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## **The Little Book Of Lykke**

In The Little Book of  
Lykke, Meik identifies  
the six factors that  
explain the majority of  
differences in  
happiness across the

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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

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Buenos Aires.

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**The Little Book of**

**Lykke: Secrets of**

**the World's Happiest**

**People**

The Little Book of Lykke was my first read of 2018, and it was the perfect choice to start the year off positively. I highly recommend it to everyone. Its an excellent follow-up book to The Little Book of Hygge, full of



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inspiration for how you can participate in creating a kinder, happier world. You'll want to be a better person after reading it.

## **The Little Book of Lykke: The Danish Search for the World**

...

Weaving together original research and personal anecdotes, The Little Book of Lykke is a global roadmap for joy that

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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.

**The Little Book of  
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Weaving together original research and personal anecdotes, The Little Book of Lykke is a global

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improve our own lives,  
but help us build better  
communities and a  
better world.

**The Little Book of  
Lykke - Meik Wiking  
- Hardcover**

In English it means  
happiness, but in  
Denmark, which is one  
of the happiest places  
on the planet, lykke is

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a way of life. In The Little Book of Lykke: Secrets of the World's Happiest People, Danish author Meik Wiking takes you on a journey to

## **The Little Book Of Lykke Summary - Four Minute Books**

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

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many fundamental facts that contribute to human happiness and shows how Danish society has fused them into everyday life.

**The Little Book of  
Lykke by Meik  
Wiking - Blinkist**

Lykke (Luu-kah) (n):  
Happiness Meik Wiking  
is the CEO of the  
world's only Happiness  
Research Institute in  
Copenhagen. His job is  
to travel around the

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world, seeking out the  
happiest people and  
uncovering what they  
do differently. In The  
Little Book of Lykke, he  
reveals what he has  
found.

**The Little Book of  
Lykke : Meik Wiking  
: 9780241302019**

It was an absolute joy  
to be asked by the  
incredible charity SANE  
to write a review of  
Meik Wiking's latest  
book The Little Book of

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Lykke'. As you may know, I am extremely passionate about raising awareness for mental health as well as encouraging others to take care of their body and souls as one, to find contentment and peace for themselves.

**The Little Book Of  
Lykke | Book Review  
- The Growing  
Butterfly**

The Little Book of  
*Page 15/28*

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Lykke: The Danish  
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Happiest People by  
Meik Wiking - digested  
read 'I tend to be  
Lykke all the time.  
Especially now that I  
am beginning to make  
a lot ...

**The Little Book of  
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...

Lykke (Luu-kah) (n):  
Happiness. Meik Wiking  
is the CEO of the



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world's only Happiness Research Institute in Copenhagen. His job is to travel around the world, seeking out the happiest people and uncovering what they do differently. In The Little Book of Lykke, he reveals what he has found.

**The Little Book of Lykke - Penguin Books**

The Little Book of Lykke; The Danish

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Togetherhness, Money,  
Health, Freedom, Trust  
and Kindness. These  
are the six foundations  
of Lykke, the 'story of  
optimism and hope'  
from Meik Wiking, the  
author of 2016's  
breakaway hit The  
Little Book of Hygge.

**The Little Book of**

*Page 18/28*

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**Lykke by Meik**

**Wiking |**

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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

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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 (Audiobook) by Meik Wiking ...**

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

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Meik Wiking (ISBN: 9780241302019) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

**The Little Book of  
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...

The "Little Book of Lykke" (pronounced Loo-ka) studies Danes and the simple measures they take to make themselves and



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more importantly, others around them happier. Read on to discover some of our main takeaways from the book and tell us in the comments below if you will be using any to make 2018 a little better! Togetherness

**Review: The Little Book of Lykke by Meik Wiking | The Nerd ...**

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Lykke: The Danish  
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**The Little Book Of  
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Another book by Meik  
Wiking, the CEO of the  
Happiness Research  
Institute in

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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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