



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

Helen Russell

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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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