



The Little Book of Hygge : The Danish Way of Live Well


Meik Wiking

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288 pages

Revue de presse

“*The Little Book of Hygge*, which is already a best seller in Britain... is the most engaging of what is becoming a full-fledged lifestyle category.” (New York Times)

“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)

“Meik Wiking...knows the secret to happiness...[he] has written a gorgeously designed ...guide to the Danish state of being that embraces coziness, sociability, thankfulness and comfort food.” (The Times (London))

“*The Little Book of Hygge*... may just be your passport to bliss.” (Real Simple)

“Meik Wiking...[cites] psychological research showing that close social relationships and time spent socializing, eating, and relaxing... tend to be the greatest drivers of joy.” (Elle)

“Much has been made, as of late, of the Danish philosophy of hygge...And a new tome, *The Little Book of Hygge*... instructs on how to use the practice to cure the ailments of the modern world.” (InStyle)

“Denmark’s concept of supreme coziness and comfort has taken the world of interiors by storm...But the concept of hygge doesn’t just apply to your home. As I learned in the cute hygge reference book *The Little Book of Hygge*... you can hygge anything.” (Vogue.com)

“The world fell head over fuzzy-sock-clad-heels for the Danish concept of hygge...Meik Wiking (author and CEO of the Happiness Research Institute) breaks down the concept of hygge into a simple, 10-part manifesto.” (Popsugar)

“A charming, illustrated guide to the hygge essentials. It’s like the ultimate hygge initiation.” (The Dallas Morning News)

“Comfort, coziness, warmth—that’s what Hygge is. It’s tailor-made for turbulent times, and this guide from Denmark can help you find it.” (People)

“A thorough and genuinely helpful little life bible that you’ll find yourself coming back to time and again. Hooray for hygge--it will make you happier, fitter and slimmer!” (Heat)

“Ever wondered why Denmark is always ranked one of the happiest places on earth? Well, that’s down to hygge. And want to know what hygge is? Then read this book.” (Daily Mail Ireland) Présentation de l’éditeur
The definitive guide to the Danish wellbeing concept, Hygge, from happiness expert and CEO of the Happiness Research Institute in Copenhagen
Quatrième de couverture
The Danes are famously the happiest people in the world, and *hygge* is a cornerstone of their way of life. *Hygge* (pro-nounced *Hoo-ga*) loosely translates as a sense of comfort, togetherness, and well-being. You know *hygge* when you feel it. It is when you are cuddled up on a sofa with a loved one, or sharing comfort food with your closest friends. It is those crisp blue mornings when the light through your window is just right. It is about gratitude and savoring the simple pleasures in life. In short, it is the pursuit of everyday

happiness.

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