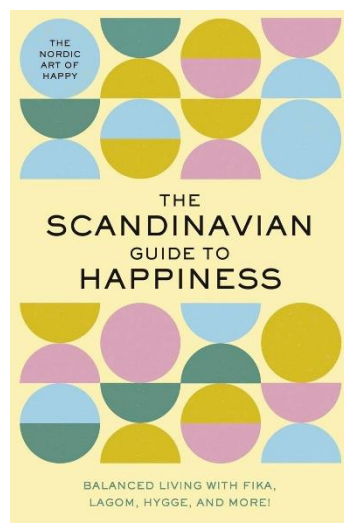


# Grace Reads January, 2026

Wednesday Mornings, January 14, 21, and 28 and Feb. 4, 2026

Meeting in the Forum Room from 10:30 am - 11:45 am

Copies of the book are available online or you can order from your favorite bookstore!



Make time for the things that really matter in life. Find balance and happiness in your daily life, the Scandinavian way, with *The Scandinavian Guide to Happiness*!

There's a reason Finland, Denmark, Norway, Iceland, and Sweden consistently rank as the top 5 happiest countries on earth! Find out the secrets to their happiness and fulfillment in *The Scandinavian Guide to Happiness*, which shares centuries of Nordic wisdom, including:

- Lykke: Happiness is all around you (Denmark)
- Lagom: Just the right amount not too much, not too little (Sweden)
- Fika: Taking daily coffee breaks and other comforting rituals (Sweden)
- Hygge: Coziness brings comfort, courage, and happiness (Denmark)
- Sisu: Everyday courage, grit, and determination & acting rationally in the face of adversity

These basic principles will help you see how to have a happy life without buying anything, changing yourself, or making any other crazy drastic changes! Topics include simplicity, happiness, health & wellness, relationships, nature-inspired living, and more. Full of inspiring, encouraging ideas and charming illustrations! this thoughtful Scandinavian guide is sure to put a happy glow in your life.

## Meeting Dates and Reading Schedule!

January 14, Chapter 1, Introduction and Lagom

January 21, Chapters 2, Friluftsliv and 3, Fika

January 28, Chapters 4, Hygge and 5, Lykke

February 4, Chapters 6, Sisu and 7, Petta Reddast

**Note! We hope to have more than a bit of fun with this! Try out new ideas and suggestions that resonate with you and feel free to try new recipes, exercises and practices!!!! Bring it on!!! And there is always the Dutch Gezellig!**

If you would like to be put on the e-mail list for this group please contact Mary Huisman at:  
maryhuisman47@gmail.com