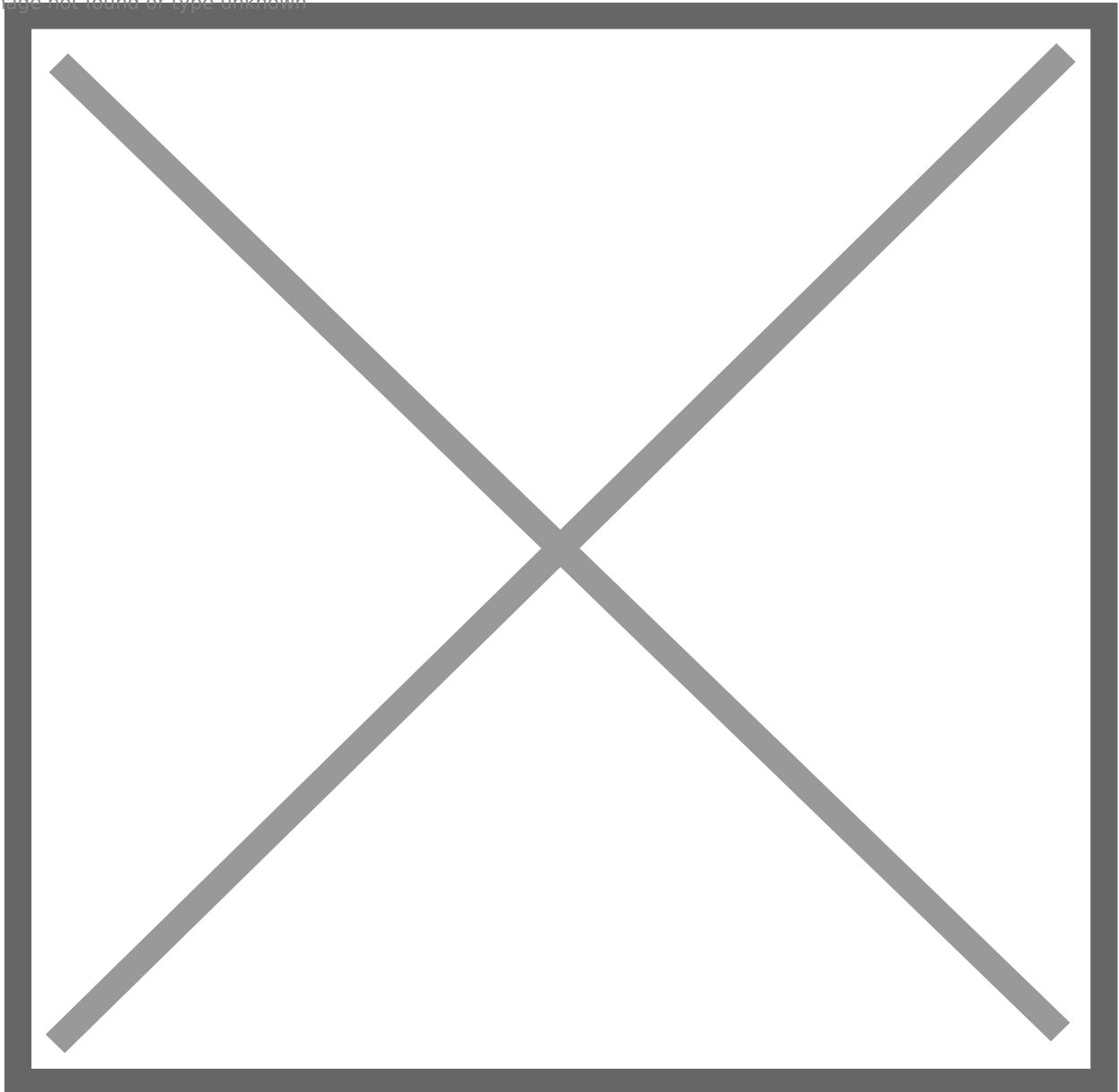


21st Century Epicurean (My Blog) -- An Exploration of Minimalism Leads to Hygge

Post by "Kalosyni" of October 13, 2022 at 9:13 AM

Here is my latest blog post -- just some personal musings (and two links to further info) for anyone thinking about making improvements to one's own environs.

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[An Epicurean Exploration of Minimalism Leads to Hygge](#)

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

I am not a minimalist, but I have read various articles on the internet about adopting minimalist tips. I can see that the benefits and pl...
epicureanphilosophyblog.blogspot.com

Post by “Cassius” of October 13, 2022 at 10:58 AM

I am familiar with the term minimalism, but "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/

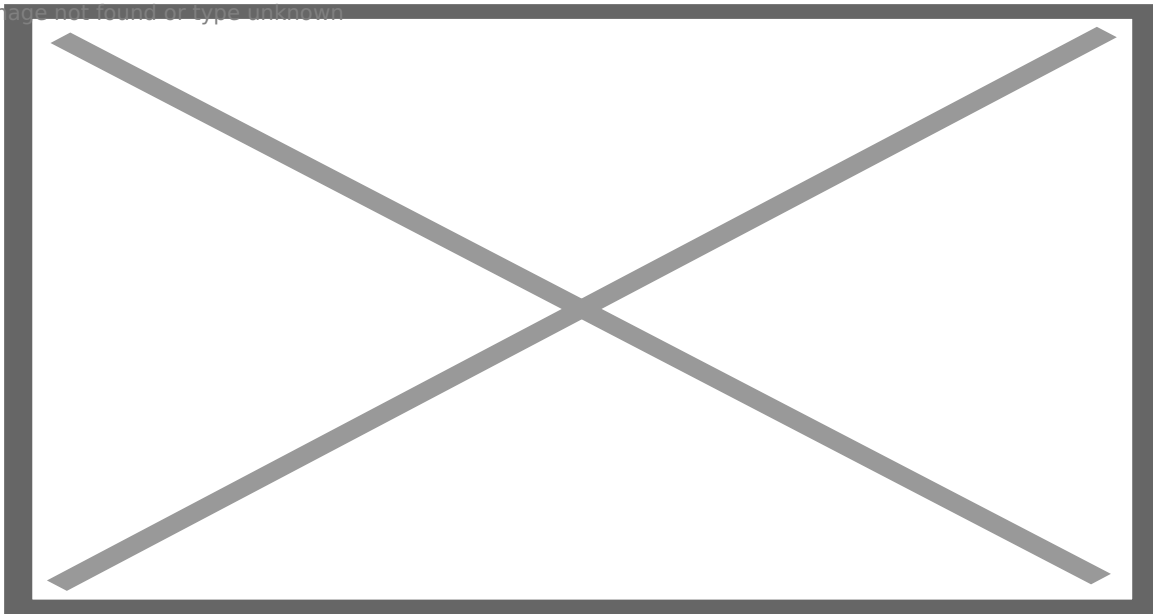
noun

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:

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[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 😊

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