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*Hygge* - Cooknaton 2016-12-12

Hygge: Comfort & Food For The Soul A cosy collection of comfort food, drinks & lifestyle recipes for you, your friends & family to enjoy. The Danish often say that the art of hygge is only ever meant to be felt, not explained and that its meaning is lost in translation. Whilst no singular word can adequately define it..... cosiness, comfort, contentment, bliss, happiness, warmth, friendship, family, gratitude, appreciation of simplicity and the here & now are just some of the words which fit. Hygge is warm drinks, comfort food, cosy clothes, candles, blankets, conversation, bike rides & walks through the forest. Hygge can be tasted, seen, heard & felt - it affects all our senses. In short it's about enjoying the simple pleasures in life. With over 60 food & drink recipes and craft ideas along with tips to hygge your life, this book is the perfect introduction to the Danish art of happiness.

**Vitamin T: Threads and Textiles in Contemporary Art** - 2021

A global survey of more than 100 artists, chosen by art-world professionals for their work with threads, stitching, and textiles. Celebrating tapestry, embroidery, stitching, textiles, knitting, and knotting as used by visual artists worldwide, Vitamin T is the latest in the celebrated series in which leading curators, critics, and art professionals nominate living artists for inclusion. As boundaries between art and craft have blurred, artists have increasingly embraced these materials and methods, with the resulting works being coveted by collectors and exhibited in museums worldwide. Vitamin T is a vibrant and incredibly timely survey -- the first of its kind.

**Hygge** - Ryan James 2018-04-20

Does the hustle and bustle of modern living overwhelm you at times? Are you looking for a way to feel a sense of calm and ease in your own home? If you typically find yourself feeling stressed about how busy the world is today and are looking for a way to slow things down a bit in order to find more enjoyment out of life on a daily basis, then this book is definitely for you! Grab this book, *Hygge: An Introduction to the Danish Art of Cozy Living* to start learning the secrets of how you can start to live a life that is primarily filled with joy, pleasure, and a sense of safety. After reading about what the hygge lifestyle can offer you, you'll have a much better understanding of why this type of lifestyle has become so trendy and popular in recent years. Imagine a world where you feel stress-free whenever you're at home or in the presence of people about whom you truly care. When you're able to design a life of comfort, you're going to find that happiness is going to flow into your life at a faster pace than you've ever imagined possible. If happiness is what you truly value over all other material possessions, then it is essential that you start to integrate hygge principles into your life, sooner rather than later. Once you've surrounded yourself with comfort and pleasure, your world will be primed and ready for the happiness that will inevitably come with this pursuit. It's that simple. This book is going to provide you with the following information regarding the hygge lifestyle: What hygge is and how it originated Home decorating techniques that you can use in conjunction with hygge ideals How to enhance your relationships through hygge Tips on how activities that will promote a greater sense of calm in your life Why hygge is important for your mental health and clarity And so much more! With your happiness on the line, it's important that you read *Hygge: An Introduction to the Danish Art of Cozy Living* right away! **The Danish Way of Parenting** - Jessica Joelle Alexander 2016-06-29

International bestseller As seen in The Wall Street Journal--from free play to cozy together time, discover the parenting secrets of the happiest people in the world What makes Denmark the happiest country in the world--and how do Danish parents raise happy, confident, successful kids, year after year? This upbeat and practical book presents six essential principles, which spell out P-A-R-E-N-T: Play is essential for development and well-being. Authenticity fosters trust and an "inner compass." Reframing helps kids cope with setbacks and look on the bright side. Empathy allows us to act with kindness toward others. No ultimatums means no power struggles, lines in the sand, or resentment. Togetherness is a way to celebrate family time, on special occasions and every day. The Danes call this hygge--and it's a fun, cozy way to foster closeness. Preparing meals together, playing favorite games, and sharing other family traditions are all hygge. (Cell phones, bickering, and complaining are not!) With illuminating examples and simple yet powerful advice, *The Danish Way of Parenting* will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

**Hygge** - Maya Thoresen 2020-05-11

If you've always wanted to live a simpler, cozier life but find yourself swamped in tiny details then keep reading? Are you sick and tired of living in a hectic, stressful environment, both at home and at work? Have you tried endless other solutions but nothing seems to work for more than a few weeks? Do you finally want to say goodbye to clutter and discover something which works for you? If so, then you've come to the right place. You see, living a comfortable and cozy lifestyle doesn't have to be difficult- even if you've tried every organizational system in the stores, and every relaxation technique on Pinterest!

