

The Little Book Of Hygge The Danish Way To Live Well Penguin Life

Traditional Chinese edition of Rising Strong: The Reckoning. The Rumble. The Revolution by Bren Brown. A No. 1 New York Times bestseller and an Amazon Best Book of August 2015.

This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version. This book is not intended to replace the original book. Instead, we highly encourage you to buy the full version. 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 is the CEO of Copenhagen's Happiness Research Institute, and in The Little Book of Hygge, he shares that Danes are the happiest nation in the world because of one centuries-old, time-tested concept: hygge. Pronounced "hoo-ga", hygge is both the experience and the atmosphere of coziness, togetherness, and safety. Hygge is the warmth of the morning sun against your skin under the breezy blue sky. It is enjoying a great meal by candlelight with your loved one. It is burrowing underneath a warm blanket with a cup of hot drink in one hand and a lovely book in the other, dry and safe from the perils of the ruthless storm outside. 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. Wait no more, take action and get this book now!

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Guaranteed to bring warmth and comfort into your life, The Little Book of Hygge is the book we all need. 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, this book is packed full of original research, recipes and ideas to help you add a touch of hygge to your life. 'The best qualified author . . . cosy and engaging' Sunday Express 'Infectiously

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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 Hygge: Danish Secrets to Happy Living by Mike Wilking Book Summary Abbey Beathan (Disclaimer: This is NOT the original book.) Sneak a taste of the ultimate guide to the Danish philosophy which is all about comfort, well-being and togetherness. Many people wonder why Danes are the happiest people in the world and the answer is simple; hygge which is a sense of togetherness, of comfort. The feeling you get when you're cuddled up with your favorite person eating tasty food and having a nice glass of wine, a feeling that could be only translated into catharsis. You know that sensation right? How about feeling it more often with this awesome book delivered by Mike Wilking? (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) "Live life today like there is no coffee tomorrow." - Mike Wilking The Little Book of Hygge has the sole objective of introducing you to the cornerstone of Danish life and tell you how you can incorporate it into your life, the rest is up to you. This way of thinking can bring a lot of goodness to your life and make you build relationships, stay away from the phone, free yourself from unnecessary demands and much more! It will teach you to live more relaxed and remember, you only live once. Wilking introduces you to the one of the most satisfying ways of living in order for you to achieve true happiness. P.S. The Little Book of Hygge is an extremely helpful book that will teach you a more relaxed and peaceful way of living. P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision & Mission? Scroll Up Now and Click on the "Buy now with 1-Click" Button to Get Your Copy. Why Abbey Beathan's Summaries? How Can Abbey Beathan Serve You? Amazing Refresher if you've read the original book before Priceless Checklist in case you missed out any crucial lessons/details Perfect Choice if you're interested in the original book but never read it before Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. "One of the greatest and most powerful gift in life is the gift of knowledge. The way of success is the way of continuous pursuit of knowledge" - Abbey Beathan

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

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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.

PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. Meik Wiking goes on a literal mission to uncover the secrets behind the Danes' happiness; a mission that takes him through years of happiness research and multiple dimensions of the Danish culture in "The Little Book of Hygge." This SUMOREADS Summary & Analysis offers supplementary material to "The Little Book of Hygge" to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary & Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary & Analysis Include? An Executive Summary of the original book Editorial Review Key Takeaways and analysis from each section A short bio of the the authors Original Book Summary Overview Meik Wiking knows what it takes to be happy; he lives in the world's happiest country and has often been named the world's happiest man. In this New York Times bestseller, he digs through years of social and economic research to offer an easy and concise take on Denmark's enviable position as the most livable country in the world. "The Little Book of Hygge" offers invaluable insights for enjoying the comfort of purposeful design, finding happiness in everyday moments, and harnessing the joy of togetherness. It is as inspiring as it is beautiful! BEFORE YOU BUY: The purpose of this SUMOREADS Summary & Analysis is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). SUMOREADS has pulled out the essence-but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, "The Little Book of Hygge."

Understanding Hygge is deeper than knowing how to pronounce it. Some people say it's spoken as hooga, while others say that it's heurgh or hhyooguh. What matters more than saying the word, however, is fully embracing the concept of Hygge and actually living it. People from around the globe are talking about this Danish concept. Many are willing to take on the challenge of understanding it and incorporating it into their lives because it has been acknowledged as one of the most important factors that affect the happiness of people from Denmark and other parts of the world.

PLEASE NOTE: This is a key takeaways and analysis of the book and NOT the original book. Start Publishing Notes' Summary, Analysis, and Review of Meik Wiking's The Little Book of Hygge: Danish Secrets to Happy Living includes a summary of the book, review, analysis & key takeaways, and detailed "About the Author" section. PREVIEW: The Little Book of Hygge: Danish Secrets to Happy Living by Meik Wiking is a book-length articulation of the essence of Danish culture, geared towards non-natives. The concept under discussion is hygge-a strong feeling of comfort and companionship that can be cultivated through the appreciation of life's simple pleasures. The first thing to note is that hygge is linguistically flexible. It can morph into

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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

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