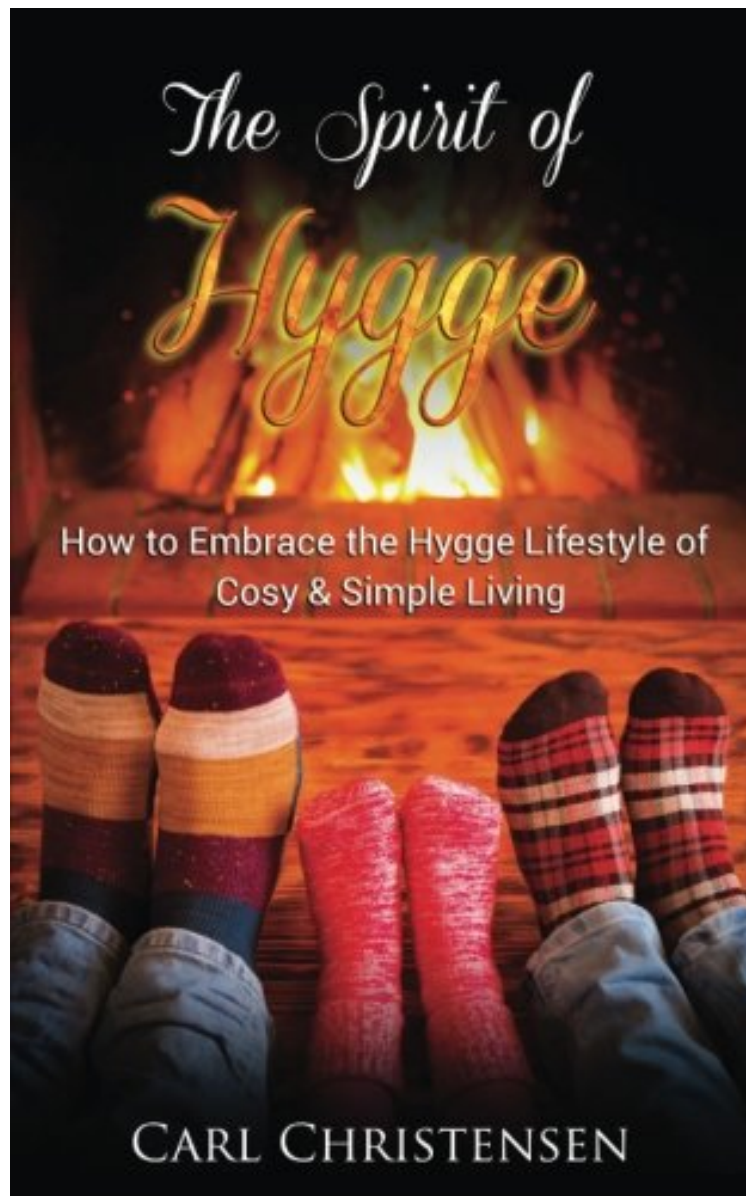


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## The Spirit of Hygge: How to Embrace the Hygge Lifestyle of Cosy Simple Living

*Carl Christensen*

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## Embrace the Hygge Lifestyle of Cosy Simple Living:

Embrace the Spirit of Hygge Life today is hectic; we're constantly juggling the pressures of work and family life and if that is not enough we are all suffering from information overload. We often find ourselves surrounded by loved ones yet we feel compelled to stare at our phones or tablets in silence instead of connecting with the very people alongside us. Hygge is a Danish concept about embracing the simple things in life. Hygge is getting up early to have breakfast with your family, hygge is curling up in front of the fire with a good book, hygge is enjoying the cold crisp winter days. This guide will give you tips on how to stop the hectic rat race and enjoy a more simple and cosy style of living. This cosy little book will help you adopt the Hygge concept into your life to transform your home, family life, health and overall wellbeing. The Danish people are finally sharing the secret to happiness with the rest of the world, that secret is hygge!