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Leah Recommends /"The Little Book of Hygge/" and other books by Meik Wiking ~~The Science of Happiness with Meik Wiking | Feel Better Live More Podcast~~ ~~The Little Book Of~~

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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.

~~The Little Book of Lykke (Secrets of the World's Happiest ...~~  
Publishers certainly seem to be milking the current interest in Scandinavian lifestyle books; The Little Book of Lyyke: The

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~~Happiest People~~  
Danish Search for the World's Happiest People is by the author of The Little Book of Hygge: The Danish Way to Live Well, which I found rather lovely. The intention of Wiking's second book is 'to take you treasure hunting; to go in pursuit of happiness; to find the good that does exist in the world - and to bring this into the light so that, together, we can help it spread.'

~~The Little Book of Lykke: The Danish Search for the World ...~~  
Another book by Meik Wiking, the CEO of the Happiness Research Institute in Copenhagen, and author of 'The Little Book of Hygge: The Danish Way to Live Well'. Here he writes about a rather universal concept: happiness (lykke in Danish) and shares a number of happiness tips.

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~~The Little Book of Lykke: Secrets of the World's Happiest ...~~

To find out what it's all about I read 'The Little Book of Hygge' by Meik Wiking (pronounced Mike Viking). Wiking is the CEO of 'The Happiness Research Institute' - a Danish think tank that studies satisfaction, happiness, and the quality of life.

~~The Little Book of Hygge: Danish Secrets to Happy Living ...~~

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

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~~The Little Book of Lykke - Meik Wiking - Digital Audiobook~~

The Little Book of Lykke (Penguin Life, £9.99) But my extensive research in my capacity as the chief executive of the International Happiness Research Centre in Copenhagen



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everything you need to know about the Danish art of living  
well.

~~Meik Wiking | Books~~

ABOUT MEIK WIKING Meik Wiking is one of today ' s most  
influential happiness researchers. He is the author of several

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books, including the New York Times Bestsellers: The Little Book of Hygge and The Little Book of Lykke. With more than one million copies sold worldwide, in more than 35 languages, he enjoys a wide readership.

~~Meik Wiking | Author | Happiness Researcher~~

From the author of the international bestseller The Little Book of Hygge. Lykke (Luu-kah) (n): Happiness. It's easy to see why Denmark is often called the world's happiest country. Not only do they have equal parental leave for men and women, free higher education and trains that run on time, but they burn more candles per household than anywhere else.

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In The Little Book of Lykke: Secrets of the World ' s Happiest  
People, Danish author Meik Wiking takes you on a journey  
to discover what science says will really make you happy.  
Along the way you ' ll discover what habits make the  
people of Denmark so happy .

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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.

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1-Page Summary of The Little Book of Lykke Overview.  
Create a community garden and get some volunteers to

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happiest people. Who doesn't need more happiness in their lives? If you want to be happy, then go look for it in Denmark. They consistently top the list of happiest countries on earth.

~~The Little Book of Lykke Book Summary, by Meik Wiking ...~~

The Little Book of Lykke (2017) is a treasure trove of useful tips and Scandinavian secrets for how to live a happier life. It reveals many fundamental facts that contribute to human happiness and shows how Danish society has fused them into everyday life.

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is successful not when it ' s rich but when its people are happy. Creating bikeability and walkability shows respect for human dignity. We ' re telling people, ' You are important—not because you ' re rich, but because you are human. '

## ~~The Little Book of Lykke Quotes by Meik Wiking~~

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.

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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.

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