**The Hygge Life** - Gunnar Karl Gíslason 2017-11-14

Equal parts cookbook and lifestyle guide, this cozy little book shows you how to cultivate comfort and contentment and embrace life's small pleasures with the Danish practice of hygge. Hygge (loosely translated as "coziness") is centered around the idea of inviting comforting elements into day-to-day life while creating warmth, community, and intimacy. The *Hygge Life* teaches you how small gestures (putting wool blankets and warm cider out for guests) or larger undertakings (building bonfires and making campfire bread to celebrate solstice) can warm the psyche and foster hygge, with more than 30 recipes for cozy and comforting food and drinks.

**The Art of Making Memories** - Meik Wiking 2019-10-01

What's the actual secret to happiness? Great memories! Meik Wiking—happiness researcher and New York Times bestselling author of *The Little Book of Hygge* and *The Little Book of Lykke*—shows us how to create memories that make life sweet in this charming book. Do you remember your first kiss? The day you graduated? Your favorite vacation? Or the best meal you ever had? Memories are the cornerstones of our identity, shaping who we are, how we act, and how we feel. In his work as a happiness researcher, Meik Wiking has learned that people are happier if they hold a positive, nostalgic view of the past. But how do we make and keep the memories that bring us lasting joy? *The Art of Making Memories* examines how mental images are made, stored, and recalled in our brains, as well as the "art of letting go"—why we tend to forget certain moments to make room for deeper, more meaningful ones. Meik uses data, interviews, global surveys, and real-life experiments to explain the nuances of nostalgia and the different ways we form memories

around our experiences and recall them—revealing the power that a “first time” has on our recollections, and why a piece of music, a smell, or a taste can unexpectedly conjure a moment from the past. Ultimately, Meik shows how we each can create warm memories that will stay with us for years. Combining his signature charm with Scandinavian forthrightness, filled with infographics, illustrations, and photographs, and featuring “Happy Memory Tips,” *The Art of Making Memories* is an inspiration meditation and practical handbook filled with ideas to help us make the memories that will bring us joy throughout our lives.

**The Little Book of Lykke** - Meik Wiking 2017-12-26

Join the happiness revolution! The author of the New York Times bestseller *The Little Book of Hygge* offers more inspiration and suggestions for achieving greater happiness, by practicing Lykke (LOO-ka)—pursuing and finding the good that exists in the world around us every day. While the Danes are the happiest people on the planet, happiness isn't exclusively Danish; cultures around the world have their own unique approaches to leading a contented, fulfilled life. For his work at the Happiness Research Institute in Copenhagen, Meik Wiking travels the globe from Dubai to Finland, Rio de Janeiro to Bhutan, South Korea to the United States, to discover the secrets of the very happiest people. In *The Little Book of Lykke*, Meik identifies the six factors that explain the majority of differences in happiness across the world—togetherness, money, health, freedom, trust, and kindness—and explores what actions we can take to become happier. As he reveals, we can deepen our blissfulness and contentment with little adjustments in our behavior, whether it's eating like the French (sitting around a table and savoring our time) or dancing the tango like Argentinians in Buenos Aires. With his trademark warmth and wit, Meik explores the happiness gap for parents, how much money you really need to buy happiness, how we can be healthier without having to go to the gym, how we can learn to build trust and collaboration, how we can help ourselves by helping others, and why our expectations often outweigh our reality. Weaving together original research and personal anecdotes, *The Little Book of Lykke* is a global roadmap for joy that offers a new approach to achieving everyday happiness that not only improve our own lives, but help us build better communities and a better world.

**Hygge** - Britta Olsson 2017-10-30

THE COMPLETE BOOK OF HYGGE! The fashion for everything Scandinavian once again swept the world. Now it has spread not only to minimalist furniture and designer clothes, but also to lifestyle. Career and personal growth is being replaced by the desire for comfort and small everyday pleasures. In the world, popularity of hygge is rapidly growing - the philosophy of a happy life that arose in Denmark. Hygge is a Danish word that denotes the state of comfort, peace of mind and security that we experience, when sitting by a fireplace, when the wind blows outside or it's snowing. Warm, quiet lighting is also hygge, just as leisurely gatherings with friends or when you curl up with a book under the blanket. Mass interest in the phenomenon of hygge and the desire to be in a comfortable environment is a natural reaction to the increasingly troubled atmosphere in the world. Solving global problems is not so simple, but in the intervals between the salvation of the world you can enjoy the perfection of the little things. Hygge means the ability to appreciate the ordinary pleasures of life and enjoy the moment. Hygge is creating a warm atmosphere, enjoying good moments of life with your family. It is possible to approach the full understanding of this phenomenon only if you spend time in a relaxed warm atmosphere with those you love. Hygge can be experienced anywhere and at any time, although Danes find hygge mostly in the comfort of their homes. A 30-Day Hygge Challenge will show you how simple it is to live a hygge life and why hygge became so popular. This book tells you how to become happy and how to let hygge into your life by covering the following topics: \* What is Hygge? \* Hygge Lifestyle \* Hygge and Feeling Good \* 30-Day Hygge Challenge. Hygge habits. Get your copy now! Free with Kindle Unlimited!

