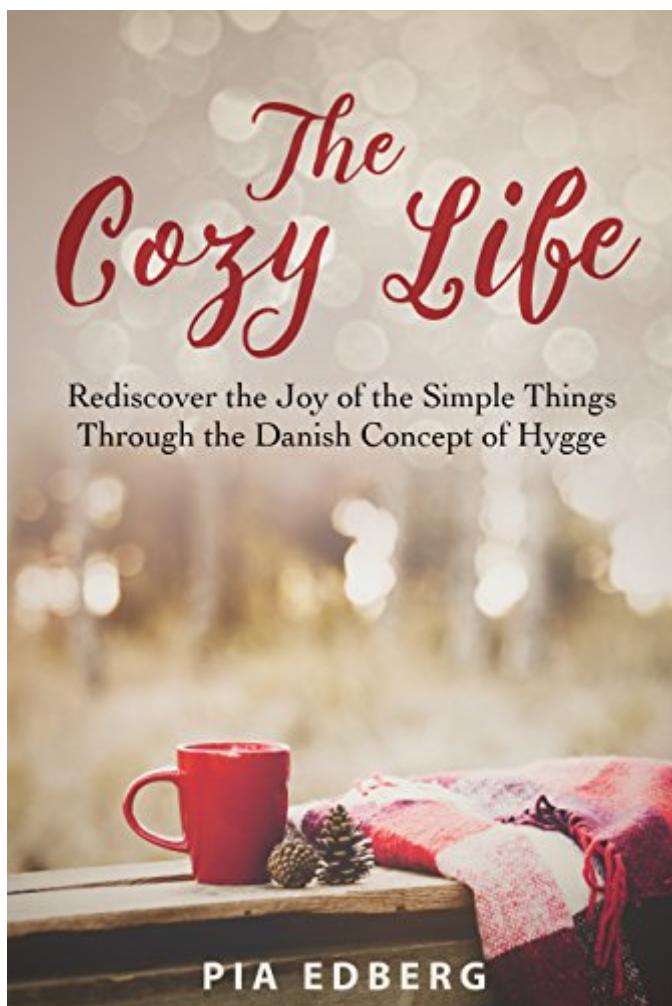


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# The Cozy Life: Rediscover The Joy Of The Simple Things Through The Danish Concept Of Hygge



## Synopsis

This was the first book ever written about hygge in the world. A classic treasure that feels like an old book from times forgotten, with cream coloured pages and hand drawn illustrations. Not only is this book about Hygge, it 'feels' Hygge. This is the original and first published book about Hygge that started it all... 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?

## Book Information

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## Customer Reviews

I had never heard of the Danish concept of "hygge" before this book, but I have to say I absolutely LOVED it! I guess you could say it's sort of the same concept as "mindfulness" but not exactly. If the idea of slowing down, of appreciating the small things in life and seeing the beauty in everyday moments appeals to you, you will love this book!

This book is pleasant, but kind of repetitive and not that informative. Maybe my expectations for the content were not realistic. I didn't regret the time I spent on the book though because it was enjoyable.

Good reminders for living a simple, minimal, and cozy lifestyle. I really enjoyed this book. It was short and sweet. It was kind of basic and included a lot of things I already knew, but also had quite a bit to offer that I didn't know. I knew nothing about the Danish "hygge" before and this was very informative on it.

While hygge is a long-lived Danish sentiment, Edberg admits that this book was inspired by Marie Kondo's hugely popular *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*. This is both logical and surprising: while both are essentially about creating a life of joy and simpler comforts that our modern materialistic culture advocates (and advertises), Kondo's focuses on what to keep that speaks to your unique personality and Edberg has specific advice about what should be included in your life. Hygge may not have a perfect English translation, but in addition to cozy, it also stresses contentment, familiarity, and togetherness. As Edberg describes it, people are encouraged to find contentment and even entertainment in things that don't cost money; togetherness, simple games, and even songs are things that the ideal hygge life would include. Edberg stresses at certain points that hygge can be something experienced alone, but certain "accessories" are required: warm smells, drinks, and even cookies are encouraged, and her description at certain points makes it sound like a state of an idealized Christmas. There's nothing wrong with this--I found myself fantasizing about baking cookies while reading--but it makes me wonder if there's something a warm weather enthusiast that doesn't celebrate Christmas could appreciate. I give this four stars for presenting another way to find contentment, but overall I found it somewhat limited.

I wanted to know more about what "hygge" was after reading "A Year of Living Danishly" by Helen

Russell, so I got this book. The simple line drawings by the author found throughout the book were delightful. They were a reminder that hygge is about simple things. And I gained a better definition of what hygge is from this book, and learned it isn't just for winter, but all year long. I found many ideas that I will use this year for a simpler Christmas--and there is a fun 30-day hygge challenge at the end of the book! The author comes across as a delightful friend who I would love to invite over for a cup of tea by a cozy fire. I found this book well worth reading, and will refer to it again and again.

I had never heard of the Danish concept of Hygge until I read Pia Edberg's accessible and charming book, THE COZY LIFE. What a needed antidote Hygge is to the frenetic, hype-filled bombardment of information, disinformation and materialism in which so many people are trapped! When you read her clear explanations of this concept that incorporates among many things, a sense of coziness, authenticity and gratitude, you will realize that there is indeed a better way to live. Edberg's charming ink drawings are a wonderful reinforcement of the feeling of coziness you get while reading this book.

This book was such a fantastic and cozy read! A great reminder to slow down and enjoy the simple things in life. The Cozy life challenged me to reconnect with myself and find meaning in everything I do. In today's fast food society, the Danish concept of Hygge teaches us that life most precious gifts are Free and Edberg does a wonderful job explaining and illustrating this concept. Fantastic read!

This is an awesome book. So much better than I thought it would be. Instructions clear. Awesome pictures. Glad I got it! Packed great too!

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