

CONTENTS

INTRODUCTION	6
THE KEY TO HAPPINESS?	8
LIGHT	10
WE NEED TO TALK ABOUT HYGGE	24
TOGETHERNESS	48
FOOD AND DRINK	68
CLOTHING	100
HOME	110
HYGGE OUTSIDE THE HOME	140
HYGGE ALL YEAR ROUND	152
HYGGE ON THE CHEAP	174
HYGGE TOUR OF COPENHAGEN	198
CHRISTMAS	214
SUMMER HYGGE	240
FIVE DIMENSIONS OF HYGGE	256
HYGGE AND HAPPINESS	268