**The Year of Cozy** - Adrianna Adarme 2015-10-06

From blogger, recipe developer, and photographer Adrianna Adarme comes a beautiful book of advice for simplifying, beautifying, and living a more thoughtful life. Organized by the months of the year, and by categories such as "Live," "Do," and "Make," Adarme shares ideas for activities, recipes, and projects that make the little moments in life just as exciting as the big. Like her blog, *A Cozy Kitchen*, *The Year of Cozy* features warm and comforting photos and cozy inspiration. Adarme gives us special (but totally doable) things we can do for others and ourselves. From recipes to DIY crafts, Adarme focuses on easy, inexpensive undertakings that have a big reward: happiness. The best moments in life

don't require stuff, they just require intention. Adarme's clear and easy-to-follow instructions and recipes will excite and motivate you to march into your kitchen and craft closet to make something you can be proud of.

**The Art of Flaneuring** - Erika Owen 2019-10-22

A fun and practical guide to cultivating a more mindful and fulfilling everyday life by tapping into your inner flaneur—perfect for fans of Marie Kondo and *The Little Book of Hygge*. Have you ever been walking home from work and unexpectedly took a different path just to learn more about your neighborhood? Or have you been on a vacation and walked around a new city just to take it all in? Then chances are, you're a flaneur and you didn't even know it! Originally used to describe well-to-do French men who would stroll city streets in the nineteenth century, flaneur has evolved to generally mean someone who wanders with intention. Even if you've already embraced being a flaneur, did you know that flaneuring has benefits beyond satisfying your craving for wanderlust? In *The Art of Flaneuring*, discover the many ways flaneuring can spark creativity, support a more mindful mentality, and improve your overall well-being, including: -How flaneuring your mundane daily routine can boost your mental health -Why flaneuring isn't just for jet-setters—you can flaneur anywhere! -How to manage your stress at the office by doing fun flaneur-inspired activities -How to use flaneuring to connect on a deeper level with your friends and partner -And so much more! With this practical and engaging guide, you can learn how to channel your inner flaneur and cultivate a more creative, fulfilling, and mindful everyday life.

**Goodbye Clutter, Hello Freedom** - Lena Bentsen 2017-05-11

The key concept for Danish Hygge is to enjoy life in peace and harmony. Whether we want to admit it or not, we are affected by our surroundings. Danish Hygge is about caring, and when we do not care for our surroundings, clutter begins to spread its way into our lives, and Hygge is no longer a possibility. The good news is that we can deliberately change this situation. When you start caring about your home and your surroundings you will find that you have much more time for fun and Hygge. Once you know what you appreciate, where your stuff is, and can understand the difference between what is good and what is bad for you to own, you will be free to enjoy the life that you truly deserve. Start now and experience the amazing feeling of freedom that comes from living in a home that reflects the best part of you!

**Bring Hygge To Your Life** - Stacy Collins 2021-04-08

Are you tired and depressed with a never-ending rush? Do you try to complete all tasks at once but nothing works? Have you attempted to find positive content and answers online, but only received confusion by the tons of conflicting information? The modern world is full of fancy toys and many mind-blowing tourist centers that offer exhilarating experiences. Besides, we have remarkable technological achievements and innovative digital breakthroughs that our ancestors could have never fathomed. However, are we really happier than our predecessors who lacked the technology that we have today? Far from it! Depression, anxiety, and other psychological disorders are ravaging the lives of many people. According to the World Health Organization, over 264 million people worldwide suffer from depression. Would you like to add more calmness, happiness, culture, and sophistication in your life and obtain transformative home inspiration, but can't understand how to implement it mindfully and where to begin? This book proposes a direct route to a Hygge life and will bring new energy, peace, happiness, and health to your home. The idea of making your home cozy to live a happy and meaningful life embodies the Hygge philosophy. If you're eager to make changes in your home that will enable you to generate positive vibes, this Hygge home book is totally for you! This self-help guide contains useful tips and practical life hacks to live a healthy lifestyle that will enable you to create a comfortable home that supports your mental, socioemotional, spiritual, and physical health. The benefits you'll get: □ Quick easy steps to apply immediately □ Checklists and useful exercises for practical application □ A concrete action plan: 10 days full of Hygge hacks to transform your home and life So, you'll acquire a detailed, meticulously researched, and systematic guide regarding how to implement the Hygge philosophy. This Hygge life book will help you to make the critical changes in your home for a happier and fulfilled life. Therefore, if you have been battling stress symptoms or you don't like your home's vibes and aesthetics, then this material is perfect for you! Start living your happy, new life in your cozy home right now, and pick up your copy by clicking the "BUY NOW" button at the top before the price changes! The book is available in 3 Editions: Kindle Edition Paperback - Black & White Edition Paperback - Full Color Edition Go to "See all formats and

editions" to choose which one you like most.

