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(Mrs. Alene Leffler DVM)

SCANDIKITCHEN: THE ESSENCE OF HYGGE (PAPERBACK)

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Ryland, Peters Small Ltd, United Kingdom, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Discover the essence of hygge as revealed by Bronte Aurell, Danish owner of London s ScandiKitchen in this honest and thoughtful guide, which also features some of her favourite recipes from her books, The Scandi Kitchen and Fika Hygge, to help you enjoy a `hyggelig time. Hygge is in the zeitgeist, but what is it, how do we bring hygge in our lives and why are we so captivated with this Danish word? According to Bronte it is really not complicated and doesn t involve spending vast amounts of money on candles or blankets. in its purest form it is simply about appreciating life. Explained in 12 entertaining chapters interspersed with recipes, you will learn first about the origins of the word hygge (old Norse) and then how to embrace it with essays on: Hygge and the Basics, Hygge and Happiness, Hygge and Sharing, Hygge and Baking, Hygge and Darkness, Hygge and Light, Hygge and Time, Hygge and Stress, Hygge and Soul, Hygge and Nature, Hygge and Stuff and Hygge and Your Home. Hygge is a completely psychological and emotional state of being. Whether it s going for a long walk or baking and sharing a cake with friends, when you carve a pocket of time in your day, hygge can often be found. Remembering to appreciate and experience the moment will help you find your very own hygge.

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