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È stare raggomitolati sul divano con chi ami.

È la sensazione di essere a casa, al sicuro, conversando sulle piccole o grandi cose della vita, oppure sorseggiando una tazza di tè da soli.

Chi meglio di Meik Wiking può mostrarci cos'è la hygge? Direttore dell'Happiness Research Institute di Copenhagen, Meik ha passato anni a studiare la magia della vita danese e ora ci spiega come portare un po' di hygge nella nostra quotidianità: dalla scelta della giusta illuminazione a consigli su come organizzare una cena con ospiti e addirittura su come vestirvi... Un libro hygge per scoprire che la felicità, molto spesso, è nelle piccole cose.

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