Scandi Christmas - Christiane Bellstedt Myers 2017-08-08

Create special Christmas memories by making these cards, decorations, garlands and cosy gifts with a Scandinavian flavour.

**Lagom: The Swedish Art of Living a Balanced, Happy Life** - Niki Brantmark 2017-09-21

Uncover the secrets of the Swedish philosophy of life called Lagom - meaning 'just enough'. At its core is the idea that we can strike a healthy balance with the world around us without having to make extreme changes, and without denying ourselves anything.

The Finnish Way - Katja Pantzar 2018-06-26

An engaging and practical guided tour of the simple and nature-inspired ways that Finns stay happy and healthy--including the powerful concept of sisu, or everyday courage Forget hygge--it's time to blow out the candles and get out into the world! Journalist Katja Pantzar did just that, taking the huge leap to move to the remote Nordic country of Finland. What she discovered there transformed her body, mind and spirit. In this engaging and practical guide, she shows readers how to embrace the "keep it simple and sensible" daily practices that make Finns one of the happiest populations in the world, year after year. Topics include: Movement as medicine: How walking, biking and swimming every day are good for what ails us--and best done outside the confines of a gym Natural mood boosters: Cold water swimming, steamy saunas, and other ways to alleviate stress, anxiety, insomnia, and depression Forest therapy: Why there's no substitute for getting out into nature on a regular basis Healthy eating: What the Nordic diet can teach us all about feeding body, mind and soul The gift of sisu: Why Finns embrace a special form of courage, grit and determination as a national virtue - and how anyone can dig deeper to survive and thrive through tough times. If you've ever wondered if there's a better, simpler way to find happiness and good health, look no further. The Finns have a word for that, and this empowering book shows us how to achieve it.

**The Lagom Life** - Elisabeth Carlsson 2023-01-10

Discover lagom—the Swedish idea of balance, harmony, beauty, and sufficiency. Our love affair with all things Scandinavian shows no signs of letting up. Having embraced the Danish concept of hygge, we're now looking to Sweden and one of their essential philosophies, lagom. It's best described as "not too much, not too little; just the right amount," which, in practice, is balance—and isn't that what we're all looking for? In this delightful book, Elisabeth Carlsson, a Swede who has been living in the UK for many years, lets us in on the secrets of the enviable Swedish lifestyle and shows us how we can all be a little more lagom. She explains what lagom means to the Swedish and then explores how it can relate to all areas of our life, starting with our separation of work and home and how we manage our time. She suggests taking a more balanced approach to how we eat, never depriving ourselves but not overindulging and avoiding waste. Elisabeth also explains what makes a home more lagom in style and function and how we can take care of it sustainably. We also need to appreciate and look after our bodies with moderate exercise and care. Lagom has the potential to change our approach to life as a whole, and help us realize that what's good for the world can also be good for us, too. Filled with advice and ideas, this thoughtful guide provides the key to a lagom way of living—healthy, harmonious, and happy.

American Cozy - Stephanie Pedersen 2018-10-02

The wildly popular phenomenon of hygge gets a warm American twist with this gifty, illustrated guide from bestselling Danish-American author Stephanie Pedersen. With their overscheduled lifestyles, Americans can't always find time for the people and things they love. Enter American Cozy, which uses the Danish phenomenon of hygge--comfort, togetherness, and well-being--to bring coziness and ease to readers' homes, work, and lives. Filled with charming four-color illustrations, it explores organization and home décor, entertaining, cooking, creating a happier, more productive work life, de-cluttering, and slowing down.

The Gentle Art of Swedish Death Cleaning - Margareta Magnusson 2018-01-02

A charming, practical, and unsentimental approach to putting a home in order while reflecting on the tiny joys that make up a long life. In Sweden there is a kind of decluttering called *döstädning*, *dö* meaning "death" and *städning* meaning "cleaning." This surprising and invigorating process of clearing out unnecessary belongings can be undertaken at any age or life stage but should be done sooner than later, before others have to do it for you. In *The Gentle Art of Swedish Death Cleaning*, artist Margareta Magnusson, with Scandinavian humor and wisdom, instructs readers to embrace minimalism. Her radical and

joyous method for putting things in order helps families broach sensitive conversations, and makes the process uplifting rather than overwhelming. Margareta suggests which possessions you can easily get rid of (unworn clothes, unwanted presents, more plates than you'd ever use) and which you might want to keep (photographs, love letters, a few of your children's art projects). Digging into her late husband's tool shed, and her own secret drawer of vices, Margareta introduces an element of fun to a potentially daunting task. Along the way readers get a glimpse into her life in Sweden, and also become more comfortable with the idea of letting go.

