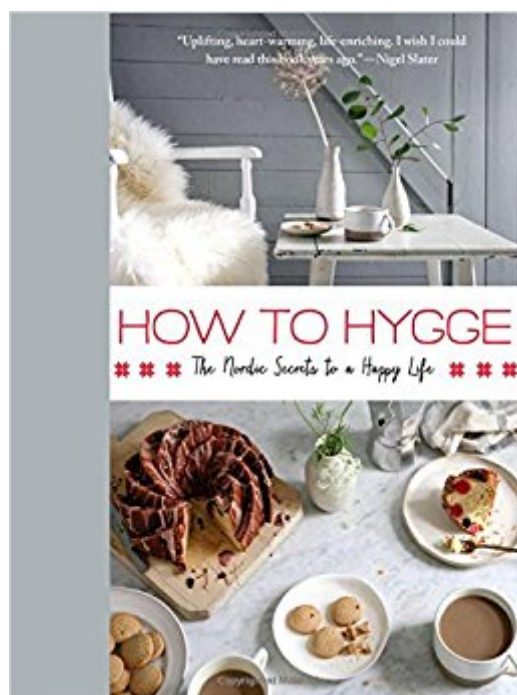


The book was found

How To Hygge: The Nordic Secrets To A Happy Life



Synopsis

The “Danish coziness” philosophy is fast becoming the new “French living” in terms of aspirational lifestyle books and blogs. There are countless viral articles comparing the happiness levels of Americans versus Danes. Their homes are more homey; their people are more cheerful. It’s an attitude that defies definition, but there is a name for this slow-moving, stress-free mindset: hygge (pronounced “hoo-ga”). Hygge values the idea of cherishing yourself: candlelight, bakeries, and dinner with friends; a celebration of experiences over possessions, as well as being kind to yourself and treasuring a sense of community. *How to Hygge* by chef and author Signe Johansen is a fresh, informative, lighthearted, fully illustrated how-to guide to hygge. It’s a combination of recipes, helpful tips for cozy living at home, and cabin porn: essential elements of living the Danish way which, incidentally, encourages a daily dose of “healthy hedonism.” Who can resist that?

Book Information

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Average Customer Review: 3.9 out of 5 stars 21 customer reviews

Best Sellers Rank: #23,121 in Books (See Top 100 in Books) #3 in Books > Cookbooks, Food & Wine > Regional & International > European > Scandinavian #16 in Books > Politics & Social Sciences > Social Sciences > Customs & Traditions #260 in Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

"Throughout, Johansen’s tone is an embodiment of the philosophy: she encourages readers to appreciate the small moments, taking baby steps and savoring the ride rather than racing to the finish line. Readers interested in simplifying their homes and lives are sure to find plenty of practical recipes and suggestions here that they can implement immediately." Publishers Weekly

SIGNE JOHANSEN is a writer and cook who grew up in Norway. After graduating from the University of Cambridge, she trained at Leiths School of Food and Wine in London, worked in several of the UK's top restaurants, and then completed a master's degree at the University of London. The author of the critically acclaimed Scandilicious cookbooks and contributor to a dozen other books on food and restaurants, her recipes have appeared in The Times, Sunday Times, and Marie Claire. Johansen lives in London.

I love the cozy feeling abs winter so I love Hygge books. This was great and full of info for not just home but how to hygge at work and other places . Lots of information, well written and enjoyable to read. Doesn't read simply like a How To Book .

I thought this book is well written, with equal attention to all the nordic cultures. Its very interesting, and i would love for her to write something more in depth.

charming description of interesting life style

Um. Who doesn't love all things Scandi? And doesn't want to take a walk in the outdoors? If you do, you're all Hygge all the time!

The title is misleading because the author appears to have hooked a general discussion of Nordic lifestyle, with great emphasis on outdoor activities, and a generous collection recipes to the current passion for and interest in hygge. Little of what she writes captures the sense of homey coziness, warmth, comfort, and/or comfortable companionship that is the heart of hygge. I'm sorry I didn't read the other reviews before a bought the book. While the recipes look interesting, I did not intend to buy a cookbook and certainly not one tarted up to look like something else.

Thank You!

Clever and informative book on a topic I'm passionate about. However, the typeface is very difficult to read. I've never been motivated to complain about a font size/style until now. While the font is artful, it fails as a communication tool. It's difficult to get through approx. 200 pages in a light gray, San serif font at about 9 pt. (guessing). Art direction fail.

Lots of recipes involving specialized items which would involve complicated trips to far-off specialty stores, kind of a Hygge-killer right there. But the photos are gorgeous and the non-recipe commentary is excellent. Skol!

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Hygge: Find Happiness The Nordic Way (Without Breaking The Bank) (Hygge Life Book 3) Hygge: The Complete Book of Hygge: A Real Dane's Explanation of How to Live the Simple and Amazing Hygge Lifestyle, and Find Happiness Hygge: Eine Däne's Erklärung, wie man die einfache und erstaunliche hygge Lebensstil zu leben, und finden Sie Glück (Hygge Guide - German Edition) How to Hygge: The Nordic Secrets to a Happy Life Hygge: The Danish Art of Living Happy, Finding the Joy in Simple Things and Escaping the Stresses of Modern Life (Hygge, Happiness, Finding Joy, Escaping Stress) The Hygge Life: Embracing the Nordic Art of Coziness Through Recipes, Entertaining, Decorating, Simple Rituals, and Family Traditions Hygge: Introduction to The Danish Art of Cozy Living (Hygge Series Book 1) Hygge: The Complete Book of Hygge Hygge: Introduction to The Danish Art of Cozy Living (Hygge Series) (Volume 1) Hygge: The Danish Secrets of Happiness: How to be Happy and Healthy in Your Daily Life. The Little Book of Hygge: Danish Secrets to Happy Living Happy, Happy, Happy: My Life and Legacy as the Duck Commander Hygge: 30 Days to Happy Living, From The Danish Art of Happiness and Living Well Hygge: The Danish Art of Living Well - 100 Secrets From the World's Happiest People Hygge: 25 Secrets From The Danish Art of Happiness, Getting Cozy And Living Well The Nordic Secrets For Perfect Health! Scandinavian Rx's For Health, Happiness and Longevity! The Little Book of Hygge: The Danish Way to Live Well (Penguin Life) Hygge: Find Happiness and Escape the Stress of Modern Life The Cozy Life: Rediscover the Joy of the Simple Things Through the Danish Concept of Hygge Hygge: The Danish Art of Escaping the Hustle & Bustle of Modern Life and Finding Happiness in Simple Pleasures

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