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# The Hygge Life: Embracing The Nordic Art Of Coziness Through Recipes, Entertaining, Decorating, Simple Rituals, And Family Traditions



## Synopsis

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.

## Book Information

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## Customer Reviews

GUNNAR KARL GILSLASON is chef of the award-winning Restaurant Dill in Reykjavik's historic Nordic House, Kex Hostel on Reykjavik Harbor, and Agern restaurant in NYC's Grand Central Station. His cooking celebrates Iceland's pristine ingredients and artisanal producers and has garnered international acclaim. JODY EDDY is the author of Come In, We're Closed; North; and Cuba. A graduate of the Institute of Culinary Education in Manhattan, she is the former editor of Art Culinaire.

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Explanation of How to Live the Simple and Amazing Hygge Lifestyle, and Find Happiness Hygge: Find Happiness The Nordic Way (Without Breaking The Bank) (Hygge Life Book 3) Hygge: Eine Dane's Erklärung, wie man die einfache und erstaunliche hygge Lebensstil zu leben, und finden Sie Glück (Hygge Guide - German Edition) 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) Hygge: Introduction to The Danish Art of Cozy Living (Hygge Series Book 1) Hygge: Introduction to The Danish Art of Cozy Living (Hygge Series) (Volume 1) Hygge: The Complete Guide to Embracing the Danish Concept of Cosy and Simple Living How to Hygge: The Nordic Secrets to a Happy Life Scandinavian Comfort Food: Embracing the Art of Hygge Hygge: The Complete Book of Hygge Cake Decorating: For Beginners! Simple Techniques & Projects To Decorate Cakes, Cupcakes & Cookies (Baking, Cake Decorating, Wedding Cake, Party Planning) Sacred Dying: Creating Rituals for Embracing the End of Life The Cozy Life: Rediscover the Joy of the Simple Things Through the Danish Concept of Hygge Norse Mythology: The Heroes, Gods, Sagas, Beliefs, and Rituals of Nordic Mythology (Norse Mythology, Greek Mythology, Egyptian Mythology, Myth, Legend) Hygge: The Danish Art of Escaping the Hustle & Bustle of Modern Life and Finding Happiness in Simple Pleasures Williams-Sonoma Entertaining: Thanksgiving Entertaining Everyday Chic: My Secrets for Entertaining, Organizing, and Decorating at Home Martha Stewart's Christmas: Entertaining, Decorating and Giving Decorating With Silk & Dried Flowers : 80 Arrangements Using Floral Materials of All Kinds (Arts & Crafts for Home Decorating Series)

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