

The Little Book Of Lykke The Danish Search For The Worlds Happiest People

While the Danish concept of hygge as caught on around the globe, so has lagom—its Swedish counterpart. An essential part of the lagom lifestyle, fika is the simple art of taking a break—sometimes twice a day—to enjoy a warm beverage and sweet treat with friends. This delightful gift book offers an introduction to the tradition along with recipes to help you establish your own fika practice.

What's the actual secret to happiness? Great memories! Meik Wiking—happiness researcher and New York Times bestselling author of *The Little Book of Hygge* and *The Little Book of Lykke*—shows us how to create memories that make life sweet in this charming book. Do you remember your first kiss? The day you graduated? Your favorite vacation? Or the best meal you ever had? Memories are the cornerstones of our identity, shaping who we are, how we act, and how we feel. In his work as a happiness researcher, Meik Wiking has learned that people are happier if they hold a positive, nostalgic view of the past. But how do we make and keep the memories that bring us lasting joy? *The Art of Making Memories* examines how mental images are made, stored, and recalled in our brains, as well as the “art of letting go”—why we tend to forget certain moments to make room for deeper, more meaningful ones. Meik uses data, interviews, global surveys, and real-life experiments to explain the nuances of nostalgia and the different ways we form memories around our experiences and recall them—revealing the power that a “first time” has on our recollections, and why a piece of music, a smell, or a taste can unexpectedly conjure a moment from the past. Ultimately, Meik shows how we each can create warm memories that will stay with us for years. Combining his signature charm with Scandinavian forthrightness, filled with infographics, illustrations, and photographs, and featuring “Happy Memory Tips,” *The Art of Making Memories* is an inspiration meditation and practical handbook filled with ideas to help us make the memories that will bring us joy throughout our lives.

Want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Learn the secret to happiness and discover how the people of Denmark have achieved greater joy and fulfillment than anyone else in the world. For years people have been searching for the secret to happiness. However, unlike the fountain of youth, happiness is something that can be found by anyone, anywhere in the world! While the people of Denmark have been considered some of the happiest people on earth, you don't necessarily have to move there to find happiness. Instead, you can adopt the secrets of happiness into your own life. For instance, find joy even on the gloomiest of days by creating a space that sparks a feeling of warmth and love. Whether it's creating a nook filled with cozy blankets and your favorite books or cooking with your loved ones, you can find happiness in the world around you. Learn the Danish secrets of hygge and discover their secrets of finding joy and fulfillment despite their cloudy skies.

Join the happiness revolution! The author of the New York Times bestseller *The Little Book of Hygge* offers more inspiration and suggestions for achieving greater happiness, by practicing Lykke (LOO-ka)—pursuing and finding the good that exists in the world around us every day. While the Danes are the happiest people on the planet, happiness isn't exclusively Danish; cultures around the world have their own unique approaches to leading a contented, fulfilled life. For his work at the Happiness Research Institute in Copenhagen, Meik Wiking travels the globe from Dubai to Finland, Rio de Janeiro to Bhutan, South Korea to the United States, to discover the secrets of the very happiest people. In *The Little Book of Lykke*, Meik identifies the six factors that explain the majority of differences in happiness across the world—togetherness, money, health, freedom, trust, and kindness—and explores what actions we can take to become happier. As he reveals, we can deepen our blissfulness and contentment with little adjustments in our behavior, whether it's eating like the French (sitting around a table and savoring our time) or dancing the tango like Argentinians in Buenos Aires. With his trademark warmth and wit, Meik explores the happiness gap for parents, how much money you really need to buy happiness, how we can be healthier without having to go to the gym, how we can learn to build trust and collaboration, how we can help ourselves by helping others, and why our expectations often outweigh our reality. Weaving together original research and personal anecdotes, *The Little Book of Lykke* is a global roadmap for joy that offers a new approach to achieving everyday happiness that not only improve our own lives, but help us build better communities and a better world.

Summary of "The Little Book of Hygge" by Meik Wiking - Free book by QuickRead.com

Sisu

Secrets of the World's Happiest People

Hygge-Inspired Ways to Create Comfort and Happiness

The Swedish Art of Balanced Living

Hygge, Lagom & the Energy of Everyday Pleasures

The wildly popular phenomenon of hygge gets a warm American twist with this gifty, illustrated guide from bestselling Danish-American author Stephanie Pedersen. With their overscheduled lifestyles, Americans can't always find time for the people and things they love. Enter *American Cozy*, which uses the Danish phenomenon of hygge—comfort, togetherness, and well-being—to bring coziness and ease to readers' homes, work, and lives. Filled with charming four-color illustrations, it explores organization and home décor, entertaining, cooking, creating a happier, more productive work life, de-cluttering, and slowing down.

