



The Year of Living Danishly: Uncovering the Secrets of the World's Happiest Country

Helen Russell

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'A hugely enjoyable romp through the pleasures and pitfalls of setting up home in a foreign land' PD Smith, *Guardian*

When she was suddenly given the opportunity of a new life in rural Jutland, journalist and archetypal Londoner Helen Russell discovered a startling statistic: the happiest place on earth isn't Disneyland, but Denmark, a land often thought of by foreigners as consisting entirely of long dark winters, cured herring, Lego and pastries.

What is the secret to their success? Are happy Danes born, or made?

Helen decides there is only one way to find out: she will give herself a year, trying to uncover the formula for Danish happiness.

From childcare, education, food and interior design to SAD, taxes, sexism and an unfortunate predilection for burning witches, *The Year of Living Danishly* is a funny, poignant record of a journey that shows us where the Danes get it right, where they get it wrong, and how we might just benefit from living a little more Danishly ourselves.

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People live in this new time of lifestyle always aim to and must have the time or they will get great deal of stress from both way of life and work. So , when we ask do people have extra time, we will say absolutely of course. People is human not really a robot. Then we question again, what kind of activity do you possess when the spare time coming to you actually of course your answer can unlimited right. Then do you try this one, reading publications. It can be your alternative within spending your spare time, typically the book you have read is *The Year of Living Danishly: Uncovering the Secrets of the World's Happiest Country*.

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