**The Art of Leather Burning** - Lora Susan Irish 2017-01-04

A legend in the wood/leather crafting industry presents 12 simple projects, accompanied by full-color illustrations. Detailed instructions for making key chains, jewelry, wallets, journals, belts, and more include practice exercises and safety tips.

Cozy White Cottage - Liz Marie Galvan 2019-09-24

Whether you live in a country farmhouse or an urban apartment, find inspiration for every room in your home. Come cozy up with your creativity and Liz's welcoming voice so you can love the feeling of being at home. In this beautiful book of house and garden photography and DIY inspiration, popular blogger Liz Marie Galvan shares: 100 tips and tricks to make your home feel cozy Budget-friendly hints to make decorating affordable Simple DIY projects for every room in your house In *Cozy White Cottage*, you'll get the help you need to create a space you love coming home to as Liz offers her best home décor and design tips. You'll love Liz's real-life, easy, and affordable ideas to get the most out of your home and discover things like: The passion and productivity that can pour out of an inspiring, functional workspace or home office The conversation and connection that flow out of a warm, well-arranged living room The thoughtful hospitality that can welcome guests, be it for a cup of coffee or an overnight stay The rejuvenation that can happen when we have quiet spaces for reading, prayer, and rest The calming routines and rituals that we can implement into our spaces and our lives The laughter, joy, and learning that can occur in adorable, functional playrooms The life-giving power that beats in the heart of our homes: the kitchen Join the hundreds of thousands of readers and DIY-ers who find design inspiration on Liz's blog, where she shares stories of life with her son, Cope, and veteran husband, Jose, in their 1800s Michigan farmhouse, and her home décor boutique. *Cozy White Cottage* offers inspiration for every style and makes the perfect self-purchase, housewarming gift, birthday treat, Mother's Day read, or holiday gift. Look for Liz's other cozy home décor book of DIY inspiration, *Cozy White Cottage Seasons*.

**Living Lagom** - Maya Thoresen 2020-05-11

If you've always wanted a balanced lifestyle but have no idea how to get started, then keep reading... Are you irritated by a world where the only options are "more please," or "too much?" Have you tried limiting this, adding that, and trying to find a balance point, but that perfect place seems out of reach? Do you finally want to say goodbye to excessiveness and discover that Goldilocks sensation of "just right?" If so, then you've come to the right place. You see, Lagom- the Swedish sensation of satisfaction- doesn't have to be a difficult state to achieve. Even if you've considered throwing all of your belongings out and starting all over again, Lagom is easier than you think. Across the internet, journalists and bloggers alike have been touting lagom as a way to successfully balance life, work, and family. Even Forbes.com highlighted the practice of embracing wellbeing with mental balance, which means you can get peace of mind without sacrificing your sanity!

**Minimalism & Hygge Bundle** - Sofia Madsen

Do you want to live a more fulfilling, happier, and relaxing life all rolled into one? If so then keep reading... Do you find your day gets too hectic? Overly stressful? Not enough time in the day to relax? Or bogged down with unnecessary tasks? If you do, within this book many of the top minimalist and hygge experts have shared their knowledge on how to overcome these problems and more, most of which have been incorporating hygge and minimalist fundamentals into their days for many years. In *Minimalism & Hygge Bundle*, you will discover: - A simple trick you can do to enjoy life's simple pleasure throughout the day! - The best way of convincing loved ones of the new lifestyle change! - The one hygge method that everybody should be doing! - Why minimalism and hygge help to reduce stress and other mental problems! - Understanding why some people will fail to stick to a hygge and minimalist lifestyle! - And much, much more. The proven methods and pieces of knowledge are so easy to follow. Even if you've never heard of either hygge or minimalism before, you will still be able to incorporate many hygge and

minimalist changes into your life. So, if you want to transform your life, then click "Buy Now" in the top right corner NOW!

Hygge - Barbara Hayden 2020-01-19

Specific activities are designed to encourage you to cultivate togetherness and joy at the smallest and simplest things in everyday life. This book provides an in-depth explanation of the hygge lifestyle, as well as numerous bits of practical advice on how to practice hygge every day.

**The Book of Hygge** - Louisa Thomsen Brits 2016

North - Brontë Aurell 2017-09-07

'Why are Scandinavians constantly topping the happiness table?' 'How do you get more Scandi-style in your life?' 'Just how do you use lagom?' Like her viking ancestors before her, Brontë Aurell left Denmark to explore the world beyond home shores and in her travels has come to understand the fascination with her kinfolk, as well as seeing the idiosyncrasies of the Scandinavian lifestyle that locals take for granted. Whether you want your apartment to look like it belongs in Copenhagen, to workout like a Norwegian or adapt to saunas like a Swede, this is the ultimate insider's guide to the countries of the North. Full of inspiration and ideas, how tos and recipes to help you experience the very best of Scandinavian design, philosophy, cookery and culture. With a signature wit and a keen eye for detail, travel alongside Bronte through fjords and mountains, farmlands and cities to better understand these three nations and what makes each one so unique. So get outdoors, learn the life lesson that there's no such thing as bad weather (only bad clothing) and you may discover your inner Scandi sooner than you think.