With *Hygge Simplified*, learn how to find happiness with this essential Scandinavian mindset! Hygge has taken the world by storm, and now you too can find comfort and safety in the company of others, as well as alone at home. Unlike so much self-help, hygge is fairly simple and straightforward, ranging from different lighting to storage and wardrobe. This lifestyle is about more than reducing clutter, however; it is about personal growth so you are living a life of confidence and balance. While the principles of hygge are applicable to people in all phases of life, start off friends and family in their new home with this ideal housewarming gift. Happiness is here with *Hygge Simplified*!

Learn from the happiest people on Earth! Year after year, people who live in Denmark, Norway, and Finland are rated the happiest in the world. Now, you can discover their secrets to living with lykke (pronounced LOUK-keh, the Danish word for happiness) no matter where you live! *My Little Lykke Journal* guides you through:

- Six top factors that world happiness experts say make the difference—and how to nurture them in your life
- Simple but meaningful ways to focus on the beauty all around us as an antidote to the swirl of negativity
- More than 120 pages of thoughtful questions, creative exercises, and little inspirations to help you

live with lykke You don't need to move to Scandinavia to find lykke. The keys to making your life and your world support greater happiness are in your hands!

"A hardcover edition of the 1904 novel by Nobel Prize-winning Danish author Henrik Pontoppidan, widely considered "the great Danish novel," but not available in English until recently. In a translation by Naomi Lebowitz, with a new introduction by novelist Garth Risk Hallberg, bibliography, and chronology"--

Danish Secrets to Happy Living

A Shiver of Snow and Sky

The Little Book of Cottagecore

How to Implement a Scandinavian Lifestyle and Make Your Home a Better Place (Full Color Edition)

The Little Book of Hygge

The Danish Search for the World's Happiest People

Lykke (Luu-kah) (n): Happiness It's easy to see why Denmark is often called the world's happiest country. Not only do they have equal parental leave for men and women, free higher education and trains that run on time, but they burn more candles per household than anywhere else. So nobody knows more about happiness - what the Danes call lykke - than Meik Wiking, CEO of the Happiness Research Institute in Copenhagen and author of the bestselling sensation The Little Book of Hygge. But he believes that, whilst we can certainly learn a lot from the Danes about finding fulfilment, the keys to happiness are actually buried all around the globe. In this captivating book, he takes us on a treasure hunt to unlock the doors to inner fulfilment. From how we spend our precious time, to how we relate to our neighbours and cook dinner, he gathers evidence, stories and tips from the very happiest corners of the planet. This is the ultimate guide to how we can all find a little more lykke in our lives.

Yoga, the ancient mind-body practice, is booming in popularity, but there's no attractively packaged overview for the mainstream enthusiast. Introducing The Little Book of Yoga . This petite hardcover presents all the basics for yoga lovers of every interest and skill level-beginner or advanced, committed or just curious. The contents, broken into five sections for a customizable reading experience, include illustrated pose instructions and practical wisdom that yields rewards on and off the mat. Authoritative yet approachable, compact yet robust, it's a timely offering for a practice that continues to grow. Fans will recognize it as the only fundamental yoga book and gift givers will rejoice in finding the perfect present for the yogi in their life.

A practical guide to what makes us happy, from the CEO of the Happiness Research Institute in Copenhagen and bestselling author of The Little Book of Hygge. We all know Denmark is the happiest country in the world—but this doesn't make it perfect. Happiness isn't exclusively Danish. Nor is it just eating pastries, lighting candles, and practising hygge. Happiness is something available to all, wherever you are, and whatever your means. Starting from the Happiness Research Institute in Copenhagen, Meik Wiking, probably the happiest man in the world, travels across the globe on a quest to uncover the secrets of the very happiest people from Dubai to Rio de Janeiro, taking back to his native country their tips, tricks, and unique approaches to a fulfilled life. Exploring the happiness gap for parents, how much money you really need to buy happiness, and why—luckily for us—the expectation of kissing Rachel Weiss is better than the real thing, Meik brings together a global roadmap for happiness with his trademark wit. Weaving together original research and personal anecdotes, The Little Book of Lykke gives us a new approach to achieving everyday happiness.

