



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

*Pia Edberg*

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**The Cozy Life: Rediscover the Joy of the Simple Things Through the Danish Concept of Hygge** Pia Edberg

This is the original 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?**

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