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According to Pinterest, pinning around hygge ideas has nearly tripled year-over-year in the U.S. (by about 190 percent), with the majority of that growth climbing just over the past couple of months.

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But what's their secret? In *How To Hygge*, renowned Scandinavian cook and writer Signe Johansen explores the culture of hygge, shares the secrets of Nordic living and shows you how to adopt these elements into your everyday life, wherever you are in the world. Hygge is central to the Nordic sense of well-being.

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by Signe Johansen. Read this book using Google Play Books app on your PC, android, iOS devices. Download for offline reading, highlight, bookmark or take notes while you read How to Hygge: The Nordic Secrets to a Happy Life.

I grew up in Denmark and am very familiar with the concept of hygge, and sincerely hope no one thinks they can't find or create hygge in their life if they don't follow the author's often unrealistic idea of hygge mus

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How to hygge at home Winters in Scandinavia are particularly dark and cold, so bringing elements of warmth indoors is imperative, and lighting is key to setting that hygge mood. Walls says LED lights with a soft and warm glow are his go-to, and he eschews anything labeled “daylight” or “blue.”

In The Little Book of Hygge: Danish Secrets to Happy Living (The Happiness Institute Series), Meik Wiking says that “hygge is about an atmosphere and the experience it is not about things. It is about being with the people we love.

How to Hygge: The Nordic Secrets to a Happy Life

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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 Jo-

hansen 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 ...

How To Hygge The Secrets

In How To Hygge, Leiths-trained cook and food writer Signe Johansen explores the secrets of Nordic living and shows you how to adopt these elements into your daily life, wherever you are in the world. With fifty delicious recipes, this book explains how to enjoy the outdoors the Nordic way, not to mention the joy of 'fika' (coming together over cake and coffee) and why alcohol is integral to the healthy hedonism of hygge.

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Hygge (/ ˈ h (j) uː g ə /; Danish: ; Norwegian: [ˈhʏgːə]) is a Danish and Norwegian word for a mood of coziness and comfortable conviviality with feelings of wellness and contentment. As a cultural category with its sets of associated practices hygge has more or less the same meanings in Danish and Norwegian, but the notion is more central in Denmark than in Norway.

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