

Season 2 Episode 6
Let's Hygge it Out

Sharon and Miranda get cozy and talk about all things Hygge (especially how to pronounce it). Hygge is the Danish art of comfort and coziness, so the librarians share some of their go-to comforts along with a few books that will teach you how to Hygge at home!

Explore the Meaning of Hygge:

[The Science of Hygge \(the Danish feeling of coziness!\) \(YouTube Video\)](#)

[Tea Time, Me Time \(Article on Tea Meditation\)](#)

[The Little Book of Hygge: Danish Secrets to Happy Living by Meik Wiking](#)

- [Check It Out From APL!](#)

[American Cozy: Hygge-Inspired Ways to Create Comfort and Happiness by Stephanie Pedersen](#)

[The Hygge Life: Embracing the Nordic Art of Coziness Through Recipes, Entertaining, Decorations, Simple Rituals, and Family Traditions by Gunnar Karl Gíslason](#)

- [Check It Out From APL!](#)

[The Year of Living Danishly by Helen Russell](#)

- [Check It Out From APL!](#)

Comfort Media Recs:

[Jeeves and Wooster \(TV Series\)](#)

- [Check It Out From APL!](#)

[The Great British Bake-Off \(TV Series\)](#)

[Stand and Deliver \(Film\)](#)

[Steel Magnolias \(Film\)](#)

- [Check It Out From APL!](#)