



# Hygge: El arte de disfrutar de las cosas sencillas

*Louisa Thomsen Brits , Ana Pedrero Verge (Translator)*

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En este libro, Louisa Thomsen Brits nos introduce en el hygge, una práctica que los daneses llevan siglos disfrutando. Se trata de una mirada atenta a la forma de vida que lo respalda y una guía completa de todos los elementos que podemos aplicar para alcanzarlo. Para Louisa, el hygge es un atributo de presencia y de unión. Es una práctica diaria, una forma de afianzar la interconexión y disfrutar del bienestar. El hygge es una experiencia que invita a ser, no a tener.

## Hygge: El arte de disfrutar de las cosas sencillas Details

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## From Reader Review Hygge: El arte de disfrutar de las cosas sencillas for online ebook

**Petra Miocic says**

<https://procitajto.com/2017/01/16/hyg...>

Riježi nastaju iz kulture, povijesti, podrijetla i mjesta. Oblikuju ih vrijeme i navike te se prižama, obredima i vrijednostima prenose s jedne generacije na drugu, zapisala je Louisa Thomsen Brits u uvodnom poglavlju svoje knjige Hygge : sretan život na danski način. Neke su riježi, doista, povezane s podnebljem kojem pripadaju ljudi iz žije povijesti i kulture izvira, govornici žije su se priže, davnih dana, oblikovale u krugu vrsto povezanih tijela okupljenih oko logorske vatre. Islanžani, tako, poznaju mnogo više izraza za snijeg od, primjerice, Španjolaca. A Danci, iako ga ne mogu jednoznažno prevesti niti definirati, bolje od ikoga poznaju hygge.

Što je hygge? Kako Thomsen Brits odmah u uvodu kaže, to je osježaj intime i sklada. Javlja se kad smo na pravom mjestu s pravim ljudima. U svojoj je suštini hygge osježaj obilja, ali ne u materijalnom smislu. Nematerijalno obilje? Jesu li to sva ona iskustva što ih tijekom života stježemo, sve ono što nas kao osobu oblikuje, što nosimo u sebi i žarko želimo prenijeti drugima, obogatiti ih? Djelomice zasigurno jesu. No zapitat žemo se postoji li nematerijalno bez materijalnog obilja? Danci nekoliko godina uzastopce odnose možda i najvažniju titulu s predmetkom naj – onu najsretnije nacije na svijetu. A plažaju jednu od najviših poreznih stopa na svijetu. Novac, dakle, nije i ne može biti mjerilo sreže.

Što može biti? Ožekujete li od ove knjige vrsto odrežene, utabane i jednosmjerne upute, ostavite je na polici. Hygge : sretan život na danski način nije univerzalna uputnica za sretan i bezbrižan život. O knjizi Louise Thomsen Brits prikladnije je razmišljati kao o multimedijalnom vodižu koji od svog žitelja traži aktivno sudjelovanje i promišljanje. Ne možete slijepo slijediti autorižine naputke jer takvih u ovoj knjizi nema. Prije su to naputci, niti vodilje koje je moguže povezati na stotine razližitih načina, ovisno o strpljivosti, vještini i maštovitosti pletilje ili tkalca.

Jer to je ono, poružuje nam autorica, što svatko od nas u konažnici jest. Na požetku života dobili smo klupko i samo o svakome od nas ovisi kako žemo ga isplesti i hožemo li ga uopže razmotati. Možemo, naravno, dopustiti da se razmoti samo i stajati postrance, žekati da nas, poput zamorca, zavrti u svome krugu. Možemo preuzeti nežiji tuži kraj i pretvarati se da je naš vlastiti. A možemo i pokušati taj isti, univerzalni kraj, prekrojiti prema svojim mjerama. I pritom se u njemu ugodno osježati.

To je ono što ova knjiga jest. Ona je kraj sastavljen iz šest dijelova : pripadnosti, utožišta, ugone, blagostanja, jednostavnosti i njegovanja obija. Na svakome od žitelja jest da iz tog kroja sašije odijelo po vlastitoj mjeri. Ili vuneni džemper, tople žarape. Ono što že mu pružiti najtopliji i najsigurniji osježaj, navesti ga na hygganje.