Hygge - Charlotte Abrahams 2016-10-13

Candlelight is hygge; the smell of freshly brewed coffee is hygge; the feel of crisp, clean bed linen is hygge; dinner with friends is hygge. 'Hygge', pronounced 'hoo-ga', is a Danish philosophy that roughly translates to 'cosiness'. But it is so much more than that. It's a way of life that encourages us to be kinder to ourselves, to take pleasure in the modest, the mundane and the familiar. It is a celebration of the everyday, of sensual experiences rather than things. It's an entire attitude to life that results in Denmark regularly being voted one of the happiest countries in the world. So, with two divorces behind her and her 50th birthday rapidly approaching, journalist Charlotte Abrahams ponders whether it's hygge that's been missing from her life. Is it a philosophy we can all embrace? In a society where lifestyle trends tend to centre on deprivation - be it no sugar, no gluten, no possessions - what does cherishing yourself actually mean? And will it make her happy? In *Hygge*, Charlotte Abrahams weaves the history of hygge and its role in Danish culture with her own attempts, as an English woman, to embrace a more hygge life. In this beautifully written and stylishly designed book, she examines the impact this has on her home, her health, her relationships and, of course, her happiness. Light a candle, pour yourself a glass of wine, and get ready to enjoy your more hygge life.

Craftivism - Betsy Greer 2014-04-21

Craftivism is a worldwide movement that operates at the intersection where craft and activism meet; Craftivism the book is full of inspiration for crafters who want to create works that add to the greater good. With interviews and profiles of craftivists who are changing the world with their art, and through examples that range from community embroidery projects, stitching in prisons, revolutionary ceramics, AIDS activism, yarn bombing, and crafts that facilitate personal growth, Craftivism provides imaginative examples of how crafters can be creative and altruistic at the same time. Artists profiled in the book are from the United States, Canada, the United Kingdom, Australia, and Asia, and their crafts include knitting, crocheting, sewing, textiles, pottery, and ceramics. There's the Brooklyn writer who creates large-scale site-specific knitted installations; the British woman who runs sewing and quilting workshops for community building and therapy; the Indonesian book maker and organizer of a DIY craft center; and the Oxford, England, cultural theorist and dress designer. A wonderful sense of optimism and possibility pervades the book: the inspiring notion that being crafty can really make the world a better place. Betsy Greer is a writer, crafter, researcher, and the author of *Knitting for Good!: A Guide to Creating Personal, Social and Political Change Stitch by Stitch*. She also runs the blog [craftivism.com](http://craftivism.com) and believes that creativity and positive activism can save not only the soul, but also the world.

The Little Book of Hygge - Meik Wiking 2017-01-17

New York Times Bestseller Embrace Hygge (pronounced hoo-ga) and become happier with this definitive guide to the Danish philosophy of comfort, togetherness, and well-being. Why are Danes the happiest people in the world? The answer, says Meik Wiking, CEO of the

Happiness Research Institute in Copenhagen, is Hygge. Loosely translated, Hygge—pronounced Hoo-ga—is a sense of comfort, togetherness, and well-being. "Hygge is about an atmosphere and an experience," Wiking explains. "It is about being with the people we love. A feeling of home. A feeling that we are safe." Hygge is the sensation you get when you're cuddled up on a sofa, in cozy socks under a soft throw, during a storm. It's that feeling when you're sharing comfort food and easy conversation with loved ones at a candlelit table. It is the warmth of morning light shining just right on a crisp blue-sky day. The Little Book of Hygge introduces you to this cornerstone of Danish life, and offers advice and ideas on incorporating it into your own life, such as: Get comfy. Take a break. Be here now. Turn off the phones. Turn down the lights. Bring out the candles. Build relationships. Spend time with your tribe. Give yourself a break from the demands of healthy living. Cake is most definitely Hygge. Live life today, like there is no coffee tomorrow. From picking the right lighting to organizing a Hygge get-together to dressing hygge, Wiking shows you how to experience more joy and contentment the Danish way.

