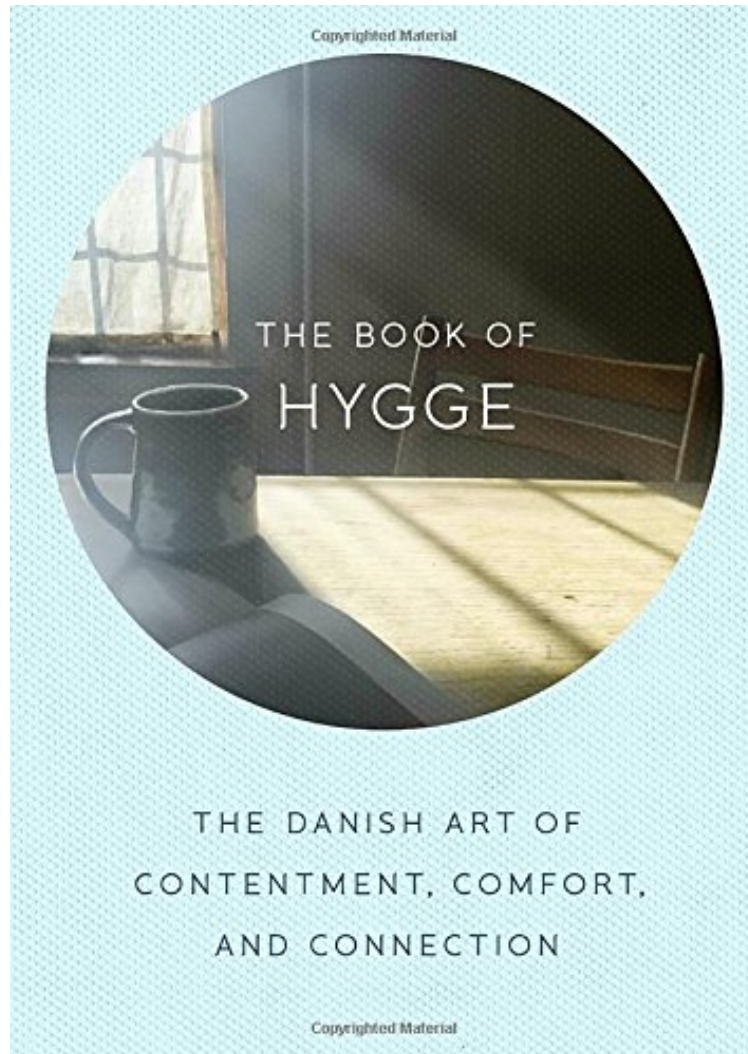


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The Book of Hygge: The Danish Art of Contentment, Comfort, and Connection

Louisa Thomsen Brits

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Louisa Thomsen Brits : The Book of Hygge: The Danish Art of Contentment, Comfort, and Connection before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Book of Hygge: The Danish Art of Contentment, Comfort, and Connection:

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JohnsonNice little book. Talks about how to Hygge.

The most poetic of the [hygge books]; I found myself repeatedly returning to its list-like incantation of hyggeligt habits. Louisa Kamps, ELLEHygge (hoo-gah) is a Danish word but a universal feeling of being warm, safe, comforted, and sheltered an experience of belonging to the moment and to each other. When life gets hectic, work grows stressful, and the days fly by, unplug and tune in. Hygge anchors us, reminding us to slow down, to connect with place and with one another, to dwell and savor rather than rush and spend. When you curl up by the fire with a blanket, or have a simple meal with friends, that is hygge. When you acknowledge the sacred in the secular, or focus on people rather than things, or when you express love through small gestures, that is hygge. The Book of Hygge is an invitation to welcome abundance and contentment into your life. It is a call to live more fully by focusing on what moves you. With beautiful full-color photographs and instructive meditations on relishing the everyday, it is your perfect guide to cultivating the coziness that has made Danes the happiest people in the world. The Book of Hygge is designed with an unjacketed, textured cover and crisp, clean interiors. As seen in the *The New Yorker*, a cure for SAD in book form.

The most poetic of the [hygge books]; I found myself repeatedly returning to its list-like incantation of hyggeligt habits. Louisa Kamps, ELLECastshygge as a state of mindfulness: how to make essential and mundane tasks dignified, joyful, and beautiful, how to live a life connected with loved ones. [The Book of Hygge] focusses on the concepts philosophical and spiritual underpinnings rather than its quirky objects. *The New Yorker* The Book of Hygge is likely to be one of the best guides to creating a more socially connected and rewarding life. A pretty book, soothing to look at, but it also offers a genuine challenge to develop oases of tolerance and peace at home and in the workplace, to balance the alienation, overstimulation and anxious striving of everyday life. Sara Catterall, Shelf Awareness (starred review) Best [book] for the philosophy of hygge. *Irish Daily Mail*, *You Magazine* A philosophy for mindful living. *The Guardian* A thing of beauty. *Irish Examiner* Inviting. In increasingly fast-paced and competitive America, hygge has considerable appeal; readers may very well find reading Brits compact and enjoyable book the literary version of the practice. *Publishers Weekly* Filled with thought-provoking learnings, the evolution of hygge in its many forms. *Interiors Living* About the Author Louisa Thomsen Brits was born in Uganda to a Danish mother and English father. Louisa is a mother of four, an amateur naturalist and wild swimmer. She has been a radio restaurant and arts critic and a tribal bellydance teacher. Louisa is interested in the overlooked details of ordinary lives, liminal places, community and craft. She writes about the art of living, the nature of things, our common life and the rhythms and rituals that unite and define us all.