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# Im Swearing By The Hygge Manifesto A Cup Of Jo

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Hygge  
 The Hygge Holiday  
 Secrets of the World's Happiest People  
 The warmest, funniest, cosiest romantic comedy of the year  
 Shut Up & Colour This Shit  
 The Happiness Project  
 Word Perfect  
 The Year of Living Danishly  
 Etymological Entertainment For Every Day of the Year  
 Mirror, Shoulder, Signal  
 Calm the F\*ck Down  
 The Mother Tongue  
 The F\*ck It Diet  
 The Things You Can See Only When You Slow Down  
 Christmas Island  
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 Inspector Singh Investigates: A Most Peculiar Malaysian Murder  
 Over 100 Vegan Recipes to Glow from the Inside Out  
 Comforting cakes and bakes from Scandinavia with love  
 Hygge  
 Hygge  
 Unlock the Danish Art of Coziness and Happiness  
 Series of Unfortunate Stereotypes  
 How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do  
 Batdad  
 When Cultures Collide, Third Edition  
 I Really Needed This Today  
 ScandiKitchen: Fika and Hygge  
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 This Close to Okay  
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 Love Bites  
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 How to Control What You Can and Accept What You Can't So You Can Stop Freaking Out and Get On With Your Life  
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 How You Can Incorporate Coziness Into Your Living Space and Bring Warmth to Your Relationships Without Moving to Denmark  
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 One Woman's Quest for a Slower, Simpler, More Sustainable Life  
 Grace Like Scarlett

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## KHAN LEWIS

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*Hygge* Penguin UK

Though one in four pregnancies ends in loss, miscarriage is shrouded in such secrecy and stigma that the woman who experiences it often feels deeply isolated, unsure how to process her grief. Her body seems to have betrayed her. Her confidence in the goodness of God is rattled. Her loved ones don't know what to say. Her heart is broken. She may feel guilty, ashamed, angry, depressed, confused, or alone. With vulnerability and tenderness, Adriel Booker shares her own experience of three consecutive miscarriages, as well as the stories of others. She tackles complex questions about faith and suffering with sensitivity

and clarity, inviting women to a place of grace, honesty, and hope in the redemptive purposes of God without offering religious clichés and pat answers. She also shares specific, practical resources, such as ways to help guide children through grief, suggestions for memorializing your baby, and advice on pregnancy after loss, as well as a special section for dads and loved ones.

**The Hygge Holiday** Icon Books Ltd  
 Love Bites is a collection of thirteen stories set in Europe and North America. They trace foreigners, drifters and eccentrics linked by their need for acknowledgment and belonging. How do these characters survive physically and psychologically on unfamiliar ground whether as tourists, or strangers in new cities or in new situations which jolt them out of the security of the familiar? Recurring themes are of isolation, loss, and a desire for connection when

strangers reach out to other strangers for stability. A mysterious older woman and an alienated foreigner lost on a crowded London street, bond in their search for home. A single woman consults a soothsayer in London about family problems before he lures her into his own conflict. An acting student steps into a dusty music hall past when she auditions for 'the star-maker'. A former life model and her overgrown son prey on a Canadian tourist in a Parisian garden. Interconnected scenes in Montreal, Paris and Toronto are linked by bizarre accidents and those who witness them. An elementary school boy, fascinated by his elderly neighbor, adopts the Candyman as an absent father. A woman, left by her partner in Paris wakes up with a phantom appendage and wanders Paris as a hermaphrodite. A honeymooning couple, marooned on a remote Hawaiian island, is

forced to strip for their survival. An expat escapes into a new life in Paris until her ex-boyfriend reappears, reminding her of the impact of loss. An elderly woman, suffering from dementia is nearly eaten to death by her beloved pets running rampant in her home. *Love Bites* reveals a kaleidoscope of human experience wherein the reader is enticed into tales of everyday exiles, witnesses, and saviors. Despite emotional or geographical displacement, the characters in this collection all have one thing in common: their need to find home.

