

# [PDF] The Little Book Of Hygge: Danish Secrets To Happy Living

Meik Wiking - pdf download free book

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## LAMPS

*Lighting is not just about candles. Danes are obsessed by lighting in general. I once spent two hours walking around Rome with my girlfriend at the time to find a restaurant that had hyggelig lighting.*

Danes select lamps carefully and place them strategically to create soothing pools of light. It is an art form, a science, and an industry. Some of the most beautifully designed lamps in the world come from the golden age of Danish design—for example, the lamps of Poul Henningsen, Arne Jacobsen, and Verner Panton. Visit a student on a shoestring budget and you may still encounter a \$1,300 Verner Panton lamp in the corner of her hundred-square-foot flat.

The rule of thumb is the lower the temperature of the light, the more hygge. A candle flame is around 2,000 Kelvin (K), fluorescent tubes are 5,000K, incandescent lamps 2,000K, while sunsets and wood and candle flames are about 1,800K. That is your hygge sweet spot.

The closest you will ever come to seeing vampires burned by daylight is by inviting a group of Danes for a hygge dinner and then placing them under a 5,000K fluorescent light tube. At first they will squint, trying to examine the torture device you have placed in the ceiling. Then, as dinner begins, observe how they move uncomprehendingly around in their chairs, compulsively scratching and trying to suppress twitches.



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## Description:

**New York Times Bestseller**

Embrace Hygge (pronounced hoo-ga) and become happier with this definitive guide to the Danish philosophy of comfort, togetherness, and well-being.

Why are Danes the happiest people in the world? The answer, says Meik Wiking, CEO of the Happiness Research Institute in Copenhagen, is Hygge. Loosely translated, Hygge—pronounced Hoo-ga—is a sense of comfort, togetherness, and well-being. "Hygge is about an atmosphere and an experience," Wiking explains. "It is about being with the people we love. A feeling of home. A feeling that we are safe."

Hygge is the sensation you get when you're cuddled up on a sofa, in cozy socks under a soft throw, during a storm. It's that feeling when you're sharing comfort food and easy conversation with loved ones at a candlelit table. It is the warmth of morning light shining just right on a crisp blue-sky day.

*The Little Book of Hygge* introduces you to this cornerstone of Danish life, and offers advice and ideas on incorporating it into your own life, such as:

- Get comfy. Take a break.
- Be here now. Turn off the phones.
- Turn down the lights. Bring out the candles.
- Build relationships. Spend time with your tribe.
- Give yourself a break from the demands of healthy living. Cake is most definitely Hygge.
- Live life today, like there is no coffee tomorrow.

From picking the right lighting to organizing a Hygge get-together to dressing hygge, Wiking shows you how to experience more joy and contentment the Danish way.

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