



The Book of Hygge: The Danish Art of Contentment, Comfort, and Connection

Louisa Thomsen Brits

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Hygge (hoo-gah) is a Danish word but a universal feeling of being warm, safe, comforted, and sheltered—an experience of belonging to the moment and to each other. When life gets hectic, work grows stressful, and the days fly by, unplug and tune in.

Hygge anchors us, reminding us to slow down, to connect with place and with one another, to dwell and savor rather than rush and spend.

When you curl up by the fire with a blanket, or have a simple meal with friends, that is hygge. When you acknowledge the sacred in the secular, or focus on people rather than things, or when you express love through small gestures, that is hygge.

The Book of Hygge is an invitation to welcome abundance and contentment into your life. It is a call to live more fully by focusing on what moves you.

With beautiful full-color photographs and instructive meditations on relishing the everyday, it is your perfect guide to cultivating the coziness that has made Danes the happiest people in the world. *The Book of Hygge* is designed with an unjacketed, textured cover and crisp, clean interiors.

As seen in the *The New Yorker*, a cure for SAD in book form.

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