Analogija s pletivom nipošto nije služajna. Naime, uz hygge pojavio se i instagram hygge, trend koji se, iako u svojoj suštini također bavi osježajem ugone, topline, sigurnosti i zadovoljstva, od osnovnog danskog koncepta bitno razlikuje. Osnovicu pronalazi u posjedovanju, u lijepo dizajniranim, fotogenižnim stvarima koje že i preko fotografija dalekim rožacima, prijateljima ili samo pratiteljima na društvenim mrežama dožarati koliko je posjedovatelju lijepo i ugodno.

No je li mu zaista i je li to posjedovanje nužno? Louisa Thomsen Brits kaže da nije. Dapaže, najbolje hyggate kada je sva tehnologija ugašena, a vi se neoptereženo šežete vlastitim domom u udobnoj odježi, u

društvu onih uz koje vam je najugodnije. Ili se posvećujete nekoj ispunjavajućoj aktivnosti, bilo to čitanje, ples na šipci ili pripremanje obroka za krug najdražih prijatelja. Bitno je prestati se osamljivati. Ili za osamom posegnuti samo kad ona služi kako bismo se vratili sebi, a ne otuđili od drugih.

Ukrasti trenutak za sebe svakako je hygge. Osvijestite li pritom da je to samo trenutak i da će proći, ali da ga uvijek možete ponovno proizvesti, na dobrom ste putu shvaćanja filozofije što je ova, opsegom nevelik, ali porukom snažan priručnik o načinu življenja, prenosi. Dopustite li si da, na krilima tog trenutka preživite i najnapornije dane, pravi ste hygge majstor.

Danski je pokret otpora za Drugog svjetskog rata spašen zahvaljujući samo jednoj riječi. Neizgovorivoj svakome tko nije Danac. Sreća svijeta neće, nažalost, biti spašena zahvaljujući peteroslovnoj riječi neodredivog značenja. Ali ljudi koji proniknu u koncept iza tih pet slova bit će, makar malo, sretniji. A i to je mnogo.

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## Alissa says

With Spring just around the corner, I'm kind of over the whole "let's get cozy in front of the fire with hot cocoa and fuzzy slipper-socks" thing. Cabin fever has set in with a vengeance. Probably not the most optimal time to read a book about Hygge.

Still, it was all right. Much more accessible than *other* Hygge books I've read. For example, this Hygge book didn't try to sell me candles...or encourage unhealthy eating habits, like binge-eating cakes and pies and such. This book also didn't suggest that Hygge was something exclusive to Danes and no one else could really achieve it (I know...how pretentious, right?).

Rather, this Hygge book talked about the actual elements of Hygge. Like comfort, coziness, togetherness, and happiness through simple pleasures (HA! I KNEW it wasn't about buying 1,001 candles!). Kind of common knowledge. I didn't learn anything new I didn't already know from observing my cats, who are both Grand Masters of Hygge.

AH-HA! Now THERE'S a book I should write: "All I Need to Know About Hygge I Learned From My Cats."

p.s. What's up with the random photos, though? They're like something a shrink would show you ("Describe how this photo makes you feel about your mother") when they're trying to get inside your head.

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## The Serendipity Aegis ~ Misericordia? ?????? ✨\*♥️ says

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At julehygge — ?????????? ????????????????? ??????.At hyggesnakke — ?????? ??????????.(c)

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## Aspen Mitchell says

This book was quite boring. The most interesting parts were the quotes from other writers! If anything, it made me want to read their works, so I shall list them here in case anyone wants to skip a step and just go straight to the sources. The writers she quoted are: William Morris, Sensual Home by Ilse Crawford, Annie Dillard, Gaston Bachelard, Erich Fromm, Tove Jansson, Care of the Soul: A Guide for Cultivating Depth and Sacredness in Everyday Life by Thomas Moore, and Ordinarily Sacred by Lynda Sexson.

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## Kirsty says

I won Louisa Thomsen Brits' *The Book of Hygge* from a Books Are My Bag competition on Twitter, and couldn't have been happier with my prize. As an object, the book is beautiful; it is a sturdy yet compact hardback, which has been filled with the most lovely and calming photographic accompaniments, some of them double paged spreads.

