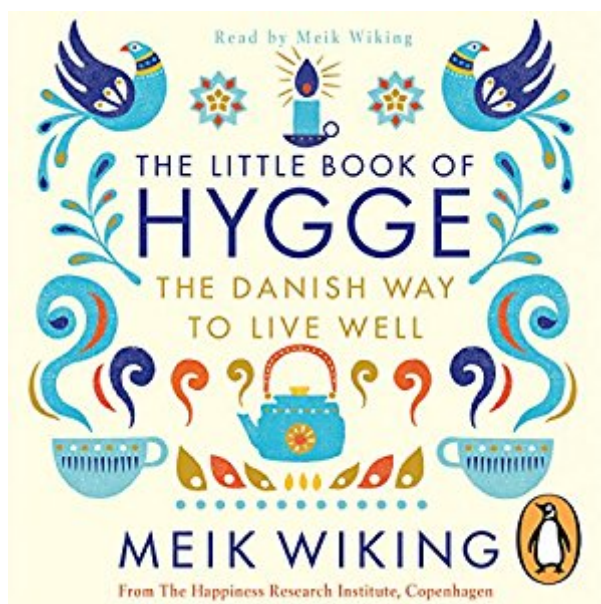


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# The Little Book Of Hygge: The Danish Way To Live Well



## Synopsis

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 cosiness 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.

## Book Information

Audible Audio Edition

Listening Length: 3 hours and 13 minutes

Program Type: Audiobook

Version: Unabridged

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Language: English

ASIN: B01L7IL5H0

Best Sellers Rank: #67 in Books > Audible Audiobooks > Arts & Entertainment > Design #68 in Books > Travel > Europe > Denmark > General #105 in Books > Cookbooks, Food & Wine > Regional & International > European > Scandinavian

## Customer Reviews

Generally a light read, a few interesting ideas worth adopting. The book was more like an extended magazine article which made it relatively expensive for what you got.

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