[Secrets of the World's Happiest People](#)  
Random House

In this guide to mindfulness, Haemin Sunim, a Buddhist monk born in Korea and educated in the United States, offers advice on everything from handling setbacks to dealing with rest and relationships

*The warmest, funniest, cosiest romantic comedy of the year* Baker Books

Cosy up in front of a fire and discover Christmas the Norwegian way...full of romance, cosy traditions and hygge!

**Shut Up & Colour This Shit** Unbound Publishing

A powerful, vibrant novel about the life-changing weekend shared between two strangers, from the award-winning writer Roxane Gay calls "a consummate storyteller." On a rainy October night in Kentucky, recently divorced therapist Tallie Clark is on her way home from work when she spots a man precariously standing at the edge of a bridge. Without a second thought, Tallie pulls over and jumps out of the car into the pouring rain. She convinces the man to join her for a cup of coffee, and he eventually agrees to come back to her house, where he finally shares his name: Emmett. Over the course of the emotionally charged weekend that follows, Tallie makes it her mission to provide a safe space for Emmett, though she hesitates to confess that this is also her day job. What she doesn't realize is that Emmett isn't the only one who needs healing—and they both are harboring secrets. Alternating between Tallie and Emmett's perspectives as they inch closer to the truth of what brought Emmett to the bridge's edge—as well as the hard truths Tallie has been grappling with since her marriage ended—*This Close to Okay* is an uplifting, cathartic story about chance encounters, hope found in unlikely moments, and the subtle magic of human connection. Book of the Month December Pick Good Housekeeping Book Club February Pick Marie Claire Book Club March Pick Longlisted for the Goodreads Choice Awards Most Anticipated by Elle,

Today (according to Goodreads), *The Millions*, *She Reads*, and *Real Simple* Recommended by Refinery29, Shondaland, Oprah Daily, Washington Post, Glamour, Cosmopolitan, Electric Literature, Bookriot, Parade, Harper's Bazaar, and more

[The Happiness Project](#) Three Rivers Press (CA)

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.

[Word Perfect](#) Ravensforge Books

The classic work that revolutionized the way business is conducted across cultures around the world.

[The Year of Living Danishly](#) HarperCollins

The author looks to Amish lifestyle and values as a model on which to base calmer, more focused, more faithful lives.

[Etymological Entertainment For Every Day of the Year](#) Gill & Macmillan Ltd

The perfect recipe for hygge: make a hot

chocolate, draw the curtains, snuggle under a blanket and read your way to happiness! It's autumn in Yulethorpe and everyone is gloomy. It's cold, drizzly and the skies are permagrey. The last shop on the high street - an adorable little toy shop - has just shut its doors. Everything is going wrong for Yulethorpe this autumn. Until Clara Kristensen arrives. Clara is on holiday but she can see the potential in the pretty town, so she rolls up her sleeves and sets to work. Things are looking up until Joe comes to Yulethorpe to find out exactly what is going on with his mother's shop. Joe is Very Busy and Important in the City and very sure that Clara is up to no good. Surely no one would work this hard just for the fun of it? Can a man who answers emails at 3 a. m. learn to appreciate the slower, happier, hygge things in life - naps, candles, good friends and maybe even falling in love? Rosie Blake is Brilliantly fun - Heat Just brilliant - Fabulous magazine Hilarious - Hello \*\*\*\* Reviewers love The Hygge Holiday 'Feel-good fiction at its absolute finest' - Isabelle Broom, Heat 'The most gorgeous read' - Sun 'What a wonderful book! Rosie Blake's best novel yet - I had such a gorgeous time reading this story that I couldn't put it down. It was genuinely funny, warm-hearted, and full of unforgettable characters. A pure heartwarming pleasure of a read.' - bestselling author Kirsty Greenwood Light the scented candles and hunker down on the sofa with a hot choc... this funny, warm hug of a book is the ideal companion. - Fabulous magazine 'The Hygge Holiday is hilarious, cosy, heartwarming, fulfilling; pretty much everything you would want from a book... An absolutely phenomenal tale from the incredibly talented Rosie Blake... Be prepared to devour The Hygge Holiday in one sitting. Be prepared to love this book, because yes, it truly is THAT fabulous. Five stars for sure.' - The Writing Garnet 'I loved it' - Heidi Swain, author of *Mince Pies and Mistletoe at the Christmas Market* [Mirror, Shoulder, Signal](#) HarperCollins So, it turns out things can get even shitter. Who knew? Er, we did, sadly. Still: you have to laugh. You, like, have to. So let's! Featuring: Oh, Jeremy Corbyn; Danny Dyer turning out to be good; Fortnite; Hipster pies; The Independent Group; Reviews for items on supermarket delivery sites; Even Mark Zuckerberg saying the Internet needs regulating; New football stadiums; Old football stadiums; Feeling a bit sorry for Theresa May; Elon Musk; Christopher Nolan films that aren't Memento; TED Talks; Irish passports - this year's must-have accessory!; Airbnb obsessives; Woke