Thomsen Brits' book is essentially a manual on hygge, and she demonstrates how to notice the little moments and take pleasure in everything. Hygge is a big thing in my life, although I must admit that I didn't know that there was a precise word for it until a couple of years ago! *The Book of Hygge* is a comforting and nicely written read, which really makes you take note of what is around you, and the little moments which you should never take for granted. It is a particularly perfect tome to curl up with in front of a roaring fire on a winter's day - there's a wonderful hygge moment for you right there.

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## Angela Groves says

The main thing I took away from this beautiful little book, was to appreciate the small things in life. This may seem really obvious, but in reality it is something that can be quite difficult to remember to do with a busy lifestyle. It is certainly something at this moment in time I need reminding of. The book encourages you to really examine the relationships you have with the people and surroundings in your life, to appreciate and cultivate them into something that makes you happy. To create relaxing environments, taking time to enjoy what you have. Blankets are mentioned a lot, I'm guessing because it's generally colder in Denmark...

This is a really beautiful little book, lovely photographs and a wonderful layout. A perfect gift book.

## Yasmine says

Un livre rapide à lire, quoi qu'un peu répétitif, sur ce sujet tout doux qu'est le hygge. On revient sur son histoire et ses différentes caractéristiques et c'est plutôt intéressant.

Mais pourquoi avoir choisi cette couverture austère pour un sujet aussi doux ?!

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## Lesley says

This is a beautifully produced book, lovely to hold in the hand, with an attractive cover, lovely illustrations, and printed on high quality cream paper. It clearly explains the concept of 'hygge' and all it encompasses; a blend of mindfulness, cosiness and sincerity; a focus on people and relationships rather than things and business. It also makes Denmark sound like a wonderful place to live, a sort of egalitarian utopia, and it is true that it regularly appears towards the top of any quality of life index.

However the book very quickly became repetitive for me with each successive chapter repeating much the same as the one before with only the slightest change in focus. I guess once you have expanded on the meaning of hygge, there is really not that much more you can say about it.

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## Jeanne says

What white nonsense is this?

I'm familiar with the Norwegian koselig, and since even this book references it when explaining hygge I assumed it would be similar. In reality I think it is, but this book only spends a bit of time on the etymology and history of the word/concept.

The rest of the book reads like a new age idealized and myopic view of Danish culture. It presents families as a safe place, all problems can be solved if we just sit down and have a cup of tea. The book seems to try to package and sell this snake oil to Americans who eat up this white fantasy land where we can all just get along, if we all are that same. ?

I'm not looking for an Scandinavian Eat, Prey, Love.

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## Sarah Marsden says

A bit on the heavy side - more of a philosophical/historical guide to hygge.

It's worth noting that the author is making a donation to a homeless charity for every copy that is bought.

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## Becky says

This is a beautiful little book, with some gorgeous images and some lovely sentiments. Hygge is something that seems both delightful and yet also deeply claustrophobic. Part of me gets the feeling that the emphasis on Hygge is a reaction to a Danish past where showy, violent one upmanship was the norm. Having read a few books about life in Denmark I am not sure that I could survive in a society that seems to value group cohesion and conformity above all things. In some ways I get the feeling that it is this Nordic conformity that allows all of the real nastiness to escape in the form of their excellent but incredibly dark crime fiction. So thanks for conforming to the point where such great writing and drama leaks out. :)

Basically part of me loves the concept of relaxing into a soporific world governed by Hygge and Jante's law, while another part thinks I could well end up shaving my head and going all Lisbeth Salander on someone's arse!

Either way this is essentially a great nordic take on Mindfulness and one that I find quite a lot easier to read about without gagging!

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## Anaarecarti says

Habar n-am ce mi-a venit s?-mi cump?r o carte despre Hygge! ?i am mai ?i apucat s?-?i pomenesc de ea la "Ce citim acum", ceea ce pe blogul nostru echivaleaz? cu o adev?rat? promisiune în leg?tura cu o viitoare "recenzie" care m? îngroze?te: cum s? scrii ceva palpitant despre o carte în care nu se întâmpl? nimic, care te duce în zonele lini?tite, pa?nice ale existen?ei tale ?i te îndeamn? s? petreci cât mai mult timp acolo? Cum?!

