"The most poetic of the [hygge books]; I found myself repeatedly returning to its list-like incantation of hyggeligt habits." — Louisa Kamps, ELLE

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 culti...
The "Danish coziness" philosophy is fast becoming the new "French living" in terms of aspirational lifestyle books and blogs. There are countless viral articles comparing the happiness levels of Americans versus Danes. Their homes are more homey; their people are more cheerful. It's an attitude that defies definition, but there is a name for this slow-moving, stress-free mindset: hygge (pronounced "hoo-ga"). Hygge values the idea of cherishing yourself: candlelight, bakeries, and dinner with friends; a celebration of experiences over possessions, as well as being kind to yourself and treasuring a sense of community. How to Hygge by chef and author Signe Johansen is a fresh, informative, lighthearted, fully illustrated how-to guide to hygge. It's a combination of recipes, helpful tips for cozy living at home, and cabin porn: essential elements of living the Danish way—which, incidentally, encourages a daily dose of "healthy hedonism." Who can resist that?

Other books will tell you how to be hygge. This is the only book that will show you. Though we all know the feeling of hygge instinctively few of us ever manage to capture it for more than a moment. Now Danish actress and hygge aficionado Marie Tourell Søderberg - star of BBC 4's 1864 - has travelled the length and breadth of her home country to create the perfect guide to cooking, decorating, entertaining and being inspired the hygge way. Full of beautiful photographs and simple, practical steps and ideas to make your home and life both comfortable and cheering all year round, this book is the easy way to introduce hygge into your life. 'Pretty, homey and intimate, scattered with reflections from ordinary Danes' Guardian

Nordic knitting projects that blend contemporary patterns with traditional colorwork for a style that will appeal to all knitters.

Hilary Grant takes a thoroughly modern approach to Nordic knitting with this collection of thirty projects. With designs that are fresh, bold, and graphic, these geometric motifs give a contemporary spin to traditional colorwork patterns. With a range of accessories and sweaters there is something from everyone here: hats, cowls, fingerless mitts, sweaters, and more.

The allure of colorwork tugs at the heart of all knitters. From traditional Fair Isle designs to Icelandic Lopapeysa and clean Nordic patterns, knitting projects that use a kaleidoscope of colors are eye-catching and inspiring. Knitting from the North is the perfect entry into knitting with color, with patterns to help you keep your hands warm and spirits high.
A Finnish journalist, now a naturalized American citizen, asks Americans to draw on elements of the Nordic way of life to nurture a fairer, happier, more secure, and less stressful society for themselves and their children.

Moving to America in 2008, Finnish journalist Anu Partanen quickly went from confident, successful professional to wary, self-doubting mess. She found that navigating the basics of everyday life—from buying a cell phone and filing taxes to education and childcare—was much more complicated and stressful than anything she encountered in her homeland. At first, she attributed her crippling anxiety to the difficulty of adapting to a freewheeling new culture. But as she got to know Americans better, she discovered they shared her deep apprehension. To understand why life is so different in the U.S. and Finland, Partanen began to look closely at both.

In The Nordic Theory of Everything, Partanen compares and contrasts life in the United States with life in the Nordic region, focusing on four key relationships—parents and children, men and women, employees and employers, and government and citizens. She debunks criticism that Nordic countries are socialist “nanny states,” revealing instead that it is we Americans who are far more enmeshed in unhealthy dependencies than we realize. As Partanen explains step by step, the Nordic approach allows citizens to enjoy more individual freedom and independence than we do.

Partanen wants to open Americans’ eyes to how much better things can be—to show her beloved new country what it can learn from her homeland to reinvigorate and fulfill the promise of the American dream—to provide the opportunity to live a healthy, safe, economically secure, upwardly mobile life for everyone. Offering insights, advice, and solutions, The Nordic Theory of Everything makes a convincing argument that we can rebuild our society, rekindle our optimism, and restore true freedom to our relationships and lives.
A world of steamed-up kitchen windows against a frosty backdrop, delicious Danish pastries, crusty dense breads and creamy layer cakes is summoned up in Trine Hahnemann's spectacularly beautiful new book, Scandinavian Baking. Cakes abound, with every kind of Danish pastry you could ever wish for, a cookie for every occasion, mouthwatering layer cakes, coffee cakes, cream buns plus snippets of baking history, so you can learn all you need to know about Scandinavian baking. Divided into two main sections on cakes and breads, sandwiched between features on Midsummer and Christmas, this is the ultimate compendium on authentic Scandinavian baking with a modern twist.

The Scandinavians excel at comfort- family, friends, a good atmosphere, long meals, relaxation, and an emphasis on the simple pleasures. They even have a word for this kind of coziness that comes with spending quality time in hearth and home when the days are short: hygge™. Trine Hahnemann is the doyenne of Scandinavian cooking, and loves nothing more than spending time in her kitchen cooking up comforting food in good company. This is her collection of recipes that will warm you up and teach you to embrace the art of hygge, no matter where you live.

Let Scandinavian Gatherings be your hygge handbook (pronounced hoo-ga) for cozy retreats in the comfort of your own home! With this darling collection of Scandinavian-inspired recipes, crafts, and entertaining ideas, you can turn your home into a stress-free hygge oasis and embrace relaxation the Nordic way. From the creator of the popular Lulu the Baker blog, Scandinavian Gatherings illustrates the Scandinavian spirit of simple pleasures through 10 seasonal, family-friendly gatherings filled with the flavors and traditions of Norway, Sweden, Denmark, and Finland (a region regularly reported as the happiest place on earth!).

The book boasts 30 simple craft projects for entertaining and decorating, as well as 40 accessible recipes that put a modern twist on sweet and savory Scandinavian treats. You'll soon be warming your home with the comforting smells of Mom's Maple Pecan Rings, Swedish Meat Pies, Lucia Buns, Hot Chocolate with Homemade Cardamom Marshmallows, and more.

With gatherings like Nordic Brunch, Woodland Tea Party, Afternoon Fika, Lucia Day, and Christmas Cookie Exchange, you'll be able to relax with loved ones and enjoy the hygge atmosphere.
The Year of Living Danishly
Uncovering the Secrets of the World's Happiest Country
by Helen Russell
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'A hugely enjoyable romp through the pleasures and pitfalls of setting up home in a foreign land' PD Smith, Guardian When she was suddenly given the opportunity of a new life in rural Jutland, journalist and archetypal Londoner Helen Russell discovered a startling statistic: the happiest place on earth isn’t Disneyland, but Denmark, a land often thought of by foreigners as consisting entirely of long dark winters, cured herring, Lego and pastries. What is the secret to their success? Are happy Danes born, or made? Helen decides there is only one way to find out: she will give herself a year, trying to uncover the formula for Danish happiness. From childcare, education, food and interior design (not to mention 'hygge') to SAD, taxes, sexism and an unfortunate predilection for burning witches, The Year of Living Danishly is a funny, poignant record of a journey that shows us where the Danes get it right, where they get it wrong, and how we might just benefit from living a little more Danishly ourselves.