

## Tyra Teodora Tronstad

CHILDREN AND YOUNG ADULTS  
NOVEL

### How to Deal with Stormy Spirits *Oppskrift mot ånder som knuser ting*

Aschehoug 2022  
198 Pages  
ISBN: 9788203393525  
English sample translation and reviews available

The only thing Henry knows about his dead mother is that she was the best shoemaker in the world and that he and his father never must talk about her. If they do, terrible storms will come and crush everything in the small flat where they live. When the storm one day comes to school, Henry is blamed for the damages the storm causes. And when Henry's father, the famous opera singer whose voice has been poor since the death of Henry's mother, is in danger of losing his job, Henry must find out what his mother is trying to tell them. It requires curiosity and courage, good friends, and a girl with a silver cape, a bird, and a recipe for how to deal with stormy spirits.

A story about spirits, singing, silence, sorrow, and shoes.

**Awarded the Norwegian "Riksmålsprisen" for excellent prose**  
Nominated for the 2022 Norwegian Book Award (The Brage Prize)



PHOTO: HANS FREDRIK ASBJØRNSEN

Tyra Teodora Tronstad is an author of acclaimed and awarded books for young adults and adults. She is twice awarded, and once nominated, for the Critics' Prize for Best Children's and YA Book. *How to Deal With Stormy Spirits* is her first children's book. Tronstad lives in Oslo, Norway.

#### FOREIGN SALES

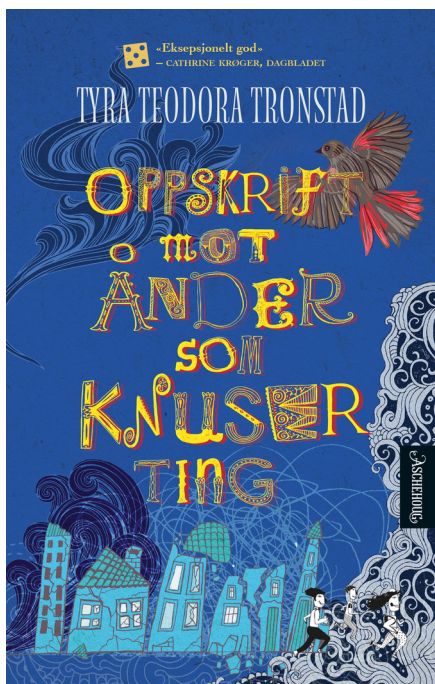
Danish (Turbine)

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#### INTERVIEW

[Read our interview with the author here](#)



'Exceptionally good. ...  
Reminiscent of Astrid Lindgren  
and Roald Dahl.'

- Cathrine Krøger, *Dagbladet* 5/6  
stars

'The awarded author Tyra  
Teodora Tronstad creates magic  
...'

- Guri Fjeldberg, *Aftenposten*

'A stunningly beautiful children's  
book.'

- Anne Cathrine Straume, *NRK*