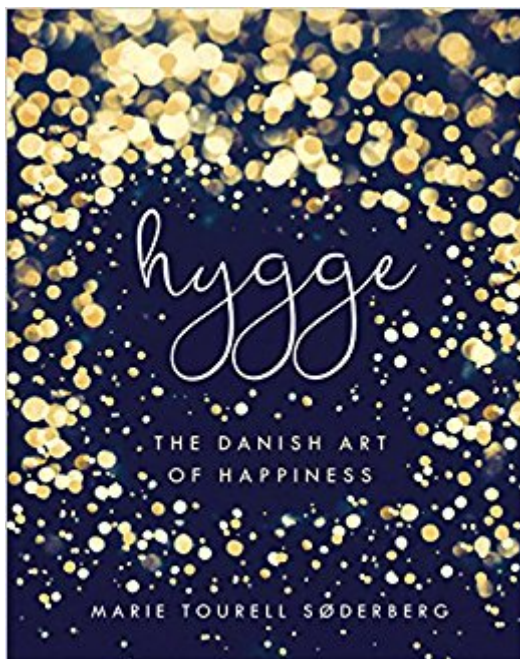


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# Hygge: The Danish Art Of Happiness



## Synopsis

Other books will tell you how to be hygge. This is the only book that will show you. 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 SÃ¸nderberg has traveled 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.

## Book Information

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## Customer Reviews

"Pretty, homey and intimate, scattered with reflections from ordinary Danes."

•Guardian "The book's calming nature and simplicity make it a lovely escape from a rather noisy world."  
•Publishers Weekly "A fun, relevant, and beneficial addition to any public library collection."  
•Library Journal

Marie Tourell SÃ¸nderberg is a Danish actress. She is a rising star of Nordic Noir whose credits feature stage, TV, and film, including a leading role in historical epic 1864.

Kind of a warm invitation to explore the cosy, calm and friendly entrance to the inner joy of conscious living. Worth reading. Inspires. Try it at home.

Interesting

Described sometimes as "the world's happiest country," Denmark is the place where hygge is practiced. This could best be described as a prevailing state of mind designed to cope with life's ups and downs. It involves sharing experiences as experiences without thinking of material cost; enjoying people's company as well as your own; responding to nature: enjoying tastes and sounds; and designing interiors to incorporate as much light as possible. It is not an alternative way of living, but one that permits us to reflect on the positive aspects of life, few of which actually cost money. It invites us to consider how lucky we are to have family and friends, and that we can help them create a mutual joy in sharing. Marie Tourell Soderberg's book is a joyful book containing a series of people who have benefited from hygge. It also serves as a primer for readers wanting to share that enjoyment. The recipes are scrumptious: and the design suggestions creative. The color photographs are both evocative and lively. Readers seeking alternative ways of thinking will find this work extremely valuable. I have only one criticism- as a shortsighted reader I found the printing often impossibly small.

This is an absolutely lovely introduction to the concept of hygge, accessible yet also quite informative and thoughtful. I love the photographs, the array of interviews, and the specific recommendations for how to adopt elements of the Danish life into your life, wherever you are.

I adore this! Also just looking at the cover gives me Hygge. It's stunning. I have it on my coffee table for all to enjoy, and everyone who's been in my home since I bought this in December has not been able to help but pick it up and start reading.

actually like a dictionary where Hygge is redefined over and over-- I really liked "A Year of Living Danishly" much better

This my fifth and last book about Hygge, and even if is the one with the best picture, even this one gave me the idea that as far as I'm concerned Hygge is a superficial concept that can be applied almost to anything that can make you happy (especially food and candles), and make you sell useless books. No more Hygge for me, maybe I'm just not Nordic enough to believe in it. Questo Ã© il quinto ed ultimo libro che leggo sull'Hygge e, anche se Ã© quello con le migliori foto,

anche questo mi ha portato alla conclusione che l'Hygge sia un concetto superficiale che può essere utilizzato per descrivere praticamente qualsiasi cosa ci faccia felice (specialmente se cibo o candele), e faccia vendere libri inutili. Niente più Hygge per me, probabilmente non sono abbastanza nordica per crederci.

It was ok

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Hygge: The Danish Art of Living Happy, Finding the Joy in Simple Things and Escaping the Stresses of Modern Life (Hygge, Happiness, Finding Joy, Escaping Stress) Hygge: The Complete Book of Hygge: A Real Dane's Explanation of How to Live the Simple and Amazing Hygge Lifestyle, and Find Happiness Hygge: Introduction to The Danish Art of Cozy Living (Hygge Series Book 1) Hygge: Introduction to The Danish Art of Cozy Living (Hygge Series) (Volume 1) Hygge: Eine Däne's Erklärung, wie man die einfache und erstaunliche hygge Lebensstil zu leben, und finden Sie Glück (Hygge Guide - German Edition) Hygge: The Danish Art of Happiness Hygge: Discovering The Danish Art Of Happiness How To Live Cozily And Enjoy Life's Simple Pleasures Hygge: The Danish Art of Escaping the Hustle & Bustle of Modern Life and Finding Happiness in Simple Pleasures Hygge: 25 Secrets From The Danish Art of Happiness, Getting Cozy And Living Well Hygge: 30 Days to Happy Living, From The Danish Art of Happiness and Living Well Hygge: Find Happiness The Nordic Way (Without Breaking The Bank) (Hygge Life Book 3) Hygge: The Danish Secrets of Happiness: How to be Happy and Healthy in Your Daily Life. Hygge: Introduction to the Danish Art of Cozy Living Hygge: The Danish Art of Living Well 25 Secrets From the World's Happiest People Hygge: The Complete Book of Hygge The Little Book of Hygge: Danish Secrets to Happy Living Hygge: A Danish Concept of Cosy and Simple Living The Little Book of Hygge: The Danish Way to Live Well Hygge - Danish Food and Recipes: Dansk Mad og Opskrifter til en Hyggelig Hjem The Little Book of Hygge: The Danish Way to Live Well (Penguin Life)

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