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Traditional Skills for a Simpler Life

How to Create Experiences You'll Remember for a Lifetime

The Uplifting Daily Ritual of the Swedish Coffee Break

Happiness by Design

Happy Moments

The Digested Read

An anthology of bite-sized tales represents the work of some of today's best fiction writers and includes Rick Moody's definition of an armoire, Lydia Davis's sojourn into the world of cats, and Dave Eggers's exploration of narrow escapes. Original.

Uncover the secrets of the Swedish philosophy of life called Lagom - meaning 'just enough'. At its core is the idea that we can strike a healthy balance with the world around us without having to make extreme changes, and without denying ourselves anything.

Would you like more out of work and life? Working Out Loud offers you ways to take control and make your own luck. Instead of playing career roulette, you invest in deepening

relationships and developing your skills. Instead of networking to get something, you lead with generosity. To further improve your odds, you make your work visible and frame it as a contribution. Combined, these elements form a powerful approach to work and life. In Working Out Loud, you'll learn about research supporting this approach and read stories of people who've changed their lives by adopting it. Then you'll go through a twelve-week mastery program to put the approach into practice yourself and turn that practice into a sustainable habit.

Step aside Hygge. Lagom is the new Scandi lifestyle trend taking the world by storm. This delightfully illustrated book gives you the lowdown on this transformative approach to life and examines how the lagom ethos has helped boost Sweden to the No.10 ranking in 2017's World Happiness Report. Lagom (pronounced 'lah-gom') has no equivalent in the English language but is loosely translated as 'not too little, not too much, just right'. It is widely believed that the word comes from the Viking term 'laget om', for when a mug of mead was passed around a circle and there was just enough for everyone to get a sip. But while the anecdote may hit the nail on the head, the true etymology of the word points to an old form of the word 'lag', which means 'law'. Far from restrictive, lagom is a liberating concept, praising the idea that anything more than 'just enough' is a waste of time. Crucially it also comes with a selflessness and core belief of responsibility and common good. By living lagom you can: Live a happier and more balanced life Reduce your environmental impact Improve your work-life balance Free your home from clutter Enjoy good food the Swedish way Grow your own and learn to forage Cherish the relationships with those you love

The Little Book of Scandi Living

The Danish Art of Happiness

Ikigai

Working Out Loud

The Art of Making Memories

A Journey into Inner Fitness

Are you tired and depressed with a never-ending rush? Do you try to complete all tasks at once but nothing works? Have you attempted to find positive content and answers online, but only received confusion by the tons of conflicting information? The modern world is full of fancy toys and many mind-blowing tourist centers that offer exhilarating experiences. Besides, we have remarkable technological achievements and innovative digital breakthroughs that our ancestors could have never fathomed. However, are we really happier than our predecessors who lacked the technology that we have today? Far from it! Depression, anxiety, and other psychological disorders are ravaging the lives of many people. According to the World Health Organization, over 264 million people worldwide suffer from depression. Would you like to add more calmness, happiness, culture, and sophistication in your life and obtain transformative home inspiration, but can't understand how to implement it mindfully and where to begin? This book proposes a direct route to a Hygge life and will bring new energy, peace, happiness, and health to your home. The idea of making your home cozy to live a happy and meaningful life embodies the Hygge philosophy. If you're eager to make changes in your home that will enable you to generate positive vibes, this Hygge home book is totally for you! This self-help guide contains useful tips and practical life hacks to live a healthy lifestyle that will enable you to create a comfortable home that supports your mental, socioemotional, spiritual, and physical health. The benefits you'll get: ✓ Quick easy steps to apply immediately ✓ Checklists and useful exercises for practical application ✓ A concrete action plan: 10 days full of Hygge hacks to transform your home and life So, you'll acquire a detailed, meticulously researched, and systematic guide regarding how to implement the Hygge philosophy. This Hygge life book will help you to make the critical changes in your home for a happier and fulfilled life. Therefore, if you have been battling stress symptoms or you don't like your home's vibes and aesthetics, then this material is perfect for you! Start living your happy, new life in your cozy home right now, and pick up your copy by clicking the "BUY NOW" bottom at the top before the price changes! The book is available in 3 Editions: Kindle Edition Paperback - Black & White Edition Paperback - Full Color Edition Go to "See all formats and editions" to choose which one you like most.

