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It would appear that
the art of hygge may

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just be the key to leading a happy life. But, what exactly is hygge, and how can it help you lead a bliss filled life? What Is Hygge? The Danish word hygge, basically means a feeling of coziness. This idea of feeling cozy, ties in with the idea of well-being, which is what creates happiness.

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Hygge comes from a
Norwegian word for
“wellness.” The

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Of happiness
term is integrated
into Danish dialogue
as much as possible,
and can be used as a
noun (enjoy hygge in
a steaming mug of
tea), verb (you can
hygge by snuggling
up near the fire), or
adjective (a house
can be complimented
as being hyggelig,
pronounced “ hoo-
gah-lee ”).

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Hygge: 8 Blissful
Ways to Embrace the
Danish Art of ...

Hygge is a way of coping, and it can be especially effective in combatting seasonal affective disorder. If anyone has mastered the art of enjoying winter, it ' s the Danes! While many wellness trends can

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run up a huge bill (hello, gourmet avocado toast and designer yoga pants!), hygge is affordable, accessible and highly individual. You can sort of do it your own way and on your own budget.

8 Ways to Hygge -The Danish Art Of Happiness - Happy

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Hygge (pronounced
Page 21/38

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(hoo-gah) is the

Danish concept of coziness and intimacy—as one tea company puts it, hygge is "taking pleasure from the soothing, ordinary, and inexpensive things in life"—and it...

10 Ways to Master
the Danish Art of

Page 22/38

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...

Similar to the German concept of gemütlichkeit and the Dutch idea of gezelligheid, the warm and cozy lifestyle that hygge promotes has been a key part of Danish culture since the early 1800s when the word first appeared

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language (it's derived from a Norwegian word for "well-being"). Designed by Yellowstone Traditions

What Is Hygge? How to Enjoy the 'Cozy' Danish Lifestyle in ...
6 Essentials for Embracing Hygge, the Danish Art of

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Of Happiness
Coziness Danes are consistently ranked as the happiest people in the world, and their love of hygge (loosely translated as "cozy togetherness") is well known. Time to steal their secrets.

6 Essentials for
Embracing Hygge,
the Danish Art of

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Hygge (/ ˈh(j) u

/; Danish: ;

Norwegian:

[ˈh] 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

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Of Happiness
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.

[Hygge - Wikipedia](#)

The Danish
Philosophy of
Comfort Alex
Beauchamp, the

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Danish creator of Hygge House, says hygge is a feeling or moment, whether alone or with friends, at home or out, ordinary or extraordinary, that is cosy, charming or special. Hygge is a feeling or a moment, whether alone or with others. It isn't something you can

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Hygge: The Danish Art of Cosiness - UPLIFT

The Danish concept of hygge, or hyggelig (adj.), refers to finding comfort, pleasure, and warmth in simple, soothing things such as a cozy atmosphere or the feeling of friendship.

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term encompasses a feeling of coziness, contentment, and well-being found through cherishing the little things. It was just a few years ago that the Danish concept of hygge became a popular fixture of the global lexicon.

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“Hygge” : The Danish Concept of Comfort We Need Now More ...

Hygge (with varying pronunciations but most closely the “ hu ” from “ huge and the “ gi ” from “ girl ”) is the Danish term for what we call coziness - curling up to snuggle and share.

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Of Happiness
Hygge: The Danish
Art of Happiness by
Marie Tourell
Søderberg

Hygge: The Danish
Art of Living Cozily
The word "hygge"
stems from a
Norwegian word
meaning "well-
being" and the
Scandinavians know
how this has less to
do with money and

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more to do with
creating
contentment. Basak
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Images You've got to
hand it to the
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How To Incorporate
The Danish Art of

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Home decoist.com -
Decoist DIY
Specialist. In
Denmark, hygge
means creating a
pleasing, cozy, and
warm atmosphere,
enjoying the good
things that life has to
offer in the company
of cherished ...

How To Incorporate

Page 34/38

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The Danish Art of Hygge Into Your Home ...

Danish people strive for a feeling of "hygge", a unique Danish word which means cosiness or togetherness. It permeates all aspects of their lives, from the design and functionality of their homes and furniture,

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to family gatherings
or simple nights at
home forgetting
about the stresses of
the day.

The Danish lifestyle:
hygge, happiness
and much more ...

The Book of Hygge:
The Danish Art of
Living Well. The most
beautiful guide to the
Danish custom of

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The Danish Art

Of happiness, the everyday life philosophy for better living. Hygge is a feeling of belonging and warmth, a moment of comfort and contentment. This beautiful little book will help you to find hygge and embrace it every day.

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