us obtain and sustain happiness in our daily lives - such as connecting with others, feeling gratitude, spending time in nature, being mindful, savouring the moment and practising positive emotion. Bursting with practical, accessible tools and easy-to-follow exercises, this little book offers readers invaluable advice on how to create the best conditions for a happy life, well lived.

Hygge (loosely translated as "coziness") is centered around the idea of inviting comforting elements into day-to-day routines while creating warmth, community, and intimacy. The hygge

life does more than just explain this philosophy, it teaches you how to apply hygge to all aspects of life throughout the year, from elevating your morning with perfectly brewed coffee to impromptu gatherings with family and friends to making an oasis at home, by offering ideas for decorating and self-care.

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 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.

Meet Tannie Maria - recipe writer turned crime fighter - and before she has time to take her Venus Chocolate Cake out of the oven, our glorious heroine finds herself embroiled in another mystery. In this wonderful sequel to Recipes for Love and Murder, Slimkat the bushman finds his life under threat and Tannie Maria is determined to find out who wants to kill him. But her boyfriend is keen to keep Tannie out of danger, and she's pretty sure he's hiding something so Tannie has mysteries of her own solve . . . Blending a perfect whodunnit with lovable characters, Sally Andrew really does have the perfect recipe for a crime series.

THE INTERNATIONAL, NEW YORK TIMES AND SUNDAY TIMES BESTSELLER, WITH OVER A MILLION COPIES SOLD WORLDWIDE Guaranteed to bring warmth and comfort into your life, The Little Book of Hygge is the book we all need right now. 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. Hooga? Hhyooguh? Heurgh? It is not really important how you pronounce or even spell it. 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 definitive, must-read introduction to hygge, written by Meik Wiking, CEO of the Happiness Research Institute in Copenhagen, this book is packed full of original research, beautiful photographs, recipes and ideas to help you add a touch of hygge to your life. 'The best qualified author . . . cosy and engaging' Sunday Express 'Infectiously positive . . . the best beginner's guide' Mail on Sunday 'This book explains everything you need to know about the Danish art of living well' Metro 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?

Hygge is a word that has been sifted to the surface in recent years but it's not a new concept. The Danes have enjoyed hygge for hundreds of years. They are measured as one of the happiest nations in the world. But at the heart of Danish life and at the core

of hygge, is a quality that is less easy to quantify contentment. In Denmark, hygge is a significant presence in the backdrop of everyday life something habitual and ritualistic. Hygge is a quality of presence, a feeling of togetherness, an experience of shelter and wellbeing. It's a practical, easy antidote to consumerism, a way of belonging to the moment and to each other. There's no secret formula or single recipe but there are simple ways to invite more hygge into our lives. This book is an introduction to hygge, a careful look at the way of life that underpins it and a comprehensive guide to all the elements that can come together to evoke it.

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 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 HyggeThe Danish Way to Live WellPenguin UK

Step back from the overload this New Year and find some time for yourself. You are important too. With encouraging reminders, inspiring thoughts, easy wins and practical advice, The Little Book of Self Care will help you identify your needs so you can relax, refuel and find calm in your hectic life. This book will tell you why mindset is key, how to nourish instead of punish yourself, how to exercise and sleep and why it is important to go slow sometimes. You live your whole life being you, so why not be your own best friend?

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.

* 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 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!

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

**** FROM THE INTERNATIONALLY BESTSELLING AUTHOR **** **Previously published as The Little Book of Lykke** "A wonderful guide to happy living. It's based on hard evidence and written with a wonderful sense of fun" Richard Layard, Centre for Economic Performance, LSE and author of Happiness Happiness is just around the corner with this practical guide from happiness researcher Meik Wiking 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 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. "An inspiring and highly engaging exploration of what really makes us happy, all underpinned by the latest research" Dr Mark Williamson
Director of Action for Happiness

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.

Unplug, relax, and return to the simpler life with these easy, step-by-step ideas for your favorite cottagecore activities including baking from scratch and easy container gardening. Returning to the simpler life has never been easier. If you're craving the aroma of freshly baked bread, spending more time in nature, or seeing the sunlight filtering through homemade curtains, then cottagecore is for you! The Little Book of Cottagecore helps you make simple living a reality with delightful cottagecore activities you can enjoy no matter where you live. Whether you're interested in baking pies from scratch, basic sewing and cross stitch, gardening, beekeeping, or making candles and soaps, this book is full of fun, hands-on activities that make it easy and enjoyable to unplug from modern life. Full of step-by-step instructions and homegrown inspiration, you'll find fun, practical ways to enjoy rustic and relaxing cottagecore activities in your everyday life.