one-upmanship; Vladimir Putin; How many f\*cking platforms am I supposed to have to pay for just to watch the f\*cking telly?

**Calm the F\*ck Down** The Hygge Holiday The warmest, funniest, cosiest romantic comedy of the year  
AN INSTANT #1 NEW YORK TIMES BESTSELLER From New York Times bestselling author and beloved Today show co-host Hoda Kotb comes an inspiring collection of quotes that offer wisdom, courage, and hope—the perfect gift for Mother's Day! Several years ago, Today show co-host Hoda Kotb began posting a variety of quotes on her Instagram page. Some were penned by a favorite writer; others offered a dose of love or laughter. She thought the quotes were meaningful only to her, but soon a funny thing started happening—reactions poured in from thousands of people who were just as moved. The quotes weren't only providing inspiration to Hoda, they were comforting and connecting people. So many of their comments read, “I really needed this today,” a phrase that inspired the book's title. In *I Really Needed This Today*, Hoda not only shares 365 sayings and quotes, she writes about the people and experiences that have pushed her to challenge boundaries, embrace change, and explore relationships to their fullest. Written with her signature wit and warmth, this book is the ideal companion to tuck beside your bed or to bring with you on-the-go to keep you motivated, recharged, and inspired each day.

*The Mother Tongue* Voracious Candlelight is hygge; the smell of freshly brewed coffee is hygge; the feel of crisp, clean bed linen is hygge; dinner with friends is hygge. 'Hygge', pronounced 'hoo-ga', is a Danish philosophy that roughly translates to 'cosiness'. But it is so much more than that. It's a way of life that encourages us to be kinder to ourselves, to take pleasure in the modest, the mundane and the familiar. It is a celebration of the everyday, of sensual experiences rather than things. It's an entire attitude to life that results in Denmark regularly being voted one of the happiest countries in the world. So, with two divorces behind her and her 50th birthday rapidly approaching, journalist Charlotte Abrahams ponders whether it's hygge that's been missing from her life. Is it a philosophy we can all embrace? In a society where lifestyle trends tend to centre on deprivation - be it no sugar, no gluten, no possessions - what does cherishing yourself actually mean? And will it make her happy? In *Hygge*, Charlotte Abrahams weaves the history of hygge and its role in Danish culture with

