

21st Century Epicurean (My Blog) -- An Exploration of Minimalism Leads to Hygge

Post by "Kalosyni" of October 13, 2022 at 12:23 PM

hygge according to Google search:

[pasted-from-clipboard.png](#) hyg·ge

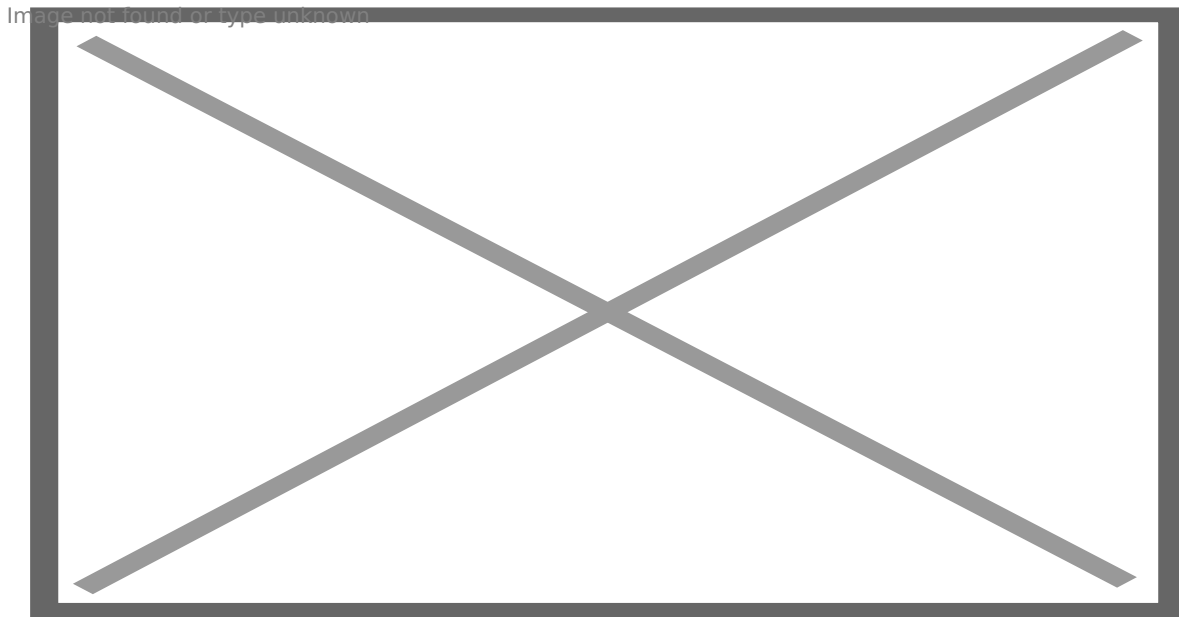
/ˈh(y)oo̯gə,ˈhoo̯gə/

noun

a quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being (regarded as a defining characteristic of Danish culture).

"why not follow the Danish example and bring more hygge into your daily life?"

Also, this book which I need to see if my library has it:



[The Little Book of Hygge: Danish Secrets to Happy Living \(The Happiness Institute Series\)](#)

The Little Book of Hygge: Danish Secrets to Happy Living (The Happiness Institute Series)

www.amazon.com

[Hygge - Wikipedia](#)

And seems like since fall is here and winter coming soon, a good time for hygge 😊

<https://www.epicureanfriends.com/thread/2705-21st-century-epicurean-my-blog-an-exploration-of-minimalism-leads-to-hygge/?postID=20250#post20250>