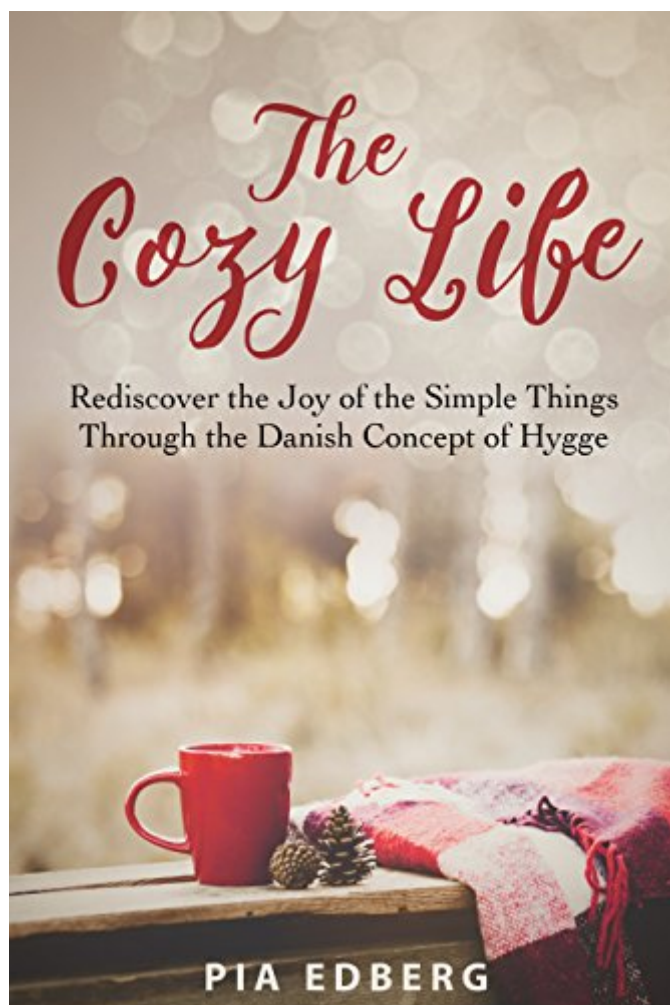


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# The Cozy Life: Rediscover The Joy Of The Simple Things Through The Danish Concept Of Hygge



## Synopsis

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

The concept of 'hygge' is more about experiences than doing or 'stuff'. Experiences that are

warm, cosy, comfortable and nurturing. Experiences which in and of themselves are celebrations of gratitude and well-being. "Hygge" originates in Denmark so it's no wonder this country is regularly voted one of the happiest in the world but you don't have to live in Denmark or be Danish to partake in this oh so sensible way of living. All you need to do is read Pia Edberg's book and you will have more than enough ideas to help you experience 'the cosy life'. Ideas like relaxing by the fire or candlelight, listening to soothing music or going for a walk in your comfiest outfit. Don't make the mistake however of thinking 'hygge' is about doing things, it's more about a state of mind and being than anything. By the time you have read to the end of of this book you will 'just know' what it's all about. In this busy world in which we continually rush around from one thing to the next we could all do with embracing the Danish art of 'hygge' and this book will help you on your way, gently, softly and perfectly.

What a gorgeous book. I ordered the print copy because I knew reading on paper would be part of the experience and I wasn't wrong. The cover and title first caught my attention and I'm happy to say that the interior delivers. Simply reading this book makes you feel cosy, and I enjoyed hearing Pia's story of growing up too. I'm totally in love with the concept of hygge and from reading this book I realise it's what I'm constantly looking to surround myself with. I am an introvert, and having a safe and cosy place to come back to - whether it's my home, a book or a feeling - really makes me happy. Thank you Pia, for sharing your thoughts on hygge with us.

This book really touched my heart. I spend a semester studying in Copenhagen when I was in college. The book is warm and inviting, the recipes are great and the drawings fabulous. Thank you Pia for sharing this wonderful life concept.

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.

This book is an absolute delight. Over the last year I cannot think of a time when I was truly relaxed. I really enjoyed reading Pia Edberg's wonderful book, which not only introduces the concept of hygge, but is also filled with anecdotes, recipes, stories, the origins of Hygge and beautiful illustrations dotted throughout the words that I loved. Originating in Denmark this cozy concept is about as the author says 'enjoying the simple things...' But how to hygge in a busy world - read this

book, ideally by a roaring fire with soft slippers on. I loved it so much!

I really enjoyed cozying up with this book. I had it finished in just a few sittings. I loved learning about the Danish way of life and how to make everyday "hygge". The book had me recalling lots of fond memories with my loved ones and gave me plenty of ideas for making new ones. I loved the recipes. The drawings made the book warm and inviting. I would love to have this in paperback someday to curl up with in a big blanket and sipping a nice cup of hot tea. If your looking to enjoy the simple things in life this is the book for you.

My mother's family is Scandinavian and I have loved ones with SAD -- this concept is very nurturing especially in the winter. Though juggle is a year roundthing and this encouraging little book makes me appreciate what I have in my life.

The book is enjoyable and relaxing, but really doesn't say much. It felt repetitive and mostly defined cozy over and over.

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