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.

What's an easy way to lower your blood pressure, combat anxiety and depression, and boost your immune system? Shinrin-yoku. The Little Book of Forest Bathing is all about finding strength, peace, and beauty in your surroundings. Drawing on recent research, Forest Bathing maps out the mental, physical, and spiritual benefits of immersing yourself in natural surroundings. It then goes on to provide a how-to guide to forest bathing, with methods ranging from hiking to traditional meditation to literal tree hugging. Interspersed in these informational tidbits are brilliant photos, lush illustrations, sensual typography, poem excerpts, and forest-related quotes. Forest Bathing is perfect for anyone aspiring to slow down, be more mindful, and connect with something greater.

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.

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.

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.

Gratitude is the simple, scientifically proven way to increase happiness and encourage greater joy, love, peace, and optimism into our lives. Through easy practices, such as keeping a daily gratitude journal, writing letters of thanks, and meditating on the good we have received, we can improve our health and wellbeing, enhance our relationships, encourage healthy sleep, and heighten feelings of connectedness. Easily accessible and available to everyone, the practice of gratitude will benefit every area of your life and generate a positive ripple effect. This beautiful book, written by Dr Robert A Emmons, Professor of Psychology at UC Davis, California, discusses the benefits of gratitude and teaches easy techniques to foster gratitude every day.

The first book by the creator of COURSERA®'s most popular online course in 2015, "A Life of Happiness and Fulfillment" Could the same traits that drive your career success also be keeping you from being happier? Fifteen years after getting his MBA, Raj Raghunathan spent some time with his old classmates. He noticed that though they'd all done well, there didn't appear to be much correlation between their academic success and career success. What Raj found even more curious was the even smaller correlation between career success and what he calls life success. The greater the career success, the more unhappy, out of shape, harried and distracted his friends were. If intelligence helps with decision-making, smart people should naturally make better life choices. So why are so many of the smartest, brightest, most successful people profoundly unhappy? Raj set out to find an answer to this problem, and extensively researched happiness not just of students and business people, but also stay-at-home-parents, lawyers, and artists, among others. If You're So Smart, Why Aren't You Happy? takes readers on a fun and meaningful tour of the best research available on how some of the very determinants of success may also come to deflate happiness. Raghunathan explores the seven most common inclinations that successful people need to overcome, and the seven habits they should adopt instead. Among his surprising findings... ·The correlation between wealth and happiness is much smaller than you'd expect it to be ·Generosity is not only a key to happiness, but a determining factor of long term success ·Appreciating uncertainty, rather than seeking full control of outcomes, is necessary for happiness If You're So Smart, Why Aren't You Happy? will give you a powerful new perspective on your work, personal goals and relationships, whether you're already successful or just starting out. 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. 'Meik's new book will change the way you think' Dr Rangan Chatterjee

From the same author that brought us The Little Book of Hygge, this book reveals the secret to filling your life with happy moments, and how to remember them for ever. Happy memories don't have to be reserved for big life events. Drawing on global surveys, behavioural science experiments and data gathered by The Happiness Research Institute in Copenhagen, Meik is here to show how we can we can turn ordinary experiences into something extraordinary. Whether it's eating dinner at the table rather than in front of the TV, exploring a new part of your neighbourhood, or planning how you're going to celebrate your small wins, this book will help you find the magic in the every day, and create memories you will cherish forever. Hygge Habits - 42 Habits for a Happy Life through Danish Hygge that take Five Minutes or Less Hygge can be translated in many different ways although it is impossible to describe all that it covers in one English word. A sense of belonging and community, warmth, comfort, companionship, a sense of purpose that values looking after yourself, your family and friends

above all - these might be some of the ways to think of hygge. This book will provide you with not just an understanding of what hygge is, but also how you can incorporate hygge and all its benefits into your life with 42 habits that will take no more than five minutes each. This book is a resource of activities and actions that you can put into practice today. These habits all take under 5 minutes to carry out, but will have significant benefits for you, both in the short and in the long term. Read this book to gain an understanding of some of the reasons why the Danes are so happy and how you can follow Danish principles easily and painlessly. This book reveals how to add hygge to your home, how to create hygge with your family and community, in the workplace and most importantly within yourself. This book is a practical resource of how to build the very concept of hygge into your life so it becomes second nature to you. It covers different aspects of your life and gives a clear understanding of why and how you can add more hygge into your daily or weekly routine - quickly and easily. Learn about practical ways to create hygge habits including: How to create the perfect hygge environment How to add hygge habits to your personal, daily routine with no fuss How to minimize and cope with stress with hygge habits How to add hygge benefits to your interactions with your friends How to build easy hygge habits and time into your family's routine How to ensure that hygge habits are long-lasting and stick And much more... If you are looking for an explanation of hygge and how to build it and all of its benefits into your daily routine easily and painlessly, then this book is for you. Scroll to the top of the page and hit Buy Now!