The Art of Hygge - Jonny Jackson 2016-09-08

Hygge (pronounced 'hu-gah') is a Danish word that describes the feeling of being cosy, comfortable and at peace with the world. It's almost impossible to translate into English, and it's probably the reason that Denmark is one of the happiest countries in the world. The Art of Hygge is packed with recipes to warm you on a cold winter's evening, craft ideas for decorating your home, and inspirational suggestions for enjoying the magic of everyday pleasures. Whether it's a perfectly brewed cup of coffee, a delicious Danish apple cake shared with friends, or a snuggly hand-knitted jumper, you'll find that a little hygge brings a lot of happiness!

**Creative Folk Art and Beyond** - Flora Waycott 2017-11

Get creative with the Scandinavian concept of hygge (hoo-gah) and create your own whimsical, colorful artwork inspired by folk art with *Creative Folk Art and Beyond!* Continuing the hugely popular *Creative... and Beyond* series, *Creative Folk Art and Beyond* features the whimsical and colorful folk-art style of Scandinavia... and beyond! Inspired by the concept of hygge (an idea similar to coziness), *Creative Folk Art and Beyond* includes creative prompts, easy exercises, and step-by-step projects that embrace all things Scandinavian. No matter your skill level, you can learn how to draw and paint beautiful, colorful art using a variety of accessible, affordable supplies. Starting off with basic tools, materials, techniques, and color basics, *Creative Folk Art and Beyond* then jumps into tips and exercises that will have you drawing and painting your favorite folk-art designs in no time. This book is a must-have for any "Scandophile" or folk-art enthusiast!

Hygge & West Home - Christiana Coop 2018-09-25

From the cofounders of the popular design company. "Inside the must-read, the duo takes us inside 20 homes that embody the hygge way of life." —Architectural Digest Tastemakers Christiana and Aimee of Hygge & West know that the key to making a house into a home is in the decoration—whether that means embracing natural elements, creating cozy spaces, making room for family, or finding your own personal charm in every space. *Hygge & West Home* offers a look into twenty covetable homes designed to promote feelings of coziness, companionship, and comfort, from an intimate apartment in San Francisco to a log cabin in Wyoming, a family home in Minneapolis, and a colorful oasis in Brooklyn. With page after page of aspirational interiors, engaging interviews with home owners, and tips on creating similar feelings in any space, this eye-catching book explores what makes a house a truly personal space and offers readers the tools and inspiration to make their home their own. "Christiana Coop and Aimee Lagos, creators of Hygge & West designs, know how to make the home a retreat, a soft and charming space that really embraces hygge, the Danish design term for a cozy, sweet environment." —Unique Homes "A must-have resource if you are interested in design and interiors." —Coral & Tusk

**The Cozy Life** - Pia Edberg 2016-04-07

In today's world, we're constantly rushing from one thing to the next and are struggling with information overload. We're more disconnected from ourselves and our loved ones than ever before. Rediscover the joy of the simple things through the Danish concept of Hygge in *The Cozy Life*. This book will inspire you to slow down and enjoy life's cozy moments! \* Learn about the Danish cultural phenomenon of Hygge, and the secret to why Denmark is consistently rated the happiest country in the world \* Embrace the little things and take simplicity and minimalism up a notch \* Add Hygge into every aspect of your life with practical examples and tips \* Say goodbye to the Winter Blues and live a healthier, centred life This

charming little book, filled with hand drawn illustrations, beautifully addresses that yearning we all have for a more authentic life, created by ourselves instead of external forces. What's stopping you from living a more meaningful and connected life?

**A Field Guide to Color** - Lisa Solomon 2019-08-27

Play with paint, get creative with color, and discover your personal palette--a joyful, interactive workbook for creativity, self-expression, and deepening your understanding of how color works. Color is one of the most profound ways we have to express ourselves. In this lively workbook for artists, graphic designers, hobbyists, and creators of all types, you will journal your way through fresh and enriching ways to develop a more personal connection to color in your art and life. Using watercolors, gouache, or any other water-based medium, dive into color theory and explore your personal style while playing with a balanced blend of experiments and color meditations. Discover a personal color wheel while exploring tints and shades. Experiment with color mixing while you make as many of one color as you can - and then name them all (honeydew green, avocado green, mint ice cream...). Through playful prompts and inspiring examples, and with lots of room for painting, this book will guide you to a new or expanded relationship with color and deepen your understanding of what color can do for you.

*The Scandinavian Guide to Happiness* - Editors of Whalen Book Works 2021-01-05

Make time for the things that really matter in life. Find balance and happiness in your daily life, the Scandinavian way, with *The Scandinavian Guide to Happiness!* There's a reason Finland, Denmark, Norway, Iceland, and Sweden consistently rank as the top 5 happiest countries on earth! Find out the secrets to their happiness and fulfillment in *The Scandinavian Guide to Happiness*, which shares centuries of Nordic wisdom, including: - Lykke: Happiness is all around you (Denmark) - Lagom: Just the right amount—not too much, not too little (Sweden) - Fika: Taking daily coffee breaks and other comforting rituals (Sweden) - Hygge: Coziness brings comfort, courage, and happiness (Denmark) - Sisu: Everyday courage, grit, and determination & acting rationally in the face of adversity These basic principles will help you see how to have a happy life without buying anything, changing yourself, or making any other crazy drastic changes! Topics include Simplicity, Happiness, Health & Wellness, Relationships, Nature-Inspired Living, and more. Full of inspiring, encouraging ideas—and charming illustrations!—this thoughtful Scandinavian guide is sure to put a happy glow on your life.

