

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

*Meik Wiking*

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#80484 in Audible 2016-09-01 2016-09-01 Format: Unabridged Original language: English Running time: 193 minutes | File size: 47.Mb

**Meik Wiking : The Little Book of Hygge: The Danish Way to Live Well** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Little Book of Hygge: The Danish Way to Live Well:

118 of 128 people found the following review helpful. Hands-on Hygge By Hornblower Thorough, clear, and with a sprinkling of snark make this the best book I've read on "hygge," and I've read LOTS of them. Still looking for someone who can translate the concepts of summer hygge-ing from the cool, crisp woodlands and beaches of Scandinavia to the soggy, humid, bug-infested backyards of America though. 0 of 0 people found the following review helpful. Awesome book! By Danielle Reads LOVE this book! It's gorgeous inside and taught me a lot about the concept of hygge. It's about being peaceful and cozy and creating an atmosphere in your home that promotes happiness and rest. I love all the details about lighting and candles - that's the thing we noticed most when we first traveled around Scandinavia - really started to be incorporated in our life in the winter and it made all the difference! 0 of 0 people found the following review helpful. Excellent Homes, Interiors and Design book I would buy ... By Laczko Studio Excellent Homes, Interiors and Design book I would buy it again, and recommend it to anyone who's looking for something like this I would recommend to a friend!

Penguin presents the unabridged downloadable audiobook edition of The Little Book of Hygge, written and read by Meik Wiking. Denmark is often said to be the happiest country in the world. That's down to one thing: hygge. 'Hygge has been translated as everything from the art of creating intimacy to coziness of the soul to taking pleasure from the

presence of soothing things. My personal favourite is cocoa by candlelight...' 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. Who better than Meik Wiking to be your guide to all things hygge? Meik is CEO of the Happiness Research Institute in Copenhagen and has spent years studying the magic of Danish life. In this beautiful, inspiring audiobook, he will help you be more hygge: from picking the right lighting and planning a dinner party through to creating an emergency hygge kit and even how to dress. Meik Wiking is the CEO of the Happiness Research Institute in Copenhagen. He is committed to finding out what makes people happy and has concluded that hygge is the magic ingredient that makes Danes the happiest people in the world.