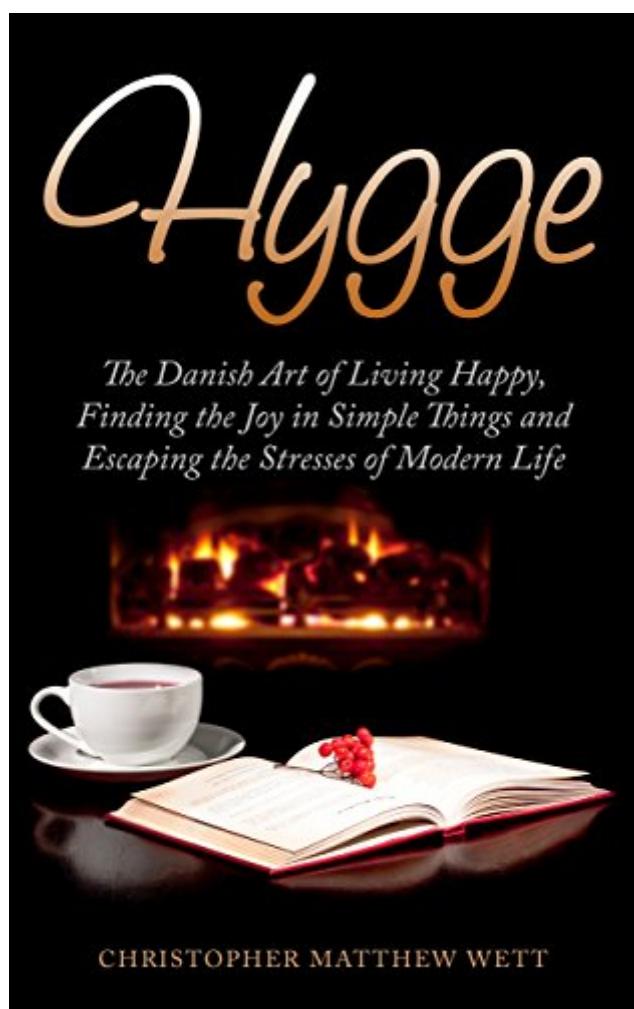


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# Hygge: The Danish Art Of Living Happy, Finding The Joy In Simple Things And Escaping The Stresses Of Modern Life (Hygge, Happiness, Finding Joy, Escaping Stress)





## Synopsis

The Happiest People on Earth! In the last 10 years, Nordic countries took a lot of time to pursue happiness. Could the Danish term hygge have to do with the Danish term hygge? If you're from or have visited a Scandinavian country, maybe you know how to pronounce. To do this, you can try puckering your lips and aim for a throat sound somewhere between the 'h' and 'g' sounds. Kind of like the 'b' sound in 'giving' if the 'b' is strong, HAAHAA. And then a feeling. The good news is, it's not about the material things, but about the English word 'content'. The English word 'content' is often used with the prefix 'in-' and the suffix '-ing'. For example, 'involving' or 'involvement'. In Norway, they would say 'involving' or 'involvement'. The word 'hygge' means 'comfort' or 'contentment'. It's a simple thing, like a hug or a kiss. It brings comfort, contentment, and joy. The word 'hygge' is often used to describe soft, warm, and cozy things. Like a fire on a cold night with fuzzy socks and a warm blanket. It's about transforming an event with friends and family into a cozy evening. The word 'hygge' is also used to describe coziness and comfort at home and at work. Hygge is the 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. Much, Much More! Scan the QR code to get the book now with just one click!

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