** NOW WITH A NEW CHAPTER * 'A hugely enjoyable romp through the pleasures and pitfalls of setting up home in a foreign land.' - Guardian Given the opportunity of a new life in rural Jutland, Helen Russell discovered a startling statistic: Denmark, land of long dark winters, cured herring, Lego and pastries, was the happiest place on earth. Keen to know their secrets, Helen gave herself a year to uncover the formula for Danish happiness. From childcare, education, food and interior design to SAD and taxes, The Year of Living Danishly records a funny, poignant journey, showing us what the Danes get right, what they get wrong, and how we might all live a little more Danishly ourselves. In this new edition, six years on Helen reveals how her life and family have changed, and explores how Denmark, too - or her understanding of it - has shifted. It's a messy and flawed place, she concludes - but can still be a model for a better way of living.*

'Meik's new book will change the way you think' Dr Rangan Chatterjee _____ From the same author that brought us The Little Book of Hygge, this book reveals the secret to filling your life with happy moments, and how to remember them for ever. Happy memories don't have to be reserved for big life events. Drawing on global surveys, behavioural science experiments and data gathered by The Happiness Research Institute in Copenhagen, Meik is here to show how we can we can turn ordinary experiences into something extraordinary. Whether it's eating dinner at the table rather than in front of the TV, exploring a new part of your neighbourhood, or planning how you're going to celebrate your small wins, this book will help you find the magic in the every day, and create memories you will cherish forever. PRE-ORDER THE HYGGE HOME, THE NEW BOOK FROM THE AUTHOR OF THE LITTLE BOOK OF HYGGE

'Excellent book.' Nigella Lawson 'Charming, inspiring, uplifting... pure lovely.' Marian Keyes 'Read Rhapsody in Green. A novelist's beautiful, useful essays about her tiny garden.' India Knight

'Glorious...for anyone who loves fruit, vegetables, herbs and language. It makes you see them with new eyes.' Diana Henry 'A witty account of 'extreme allotmenting' for all obsessive gardeners' Mail on Sunday 'An extremely entertaining and inspiring story of one woman's passionate transformation of a small, irregular shaped urban garden into a bountiful source of food.' Woman & Home 'A gardening book like no other, this is the author's 'love letter' to her garden. She relays warm and witty stories about the trials and tribulations throughout her gardening year.' Garden News '...this inspirational, funny book, written by someone who hankers after a homesteader's lifestyle, will make you look at even your window box in a new, more productive light.' The Simple Things 'Gardening is not a hobby but a passion: a mess of excitement and compulsion and urgency and desire. Those who practise it are botanists, evangelists, freedom fighters, midwives and saboteurs; we kill; we bleed. No, I can't drop everything to come in for dinner; it's a matter of life and death out here.' Novelist Charlotte Mendelson has a secret life. Despite owning only six square metres of urban soil and a few pots, she is an extreme gardener; the creator of a tiny but bountiful edible jungle. And like all enthusiasts, she will not rest until you share her obsession. This is the story of an amateur gardener's journey to addiction: her attempts to buy lion dung from London Zoo and to build her own cold frame; her disinhibited composting and creative approach to design; her prejudices (roses, purple flowers,

people with orchards); and her passions: quinces, salad-leaves, herbs, Japanese greens and ancient British apples. It is a story of where fantasy meets reality, of the slow onset of a consuming love and, most of all, of how gardening, however peculiar, can save your life.

How to Balance Your Life the Swedish Way

How to Find Purpose by Unlocking the Secrets of the World's Happiest People

The Finnish Art of Courage

The Little Book of Big Lies

The Little Book of Yoga

The Little Book of Fika

Protecting someone always comes at a cost. At the age of thirteen, Charlie Quinn's childhood came to an abrupt and devastating end. Two men, with a grudge against her lawyer father, broke into her home—and after that shocking night, Charlie's world was never the same. Now a lawyer herself, Charlie has made it her mission to defend those with no one else to turn to. So when Flora Faulkner, a motherless teen, begs for help, Charlie is reminded of her own past, and is powerless to say no. But honor-student Flora is in far deeper trouble than Charlie could ever have anticipated. Soon she must ask herself: How far should she go to protect her client? And can she truly believe everything she is being told? Razor-sharp and lightning-fast, this electrifying story from the #1 international bestselling author will leave you breathless. And be sure to read Karin Slaughter's extraordinary new novel *The Good Daughter*—available August 22, 2017.

