The Hygge Life **by Gunnar Karl Gíslason & Jody Eddy**

Are you living your best ***hygge*** life? Hyyge (pronounced **'hyoo-**guh'), is the Nordic concept of the art of coziness. The ideas incorporated into a hygge lifestyle are perfect for this winter season of *blah*. It isn't especially cold, crisp and sunny. It isn't rainy every day, but gloominess and dampness have invaded. Now is the time to embrace the hygge lifestyle!

Food plays a big part in our winter lives – a cup of hot chocolate with marshmallows, or perhaps a hot tea paired with lemon, a blanket and a good book and a cat on your lap...those things that make your body and soul feel the warmth and coziness. Your idea of hygge might be a solitary evening with soft music as you look outside at a winter scene, but it also may balance with a fun family or friends' gathering featuring games, good food and laughter. On those sunny cold days a brisk walk with your dog might do the trick.

In other words, examine and name those things that exemplify the cozy lifestyle that will get you through the dark and dreary days – this is the concept of ***hygge.*** Check it out!