her own attempts, as an English woman, to embrace a more hygge life. In this beautifully written and stylishly designed book, she examines the impact this has on her home, her health, her relationships and, of course, her happiness. Light a candle, pour yourself a glass of wine, and get ready to enjoy your more hygge life. The F\*ck It Diet Welbeck Publishing Group “The F\*ck It Diet is not only hilarious, it is scientifically and medically sound. A must read for any chronic dieter.” -Christiane Northrup, MD, New York Times bestselling author of *Women's Bodies, Women's Wisdom* From comedian and ex-diet junkie Caroline Dooner, an inspirational guide that will help you stop dieting, reboot your relationship with food, and regain your personal power DIETING DOESN'T WORK Not long term. In fact, our bodies are hardwired against it. But each time our diets fail, instead of considering that maybe our ridiculously low-carb diet is the problem, we wonder what's wrong with us. Why can't we stick to our simple plan of grapefruit and tuna fish??? Why are we so hungry? What is wrong with us??? We berate ourselves for being lazy and weak, double down on our belief that losing weight is the key to our everlasting happiness, and resolve to do better tomorrow. But it's time we called a spade a spade: Constantly trying to eat the smallest amount possible is a miserable way to live, and it isn't even working. So fuck eating like that. In *The F\*ck It Diet*, Caroline Dooner tackles the inherent flaws of dieting and diet culture, and offers readers a counterintuitively simple path to healing their physical, emotional, and mental relationship with food. What's the secret anti-diet? Eat. Whatever you want. Honor your appetite and listen to your hunger. Trust that your body knows what it is doing. Oh, and don't forget to rest, breathe, and be kind to yourself while you're at it. Once you get yourself out of survival mode, it will become easier and easier to eat what your body really needs—a healthier relationship with food ultimately leads to a healthier you. An ex-yo-yo dieter herself, Dooner knows how terrifying it can be to break free of the vicious cycle, but with her signature sharp humor and compassion, she shows readers that a sustainable, easy relationship with food is possible. Irreverent and empowering, *The F\*ck It Diet* is call to arms for anyone who feels guilt or pain over food, weight, or their body. It's time to give up the shame and start thriving. Welcome to the F\*ck It Diet. Let's Eat.

John Wiley & Sons

Ideal holiday gift for adults! Adult humour

alert! \*\*\*\*\*Left-Handed Edition\*\*\*\*\* Had one of those days? Of course you have. Colour your stress away... This awesome swear word adult colouring book is packed with enjoyable designs and a \*\*\*\*\*g mountain of sweary delights, waiting for you to dig in and colour your stress away. No matter who's wound you up, how \*\*\*\*\*d off you are, or what you really want to say to that maggot of a boss/sibling/person smoking under the 'No Smoking' sign, you'll find something here to help you work through the rage, and maybe even provide some inspiration. Relax. Colour. Enjoy Product details: Adults only Strong language (duh!) British English Sense of humour required White paper, with single-sided designs LEFT-HANDED EDITION - colouring pages are on the verso pages of the leaves, making it easier for left-handed colourists.

**The Things You Can See Only When You Slow Down** Tyndale House Publishers, Inc.

Hygge (pronounced 'hu-gah') is a Danish word that describes the feeling of being cosy, comfortable and at peace with the world. It's almost impossible to translate into English, and it's probably the reason that Denmark is one of the happiest countries in the world. The *Art of Hygge* is packed with recipes to warm you on a cold winter's evening, craft ideas for decorating your home, and inspirational suggestions for enjoying the magic of everyday pleasures. Whether it's a perfectly brewed cup of coffee, a delicious Danish apple cake shared with friends, or a snuggly hand-knitted jumper, you'll find that a little hygge brings a lot of happiness!

Christmas Island Sphere

Meet Inspector Singh: a fat, slightly bumbling, but truly lovable detective sure to charm readers of *The No.1 Ladies Detective Agency* Inspector Singh is in a bad mood. He's been sent from his home in Singapore to Kuala Lumpur to solve a murder that has him stumped. Chelsea Liew—the famous Singaporean model—is on death row for the murder of her ex-husband. She swears she didn't do it, he thinks she didn't do it, but no matter how hard he tries to get to the bottom of things, he still arrives back at the same place—that Chelsea's husband was shot at point blank range, and that Chelsea had the best motivation to pull the trigger: he was taking her kids away from her. Now Inspector Singh must pull out all the stops to crack a crime that could potentially free a beautiful and innocent woman and reunite a mother with her children. There's just one problem—the Malaysian police refuse to play ball.