An inspiring and illuminating guide to true self care, from the sage teacher and breakout star of the critically acclaimed drama, *Queen Sugar*, from Executive Producers Oprah Winfrey and Ava DuVernay for OWN. Featured on *Essence Magazine's Culture List* In all your years of schooling, did you ever take a single class that explained how to navigate the hurt, drama, and fear that come with living? Tina Lifford sure didn't. She learned the hard way—through experience as both a Hollywood actress and as the founder of the personal development network *The Inner Fitness Project*. Now, she brings together her own hard-won insights as well as those of her clients in this helpful and transformative guide. A blend of personal anecdotes and meaningful, practical—and most important, actionable—advice, *The Little Book of Big Lies* is the life skills class you need to nurture the inner you and move beyond the past. In fourteen raw, personal stories, Tina teaches you how to change your self-perception—to see yourself in the best possible light, to love and honor what you see, and to forge a new sense of what's possible in every aspect of your life. But make no mistake, *The Little Book of Big Lies* is not a “rah-rah” quick fix for fear and pain. Like physical fitness, building and maintaining emotional strength requires continued effort. This invaluable book is the foundation you need to start building inner health and well-being so you can thrive. Tina guides you on a journey of self-discovery that will help you turn shame into self-acceptance, self-rejection into self-love, blame into freedom, and old hurt into power. Wise and powerful, *The Little Book of Big Lies* will completely change how you think and live.

Connect with the Spiritual Energy of Coziness for More Joy, Contentment, and Satisfaction Make cozy your way of life with this inspiring guide on connecting to the positive energy of simple, everyday moments. Known around the world as *hygge* (hoo-ga), *lagom* (lay-go-m), and other similar terms, cozy and balanced living helps you improve your health, happiness, and spirituality by understanding and feeling the frequency of people, animals, places, and situations. *The Simplicity of Cozy* is a beginner's guide to self-care that presents a variety of topics relating to and supporting cozy living, including mindfulness, simple ritual, home environment, relationship connections, and being in nature. Easy exercises and practical techniques are featured throughout, helping you make more soulful connections and find appreciation in all you are and all you experience.

Happiness is just around the corner with this practical guide from the internationally bestselling author of *The Little Book of Hygge* Some people and even countries are simply happier than others. Meik Wiking, founder of the world's first Happiness Research Institute, has spent years crossing the globe to discover what makes people happy or unhappy and learn what each of us can do to improve our own well-being. In *The Key to Happiness* he shares the scientific results of this quest, identifying the six building blocks of happiness; togetherness, money, health, kindness, trust and freedom. By incorporating a healthy balance of all six, each of us can live happier, more purposeful and satisfied lives. While Meik has travelled across the globe to discover the secrets of the world's happiest people, this book shows us that you can be just as happy where you are. 'An inspiring and highly engaging exploration of what really makes us happy, all underpinned by the latest research' Dr Mark Williamson, Director of Action for Happiness 'A wonderful guide to happy living. It's based on hard evidence and written with a wonderful sense of fun' Richard Layard, Centre for Economic Performance, LSE and author of *Happiness* **Previously published as *The Little Book of Lykke***

American Cozy

Last Breath

The Japanese Secret to a Long and Happy Life

Change What You Do, Not How You Think

How to Be Happy by Finding the Good in the World

Cloaked in Shadow

Unplug, relax, and return to the simpler life with these easy, step-by-step ideas for your favorite cottagecore activities including baking from scratch and easy container gardening. Returning to the simpler life has never been easier. If you're craving the aroma of freshly baked bread, spending more time in nature, or seeing the sunlight filtering through homemade curtains, then cottagecore is for you! *The Little Book of Cottagecore* helps you make simple living a reality with delightful cottagecore activities you can enjoy no matter where you live. Whether you're interested in baking pies from scratch, basic sewing and cross stitch, gardening, beekeeping, or making candles and soaps, this book is full of fun, hands-on activities that make it easy and enjoyable to unplug from modern life. Full of step-by-step instructions and homegrown inspiration, you'll find fun, practical ways to enjoy rustic and relaxing cottagecore activities in your everyday life.

