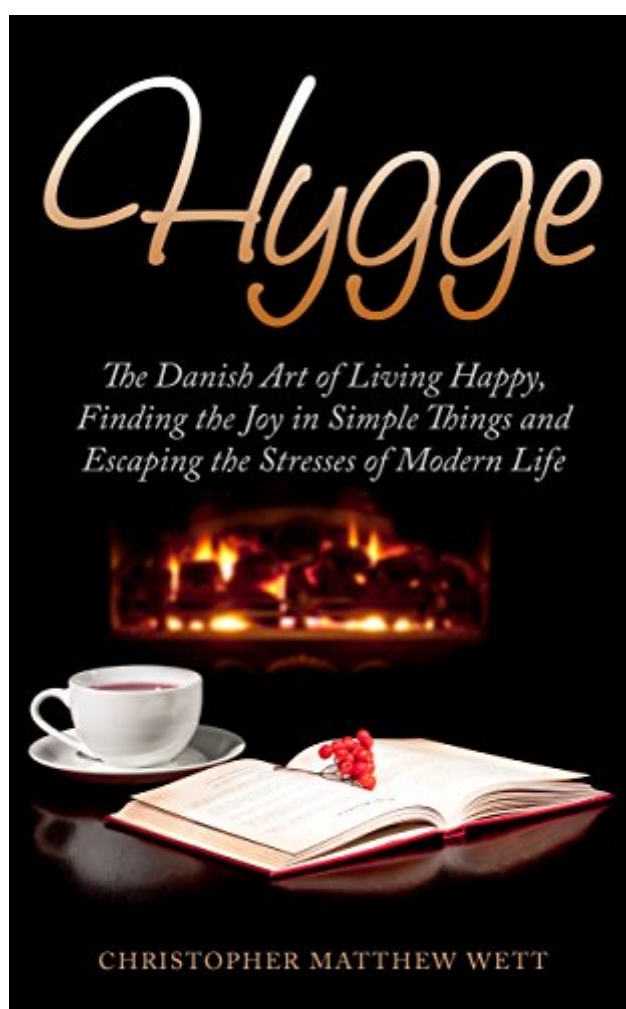


The book was found

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)





Synopsis

The Happiest People on Earth! In the last years, Nordic countries took the lead in the pursuit of happiness. Could there be anything for us to learn from the Danes? If you're from or have visited a Scandinavian country, maybe you know but this funny word that's hard to pronounce. Try this word, try puckering your lips and aim for a throaty word somewhere between h-g and h-guh. Kind of like the beginning of the song, Happiness. The good news is, it's not so hard to remember. Happiness is the reason we live. Happiness is difficult to define, but is translated loosely into the English word coziness and is something that with relaxation, indulgence, and gratitude. However, Norwegians would probably argue that it's much more than that. Happiness is the ability to find comfort, contentment, and joy in the simple things in life with the people you love. Happiness describes soft and light, comfort and a sense of well-being. It's the feeling of being in a warm, cozy bed at night with fuzzy socks, or a warm blanket while watching a good movie. It's about transforming an ordinary life into an event with friends. So much more than just the word as coziness or comfort. Find Out About: The Danish Art Of Embracing Life How To Hygge Rules For Hygge Ways To Create Hygge At Home Hygge and Your Work Life Hygge To Support Health And Well Being Hygge And Mindfulness And Much, Much More! So live the moment and let the warm, fuzzy feeling flow as we dive into this AMAZING WORLD OF HYGGE! Take Action and Get This Book Now With Just One Click!

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