



Hygge: The Danish Art of Comfort, Joy and Happiness

Erika Olsen

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Enjoy Every Moment Like the Danish Do!

Denmark is said to be the happiest country in the world...

The Danish people owe their happy life to the art of hygge, meaning intimacy, coziness and joy.

Hygge teaches to enjoy life from the comfort of your house. Get together and learn how **simple, inexpensive experiences and activities can drastically improve your life quality**. Cuddle with a loved one, share food, read by the candlelight and release your oxytocin. Not only is this book about the subject Hygge, *reading it also makes you 'feel' Hygge*.

Get inspired by easy to understand information that will help you live, love and even decorate your house. Get in touch with yourself, friends, family and co-workers. Discover the joy of simplicity and coziness with the Hygge lifestyle borrowed from the Danish.

Hygge will motivate you to slow down and enjoy the most intimate, special and heartwarming moments. Learn to appreciate your indoors and surroundings, your safe haven and your playground.

Get in touch with the secrets of the Danish!

This book will teach you a lot more than how to enjoy your cup of tea while listening to the rain ticking on the roof. Capture the moment, reclaim your joy and get together. In 'Hygge: The Danish Art of Comfort, Joy and Happiness', you will learn:

What Hygge is, means and does for you

How to slow down, relax and enjoy the moment like the Danish

How to be authentic with life and people around you

Countless ways to surround yourself with good energy at home

Hygge list activities that help you connect and bond with yourself

What hygge can do for relationships

The best oxytocin boosters

How to Hygge by yourself

How to design your 'Hygge home'

Colors and their effect on feelings

How to improve your quality of life with 30-day Hygge challenges

As a bonus, the book comes with *high-quality Hygge recipes* for the whole family!

Learn about Denmark's best lifestyle secrets.

Grab your copy today!

The book contains high-quality photographs, making the print version a perfect gift!

Hygge: The Danish Art of Comfort, Joy and Happiness Details

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