**The Art of Arranging Yourself in the**

**World** Nicholas Brealey International  
 What if you could change your life--without changing your life? Gretchen had a good marriage, two healthy daughters, and work she loved--but one day, stuck on a city bus, she realized that time was flashing by, and she wasn't thinking enough about the things that really mattered. "I should have a happiness project," she decided. She spent the next year test-driving the wisdom of the ages, current scientific studies, and lessons from popular culture about how to be happier. Each month, she pursued a different set of resolutions: go to sleep earlier, quit nagging, forget about results, or take time to be silly. Bit by bit, she began to appreciate and amplify the happiness that already existed in her life. Written with humour and insight, Gretchen's story will inspire you to start your own happiness project. Now in a beautiful, expanded edition, Gretchen offers a wealth of new material including happiness paradoxes and practical tips on many daily matters: being a more light-hearted parent, sticking to a fitness routine, getting your sweetheart to do chores without nagging, coping when you forget someone's name and more.

*Inspector Singh Investigates: A Most Peculiar Malaysian Murder* Independently Published

The no-f\*cks-given guide to taming anxiety and taking back control of your life, from the bestselling author of *The Life-Changing Magic of Not Giving a F\*ck* and *Get Your Sh\*t Together*. Do you spend more time worrying about problems than solving them? Do you let unexpected difficulties ruin your day and do "what ifs" keep you up at night? Sounds like you need to *Calm the F\*ck Down*. Just because

things are falling apart doesn't mean YOU can't pull it together. Whether you're stressed about sh\*t that hasn't happened yet or freaked out about sh\*t that already has, the NoWorries method from "anti-guru" Sarah Knight helps you curb the anxiety and overthinking that's making everything worse. *Calm the F\*ck Down* explains: *The Four Faces of Freaking Out* -- and their Flipsides *How to accept what you can't control* *Productive Helpful Effective Worrying (PHEW)* *The Three Principles of Dealing With It* And much more! Praise for Sarah Knight and the *No F\*cks Given Guides*: "Self-help to swear by." -- *The Boston Globe* "Genius." -- *Vogue* "Hilarious, irreverent, and no-nonsense." -- *Bustle*

**Over 100 Vegan Recipes to Glow from the Inside Out** Sphere

Sharing all he has learned from running the famously warm and welcoming five-star Park Hotel in Kenmare, Francis Brennan's third book contains everything you need to know to create a happy home. While modern life can be busy and stressful, a tidy, orderly place for you and your family to come home to can be the perfect antidote to a chaotic world. From decluttering and storage tips, to the art of folding and arranging cushions, to making your own home-made cleaning products and other simple home hacks, with Francis' tips and tricks you can truly relax, knowing that the silver is polished, the napkins are laundered and the sofas are cosy and clean!

[Comforting cakes and bakes from Scandinavia with love](#) Summersdale Publishers LTD - ROW

The New York Times bestselling author of *Happens Every Day*, Isabel Gillies, presents a fresh and inspiring look at the

subtle art of cozy—part manifesto, part lifestyle guide, part memoir—that shows fans of *The Little Book of Hygge* that true comfort comes from within. When we talk about being cozy, most of us think of a favorite sweater or a steaming cup of tea on a rainy day. But to Isabel Gillies, coziness goes beyond mere objects. To be truly cozy, she argues, means learning to identify the innermost truth of yourself and carrying it into the world, no matter your environment. Starting when she was young, Gillies has gradually learned the art and subtle beauty of creating a life where you feel safe, steadied, and at home in the world. From old family recipes and subway rides to jury duty and hospital stays, in *Cozy* Gillies shows readers that true ease stems not with throw pillows and a candle, but from opportunities to feel that we are part of something bigger than ourselves, and learn to make ourselves at home no matter where we are. Simple choices can make a hectic life or an uncomfortable situation just a little more comfortable—you just have to know what to do. Just as Marie Kondo offered a philosophy for how to tidy, Gillies offers a new way of occupying the spaces we live in. Starting with yourself, then broadening to your home, your community, and the world at large, *Cozy* will show you how to bring the truth of who you are into any situation, easy or challenging. As Gillies says, "Cozy isn't something that just exists. You have to make cozy happen." Written with profound warmth and featuring hand-drawn illustrations, this wise, necessary book is call to action for each of us to seek out those often-missed opportunities to care for ourselves, and to begin living a more intimate and authentic life.

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