The world has reached unprecedented levels of wealth, but while we have succeeded in getting richer, we have failed in getting happier. While many people live lives of quiet desperation, a few people find themselves at the very top of the scale when it comes to happiness. Their behaviour is different. Their outlook is different. Their priorities are different. What can we learn from the world's happiest people? Condensing years of research from The Happiness Research Institute, hundreds of interviews, and thousands of studies and experiments - including new studies and experiments on smiling and the effect of social media on happiness - into a comprehensive, easy-to-read and beautifully illustrated guide to finding everyday happiness.

After you've cultivated the coziness of the Danes (hygge) and achieved the Swedish way of moderation (lagom), then what's next? How about developing your Sisu--an "untranslatable" Finnish term referring to a mixture of courage, resilience, grit, tenacity, and perseverance. It's a trait that has shaped not just the fate of a nation but continues to be a guiding principle for how Finns live their daily lives. Now it can offer lessons to us all, helping us to: discover our inner strength resolve conflicts at work and home raise kind and resilient children achieve our fitness goals fight for what we believe in And much more!

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.

The Little Book of Lagom

The Little Book of Lykke

A Guide to Scandinavian Coziness, Comfort & Conviviality (Happiness, Self-Help, Danish, Love, Safety, Change, Housewarming Gift)

How to Create and Remember Happy Moments

Lucky Per

Lagom

The sky speaks on the frozen island of Skane. Beautiful lights appear and their colours have meaning: Green means all is well, blue means a snowstorm is coming. And then there's red: Rare. A warning. When the sky last shone red, a terrible plague came to the island - this time around, can our heroine Osa prevent so many lives being lost again?

Barroom brawler ghosts, a ghost prayer group, Peeping Tom ghosts, a ghost who hates children, and even a ghost who didn't know he was dead are just a few of the wild assortment of characters in Echo Bodine's delightful new collection of true ghost stories. A psychic who has been hunting ghosts for 40 years, Bodine shares her story of how she became a ghost buster along with the stories of ghosts, hauntings, and possessions she encountered along the way. Wondering if those flickering lights, jangling door knobs, and mumbling sounds in the middle of the night mean you have a ghost? Bodine offers step-by-step instructions for getting rid of them along with clearing and protection prayers to keep them away. These funny, sometimes unnerving, and always entertaining stories will provide reassurance to anyone who has ever encountered things that go bump in the night.

Why are Scandinavians the world's happiest people? How do you get more Scandi-style in your life? What is lagom and how do you use it? Whether you want your apartment to look like it belongs in Copenhagen, to workout like a Norwegian or to make cinnamon buns like a Swede, this pocket edition of North is the perfect introduction to the world's happiest countries. Full of inspiration and ideas, how-tos and recipes to help you experience the very best of Scandinavian design, philosophy, cookery and culture, this honest behind-the-scenes look at the culture provides an invaluable insight into the wonderful and visually stunning world of Scandinavia. Like her viking ancestors before her, Brontë Aurell left Denmark to explore the world beyond home shores and in her travels has come to understand the fascination with her kinfolk, as well as seeing the idiosyncrasies of the Scandinavian lifestyle that locals take for granted. With a signature wit and a keen eye for detail, she takes you on a journey through fjords and mountains, farmlands and cities to better understand these three nations and what makes each one so unique. So get outdoors, learn the life lesson that there's no such thing as bad weather (only bad clothing) and you may discover your inner Scandi sooner than you think.

Romance. Magic. Lies. For fans of elves, shapeshifters and elemental control.

Bring Hygge To Your Life

Flash Fiction Forward

Hygge Simplified

My Little Lykke Journal

80 Very Short Stories

The Little Book of Otter Philosophy (The Little Animal Philosophy Books)

This is not just another happiness book. In *Happiness by Design*, happiness and behavior expert Paul Dolan combines the latest insights from economics and psychology to illustrate that in order to be happy we must behave happy. Our happiness is experiences of both pleasure and purpose over time and it depends on what we actually pay attention to. Using what Dolan calls deciding, designing, and doing, we can overcome the biases that make us miserable and redesign our environments to make it easier to experience happiness, fulfilment, and even health. With uncanny wit and keen perception, Dolan reveals what we can do to find our unique optimal balance of pleasure and purpose, offering practical advice on how to organize our lives in happiness-promoting ways and fresh insights into how we feel, including why:

- Having kids reduces pleasure but gives us a massive dose of purpose
- Gaining weight won't necessarily make us unhappier, but being too ambitious might
- A quiet neighborhood is more important than a big house

Vividly rendering intriguing research and lively anecdotal evidence, *Happiness by Design* offers an absorbing, thought-provoking, new paradigm for readers of *Stumbling on Happiness* and *The How of Happiness*.