Recenzia completa pe <https://anaarecarti.ro/main/cartea-de...>

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## Marie says

It's beautiful, no doubt. It's vaguely inspiring. It also meanders around the topic with no clear direction and a host of ephemeral pleasantries.

However, points for including excellent quotations from other writers.

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## Bronislava Sencakova says

Koncept hygge je zaujímavý a som rada, že som si o ?om mohla nie?o ucelené pre?íta?. (Opä? sa mi potvrdilo pravidlo - nepla? za knihu, kým ju nepre?ítaš.)

Myšlienkové podanie (a trochu aj grafické) je na úrovni úmorne repetitívnej dlhokánskej bla bla powerpointovej prezentácie. Z textu úplne cíti?, že ho písala cituplná žena, ?o nie je samo osebe zlé, ale potrebovala by som taký nejaký rozumovejší poh?ad na vyvázenie - teda ?alšiu knihu. (Edit 25. 06. 2018: Tak už som ju pre?ítala - Malá kniha hygge.)

A pre?o som ?ítala práve túto knihu ako prvú? Lebo bola jediná, ktorú som zohnala v knižnici. Ostatné sú už pár mesiacov nonstop rozpoži?ané, ale ja si po?kám :)

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Prvá (dvoj)veta:

Hygge (vyslovuje sa hü-ga) je pojem súvisiaci s pocitom prítomnosti a spolupatričnosti. Najčastejšie ho charakterizuje potreba tepla, pohodlia, bezpečia a ochrany.

Posledná veta:

Vďaka hygge má každý z nás šancu spoznať hlbší zmysel spokojnosti, ktorá z nás vyžaruje a vytvára sieť spolupatričnosti.

Hygge:

Ak ste o hygge ešte nikdy nepočuli, tak je to zhruba atmosféra a zážitky ako v katalógu Ikea. Dánsky národný koncept šťastia a prežívania ne-náboženskej povahy založený na prítomnom okamihu, útulnosti, družnosti, srdečnosti, pohode, (ľudskom) teple a svetle, obyčajnosti, nehromadení, každodenných rutinách... Krása v maličkostiach. Doma. V kaviarni. Alebo vonku. Proste škandinávske feng-šuej. Alebo zen. Alebo sedliacky rozum.

Popularizácia hygge - alebo hyp(p)e okolo hygge:

Nikdy som o hygge nepočula, ale posledný rok (2017) mi tu na GR vyskakujú dosť často. Tu je dlhý článok o hygge konšpirácii, alej zhrniem aspoň základné veci.

Bola raz jedna britská žurnalistka a volala sa Helen Russell(ová). Začiatkom roka 2015 vydala knihu The Year of Living Danishly. Koncom roka 2015 publikovalo BBC článok Hygge: A heart-warming lesson from Denmark s citátom z jej knihy; článok mal masívnu účasť.

No a v roku 2016 sa vyrojila plejáda britských kníh o hygge a hygge sa dokonca dostalo aj na shortlist slova roka 2016 (vyhralo slovo post-truth).

Knižné predaje sú výborné a koncept hygge sa používa v marketingu snáď aj k špáradlám. Lebo aké by to bolo hygge so špenátom na zube? Samozrejme, že niektorí Briti sa nedali a vymysleli antikoncept brygge.

Hodnotenie:

Hviezdičkujem subjektívne ako odporúča GR. Niečo mi to dalo, take sa to dalo = it was ok = \*\*.

Goodreads výzva 2017:

135. dočítaná kniha

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## Lubos Panda says

Naprosto zbytečná kniha o tom, že pohodu a spokojnosť naleznete v miestach, kde se cítíte bezpečně a s lidmi, které máte rádi. Autorka pořád dokola mele to samé a celé je to úplně zbytečné a receptu na štěstí se nedočkáte. Ilustrující fotografie jsou podle mě depresivní. Celkově vzato zcela vyhozené peníze a promarněný čas, který jsem mohl vynořit němu užitečným. V podstatě cokoliv by bylo užitečnější než čtení této knihy.

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