Literary ombudsman John Crace never met an important book he didn't like to deconstruct. From Salman Rushdie to John Grisham, Crace retells the big books in just 500 bitingly 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 author's inimitable style. Philip Roth, Don DeLillo, Margaret Drabble, Paul Auster, Alice Sebold, John Updike, Tom Wolfe, Ruth 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 you've never bothered to read or, for that matter, should have.

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

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

happiness!

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 How did she turn a side hustle into a game-changing business, and at the same time, achieve happiness and fulfillment in her life? For Charlotte, it all came down to one thing-jeong. One of the most important Korean cultural values, jeong is a feeling of loyalty and of strong emotional connection to people and places. It goes deeper than love and friendship and grows stronger with time. In South Korea, jeong is critical for success in every facet of daily life, from cultivating hobbies to developing careers and relationships. In The Little Book of Jeong, Charlotte shares how jeong changed her own trajectory in life, landing her a job opportunity in Seoul and giving her the fuel she and her husband Dave needed to launch a ground-breaking digital skin care platform and skin care line. A personal story that centers around the deep bond she built with Korea, Charlotte reveals how jeong can radically change our relationships with our loved ones, our work, and the world around us, and challenges us to cultivate jeong in our own lives.

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 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 décor, entertaining, cooking, creating a happier, more productive work life, de-cluttering, and slowing down.

Hygge (pronounced "hoo-gah") is a Danish word that describes the feeling of being cozy, comfortable, and at peace with the world. It's almost impossible to translate to English, and it's probably the reason that Denmark is one of the happiest countries in the world. According to the *London Evening Standard*, hygge takes us beyond mindful meditation and adult coloring books and introduces us to a comfortable, warm, relaxing lifestyle exemplified by those in Denmark. *The Joy of Hygge* is packed with recipes to warm you on a winter's evening, craft ideas for decorating your home, and inspirational suggestions for enjoying the magic of everyday pleasures. Learn how to make your life more hyggelig by:

- Creating a snuggly pair of hand-knitted socks
- Filling your house with more light and nature displays
- Building a cozy campfire for friends and family
- Taking advantage of picnics, bike rides, and woodland walks
- Appreciating the natural wonders that surround us every day
- And more! Remember—a little hygge brings a lot of happiness.

The Scandinavians excel in comfort – family, friends, a good atmosphere, long meals, relaxation and an emphasis on 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 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.

If you've always wanted to live a simpler, cozier life but find yourself swamped in tiny details then keep reading... Are you sick and tired of living in a hectic, stressful environment, both at home and at work? Have you tried endless other solutions but nothing seems to work for more than a few weeks? Do you finally want to say goodbye to clutter and discover something which works for you? If so, then you've come to the right place. You see, living a comfortable and cozy lifestyle doesn't have to be difficult—even if you've tried every organizational system in the stores, and every relaxation technique on Pinterest! In fact, it's easier than you think. For years, satisfaction and contentedness amongst Danish hygge practitioners have demonstrated that a simple, cozy life can be beneficial in lowering stress. Popular publications such as *Elle UK* have stated hygge may be a contributing factor in why Denmark has one of the happiest working populations in the world. Hygge is an easy-to-incorporate outlook on life, which means you can get the lifestyle you want without having to make huge changes to

anything in your life! Here's just a tiny fraction of what you'll discover: *How to create a Hygge Home *Why allowing clutter in your home, office, and mind is hurting your progress-And what to do instead *How to gain time and energy without doing anything drastic- make your time your own! *Ways your hectic lifestyle can sabotage a hygge lifestyle *How to save time, money, and stress with just a few simple changes in your routine *Suggestions used by hygge practitioners all over the world which help you start your day in a peaceful and prepared way- no more showing up at the office already stressed before the day begins! *The biggest mistakes people make in creating a sense of coziness (hint: it has to do with the price tag!) *Small steps you can incorporate into your everyday patterns to help you on your hygge journey...and much, much more! Take a second to imagine how you'll feel once you are relaxing in your hygge home, surrounded by peace and comfort. Think of how your family and friends will react to your renewed energy and interest in well-being. So even if you're stressed to the max with home, work, friends, family, and more, you can learn to live a cozy life with hygge. And if you have a burning desire to relax, get rid of clutter, and live a comfortable meaning and purpose, then scroll up and click "add to cart."

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

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