Lagom (pronounced lah-gom) is a Swedish word that means 'not too much and not too little, but just the right amount'. It's about achieving a happy and healthy balance in all aspects of your life, such as eating and drinking in moderation, being environmentally and socially conscious, setting realistic goals and living within your means. The *Little Book of Lagom* is packed with practical ways to apply this ethos of moderation and fairness in your everyday life, from thrifty tips for being more energy efficient and creating less waste to ways of using your time more productively and allowing yourself moments to pause and think, and be happy. Be kind to yourself and simplify your life. Think Lagom.

Otters are some of the most delightful animals on the planet.

Los Angeles Times bestseller • More than 1.5 million copies sold "Workers looking for more fulfilling positions should start by identifying their ikigai." —Business Insider "One of the unintended—yet positive—consequences of the [pandemic] is that it is forcing people to reevaluate their jobs, careers, and lives. Use this time wisely, find your personal ikigai, and live your best life." —Forbes *And from the same authors, don't miss *The Book of Ichigo* Ichie—about making the most of every moment in your life.* * * * Find your ikigai (pronounced ee-key-guy) and bring meaning and joy to all your days. "Only staying active will make you want to live a hundred years." —Japanese proverb According to the Japanese, everyone has an ikigai—a reason for living. And according to the residents of the Japanese village with the world's longest-living people, finding it is the key to a happier and longer life. Having a strong sense of ikigai—where what you love, what you're good at, what you can get paid for, and what the world needs all overlap—means that each day is infused with meaning. It's the reason we get up in the morning. It's also the reason many Japanese never really retire (in fact there's no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because they've found a real purpose in life—the happiness of always being busy. In researching this book, the authors interviewed the residents of the Japanese village with the highest percentage of 100-year-olds—one of the world's Blue Zones. Ikigai reveals the secrets to their longevity and happiness: how they eat, how they move, how they work, how they foster collaboration and community, and—their best-kept secret—how they find the ikigai that brings satisfaction to their lives. And it provides practical tools to help you discover your own ikigai. Because who doesn't want to find happiness in every day? A PENGUIN LIFE TITLE

The Simplicity of Cozy

Uncovering the Secrets of the World's Happiest Country

Secrets of the World's Happiest People

The Key to Happiness

Lagom: The Swedish Art of Living a Balanced, Happy Life

Hygge

One little word is the secret reminder of what really matters in life: Hygge. CHRISTMAS is the perfect time to embrace it and THIS BOOK will show you how. -----
hygge is: - Meeting my sister for a walk in the park, chatting, laughing and clowning around, as if we were children again. - Listening to the rain on the roof with a cup next to me. - Drinking wine in my mum's garden - Enjoying a cup of coffee with good friends, that becomes a dinner, that becomes a late-night drink, because no one -----
----- 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
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 a 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 into your life. 'Pretty, homey and intimate, scattered with reflections from ordinary Danes' Guardian

Literary ombudsman John Crace never met an important book he didn't like to deconstruct. From Salman Rushdie to John Grisham, Crace retells the big books in just 500 words, pointing his pen at the clunky plots, stylistic tics and pretensions to Big Ideas, as he turns publishers' golden dream books into dross. In the grand tradition of Tom Le

takes the books that produce the most media hype and retells each story in its authors inimitable style. Philip Roth, Don DeLillo, Margaret Drabble, Paul Auster, Alice Seidler, Tom Wolfe, Ruth Rendell, A.S. Byatt, John LeCarre, Michael Crichton and Ian McEwan all emerge delightfully scathed in this book that makes it easy to talk knowingly about books you've never bothered to read or, for that matter, should have.

For a Better Career and Life

The Year of Living Danishly

The Little Book of True Ghost Stories

Rhapsody in Green: A Writer, an Obsession, a Laughably Small Excuse for a Vegetable Garden

The Book of Hygge