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Meik Wiking, CEO of
the Happiness Research
Institute in Copenhagen.
The book is packed full
of original research on

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Hygge is a small
collection of everything
that is right in the world.

Hygge is a term that
doesn't have a literal
translation in many
languages, but it is a
concept that everyone is
familiar with: that sense
of warmth, comfort,
cosiness, belonging,
safety.

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Review : I should begin

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my review of The Little Book of Hygge with a confession: I hate winter. I hate everything about winter. I hate the snow. I hate the cold. I hate coats and hats and mittens. The months of January and February could be wiped off the calendar for all I care.

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this cornerstone of

Danish life, and offers
advice and ideas on
incorporating it into
your own life, such as:

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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.

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but classics written by
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Austen, Charlotte
Bronte, Leo Tolstoy,
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have a special place on
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also love to cuddle up
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"In other words, what freedom is to Americans... hygge is to Danes," Wiking says in his book *The Little Book Of Hygge*. This national obsession with all things cozy is credited as one of the reasons why Denmark is always at the top of the list of the world's happiest countries, despite their infamously

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~~What Is Hygge? How to Enjoy the 'Cozy' Danish Lifestyle in ...~~

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

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Hygge, conducted by Meik and his team, along with beautiful photographs, recipes and ideas to help you add a touch of hygge to your life.

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Hygge will give you
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how to pick the right lighting, organise a dinner party and even how to dress hygge, all backed up by Meik's years' of research at the Happiness Research Institute in Copenhagen. This year live more like a Dane, embrace hygge and become happier.

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practical steps and tips
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how to pick the right
lighting, organise a
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