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It would appear that the art of hygge may just be the key to leading a happy life. But, what exactly is hygge, and how can it help you lead a bliss filled life? What Is Hygge? The Danish word hygge, basically means a feeling of coziness. This idea of

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feeling cozy, ties in with the idea of well-being, which is what creates happiness.

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Hygge comes from a



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Norwegian word for

“wellness.” The term is integrated

into Danish dialogue

as much as possible,

and can be used as a

noun (enjoy hygge in

a steaming mug of

tea), verb (you can

hygge by snuggling

up near the fire), or

adjective (a house can

be complimented as

being hyggelig,

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Danes! While many wellness trends can run up a huge bill

(hello, gourmet avocado toast and designer yoga pants!), hygge is affordable, accessible and highly individual. You can sort of do it your own way and on your own budget.

8 Ways to Hygge

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Hygge (pronounced hoo-gah) is the Danish concept of coziness and intimacy—as one tea company puts it, hygge is "taking pleasure from the soothing, ordinary, and inexpensive things in life"—and it...

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10 Ways to Master  
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Hygge in Your Home

...

Similar to the German concept of gemütlichkeit and the Dutch idea of gezelligheid, the warm and cozy lifestyle that hygge promotes has been a key part of Danish culture since the early

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1800s when the word first appeared in the written language (it's derived from a Norwegian word for "well-being").

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What Is Hygge? How  
to Enjoy the 'Cozy'  
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Embracing Hygge, the Danish Art of Coziness Danes are consistently ranked as the happiest people in the world, and their love of hygge (loosely translated as "cozy togetherness") is well known. Time to steal their secrets.

6 Essentials for

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## Embracing Hygge, the Danish Art of Coziness

Hygge (/ ˈh(j) u  
/; Danish: ;

Norwegian:

[ ˈh ] is a

Danish and

Norwegian word for a  
mood of coziness and  
comfortable

conviviality with

feelings of wellness

and contentment.As a

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cultural category with its sets of associated practices hygge has more or less the same meanings in Danish and Norwegian, but the notion is more central in Denmark than in Norway.

[Hygge - Wikipedia](#)

The Danish  
Philosophy of  
Comfort Alex

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The Danish Art

Beauchamp, the Danish creator of Hygge House, says

hygge is a feeling or

moment, whether

alone or with friends,

at home or out,

ordinary or

extraordinary, that is

cosy, charming or

special. Hygge is a

feeling or a moment,

whether alone or with

others. It isn't

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something you can  
buy; it ' s a feeling.

Hygge: The Danish  
Art of Cosiness -  
UPLIFT

The Danish concept  
of hygge, or hyggelig  
(adj.), refers to finding  
comfort, pleasure,  
and warmth in  
simple, soothing  
things such as a cozy  
atmosphere or the

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feeling of friendship.

The Scandinavian term encompasses a feeling of coziness, contentment, and well-being found through cherishing the little things. It was just a few years ago that the Danish concept of hygge became a popular fixture of the global lexicon.

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Now More ...

Hygge (with varying pronunciations but most closely the “ hu ” from “ huge and the “ gi ” from “ girl ” ) is the Danish term for what we call coziness - curling up to snuggle and share.

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Art of Happiness by  
Marie Tourell  
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The word "hygge"  
stems from a  
Norwegian word  
meaning "well-  
being" and the  
Scandinavians know  
how this has less to  
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In Denmark, hygge means creating a pleasing, cozy, and warm atmosphere, enjoying the good things that life has to offer in the company of cherished ...

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Danish people strive for a feeling of "hygge", a unique Danish word which means cosiness or togetherness. It permeates all aspects of their lives, from the design and functionality of their homes and furniture, to family gatherings or simple nights at home forgetting

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hygge, the everyday  
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better living. Hygge is

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a feeling of belonging  
and warmth, a  
moment of comfort  
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book will help you to  
find hygge and  
embrace it every day.

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