**Making Winter** - Emma Mitchell 2017-10-03

Explores the Danish concept of Hygge, which focuses on everyday comfort, peace, and contentedness, providing decoration, craft, and recipe ideas designed to encourage joy during the winter months.

*The Little Book of Cottagecore* - Emily Kent 2021-01-05

Unplug, relax, and return to the simpler life with these easy, step-by-step ideas for your favorite cottagecore activities including baking from scratch and easy container gardening. Returning to the simpler life has never been easier. If you're craving the aroma of freshly baked bread, spending more time in nature, or seeing the sunlight filtering through homemade curtains, then cottagecore is for you! *The Little Book of Cottagecore* helps you make simple living a reality with delightful cottagecore activities you can enjoy no matter where you live. Whether you're interested in baking pies from scratch, basic sewing and cross stitch, gardening, beekeeping, or making candles and soaps, this book is

full of fun, hands-on activities that make it easy and enjoyable to unplug from modern life. Full of step-by-step instructions and homegrown inspiration, you'll find fun, practical ways to enjoy rustic and relaxing cottagecore activities in your everyday life.

*Lagom* - Linnea Dunne 2017-07-13

Step aside Hygge. Lagom is the new Scandi lifestyle trend taking the world by storm. This delightfully illustrated book gives you the lowdown on this transformative approach to life and examines how the lagom ethos has helped boost Sweden to the No.10 ranking in 2017's World Happiness Report. Lagom (pronounced 'lah-gom') has no equivalent in the English language but is loosely translated as 'not too little, not too much, just right'. It is widely believed that the word comes from the Viking term 'laget om', for when a mug of mead was passed around a circle and there was just enough for everyone to get a sip. But while the anecdote may hit the nail on the head, the true etymology of the word points to an old form of the word 'lag', which means 'law'. Far from restrictive, lagom is a liberating concept, praising the idea that anything more than 'just enough' is a waste of time. Crucially it also comes with a selflessness and core belief of responsibility and common good. By living lagom you can: Live a happier and more balanced life Reduce your environmental impact Improve your work-life balance Free your home from clutter Enjoy good food the Swedish way Grow your own and learn to forage Cherish the relationships with those you love

**Hygge** - Marie Tourell Söderberg 2016-10-06

One little word is the secret reminder of what really matters in life: Hygge. CHRISTMAS is the perfect time to embrace it and THIS BOOK will show you how. ----- To me, hygge is: - Meeting my sister for a walk in the park, chatting, laughing and clowning around, as if we were children again. - Listening to the rain on the roof with a cup of tea and my boyfriend next to me. - Drinking wine in my mum's garden - Enjoying a cup of coffee with good friends, that becomes a dinner, that becomes a late-night drink, because no one wants the evening to end. ---- ----- Though we all know the feeling of hygge instinctively few of us ever manage to capture it for more than a moment. Now Danish actress and hygge aficionado Marie Tourell Söderberg - star of BBC 4's *1864* - has travelled the length and breadth of her home country to create the perfect guide to cooking, decorating, entertaining and being inspired the hygge way. Full of beautiful photographs and simple, practical steps and ideas to make your home and life both comfortable and cheering all year round, this book is the easy way to introduce hygge into your life. 'Pretty, homey and intimate, scattered with reflections from ordinary Danes' Guardian

*The Year of Living Danishly* - Helen Russell 2015-01-08

\* NOW WITH A NEW CHAPTER \* 'A hugely enjoyable romp through the pleasures and pitfalls of setting up home in a foreign land.'- Guardian Given the opportunity of a new life in rural Jutland, Helen Russell discovered a startling statistic: Denmark, land of long dark winters, cured herring, Lego and pastries, was the happiest place on earth. Keen to know their secrets, Helen gave herself a year to uncover the formula for Danish happiness. From childcare, education, food and interior design to SAD and taxes, *The Year of Living Danishly* records a funny, poignant journey, showing us what the Danes get right, what they get wrong, and how we might all live a little more Danishly ourselves. In this new edition, six years on Helen reveals how her life and family have changed, and explores how Denmark, too - or her understanding of it - has shifted. It's a messy and flawed place, she concludes - but can still be a model for a better way of living.