

Beat: Health

## **HYGGE & MIRACLE MORNING... The New Recipes to Happiness**

**By First Editions**

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**USPA NEWS** - Happiness : You wish for it every year as you blow out the candles of your Birthday Cake. You know you deserve to have it and dedicate your entire life to the chase. After all, it's the only thing that makes life worth living... Until, one Day, something happens. No need to be desperate to find Happiness along the way or to find the kind of Happiness never experienced in a Job, Relationships or Hobbies....

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- 'HYGGE, l'AGENDA 2018 - Une année de Bonheur Ã la Danoise'. Published in FRANCE by First Editions.

HYGGE is a Danish and Norwegian word which can be described as a quality of Cosiness and Comfortable Conviviality that engenders a Feeling of Contentment or Well-being (regarded as a defining characteristic of Danish Culture). In both Danish and Norwegian, Hygge refers to 'a Form of Everyday Togetherness', 'a pleasant and highly Valued Everyday Experience of Safety, Equality, Personal Wholeness and a Spontaneous Social Flow'.

This Agenda comes after the Huge Success of the Book by Meik WIKING on HYGGE and who is the President of The Happiness Research Institute. It is 'an Independent Think Tank exploring why some Societies are happier than others and having as mission to inform Decision Makers of the causes and effects of Human Happiness, make subjective well-being part of the Public Policy Debate, and improve Quality of Life for Citizens across the World. Texts and recommendations are integrated.

- 'Une Année MIRACLE MORNING 2018 - L'Agenda de mes petits matins... et de mes belle journées'. It is published in FRANCE by First Editions.

This Agenda comes after the Bestseller of Hal ELROD called 'The Miracle Morning: The Not-So-Obvious Secret Guaranteed To Transform Your Life' (Before 8AM)', endorsed and Practiced by lots of personalities from World Renowned Influencers.

'Based on the Premise that how you start your day largely determines the Quality of your Day, your Work, and your Life, The Miracle Morning gives you the Ultimate Morning Ritual and teaches night owls how to beat the snooze button, even if you've never been a Morning Person'.

Hal ELROD died at age 20. Hit head-on by a Drunk Driver at 70 miles per hour, he died for 6 minutes, broke 11 bones, and was told by Doctors that he would never walk again. Hal defied the logic of Doctors and the temptations to be a Victim, proving that ALL of us are capable of overcoming any adversity and consistently creating extraordinary results in our personal and professional lives. Not only did Hal walk, he ran a 52-mile ultra-marathon and went on to become a hall of fame business achiever, international speaker, author, and grateful Husband & Father, all before the age of 30.

Source : Happiness Research Institute - Miracle Morning - Hal Elrod

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