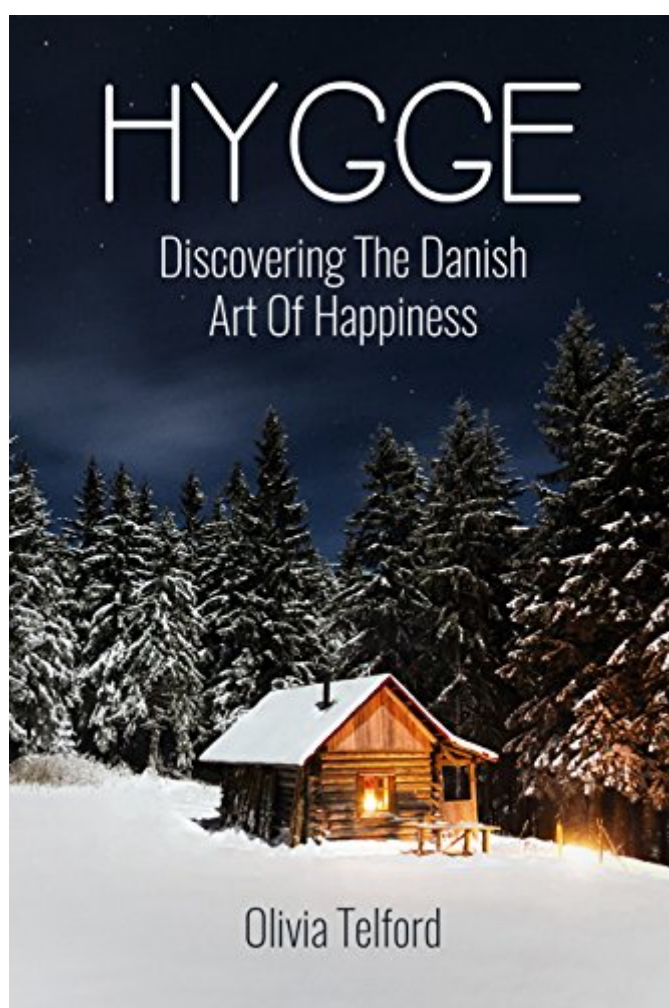


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# Hygge: Discovering The Danish Art Of Happiness How To Live Cozily And Enjoy Life Simple Pleasures



## Synopsis

Do you sometimes feel like your life is a mad rush without ending or meaning? Would you like to find something that offers relaxation, happiness and contentment, all rolled into one? You can have all of that with the Danish art of Hygge and it is easier to achieve than you perhaps would think. For many of us in today's crazy and hectic world of careers, family and social lives, we can often forget that the things which are simpler and give the greatest pleasure are often put to one side. The simple pleasure of sitting in silence, watching the sunset, or watching the crackle of a fire as you share a meal can often have a greater effect on our souls than any material thing. And this where Hygge makes its mark. Hygge is more than just a concept. It is a way of being and living that has been adopted by countless numbers of people throughout Scandinavia and the wider world and reflects a coziness that encompasses the positivity and enjoyment that one can get from simple everyday things. It does not need to cost a lot of money and can be as humble as having a warm fire and enough food to eat. Now, you can make Hygge a part of your life with *Hygge: Discovering the Danish Art of Happiness • How to Live Cosily and Enjoy Life's Simple Pleasures*. Inside the pages of this book, you will find six chapters which give in-depth information on what Hygge is and how best to use it in your particular set of circumstances, including: Where Hygge comes from, The fundamental principles of Hygge, The benefits you can get from living a Hygge lifestyle, How to apply Hygge to your life, How Hygge changes with each season, How to live a Hygge lifestyle, even when you have a budget to consider. When you download this book you will also get, my FREE GIFT of my exclusive book, *The Happiness Guide*, as a way of saying thank you for allowing Hygge into your life. This free guide is completely exclusive to my readers and inside it you will discover new methods you can use today to improve your well-being and boost your energy levels. There is also a printable week-by-week action plan included to get you started with creating healthy habits. Millions of people around the world are turning to Hygge as a great way to live their lives. You can now be a part of this amazing revolution, build a simpler life, be happier, more content and in control of your life. Learn the Secrets of the Happiest Country Today by Clicking the "Buy Now" Button at the Top of the Page.

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