

The Little Book of Lykke: The Danish Search for the World's Happiest People

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 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. So nobody knows more about happiness - what the Danes call lykke - than Meik Wiking, CEO of the Happiness Research Institute in Copenhagen and author of the bestselling sensation *The Little Book of Hygge*. But he believes that, whilst we can certainly learn a lot from the Danes about finding fulfilment, the keys to happiness are actually buried all around the globe. In this captivating book, he takes us on a treasure hunt to unlock the doors to inner fulfilment. From how we spend our precious time, to how we relate to our neighbours and cook dinner, he gathers evidence, stories and tips from the very happiest corners of the planet. This is the ultimate guide to how we can all find a little more lykke in our lives. Meik Wiking is the CEO of The Happiness Research Institute in Copenhagen and is one of the world's leading experts in happiness. Committed to understanding happiness, subjective well-being and quality of life, Meik works with countries across the world to discover and explore global trends of life satisfaction. Only someone absolutely dedicated to happiness sits in coffee shops across the world counting peoples' smiles! His first book, *The Little Book of Hygge*, became an international bestseller and will soon be published in 31 countries. ...more *The Little Book of Lykke: The Danish Search for the World's Happiest People* PDF ebook

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