Anna Blix

40 Weeks. A Human Pregnancy and 81 Other Ways to Reproduce

40 uker. En menneskegraviditet og 81 andre måter å få barn på

Genre: Non-Fiction
Category: Popular Science
Publisher: Cappelen Damm
Year: 2023
Pages: 276
ISBN: 9788202774479

It takes 40 weeks to grow a human baby. Along the way, the relationship between the foetus and the pregnant woman bears resemblance to that of a parasite and its host. One takes and takes, while the other continue to give, risking their health in the process.

Anna Blix takes the reader on a personal, investigative, and deeply fascinating journey through each of the 40 weeks in a human pregnancy. Parallelly, for each week, we meet other creatures who have just delivered their next generation into the world. The bacteria E. coli has multiplied by two within 20 minutes. An Eastern grey kangaroo is pregnant for just 5 weeks before giving birth to a baby the size of a bean, which then crawls into its pouch to grow. And the birds with the longest incubation period of all, the wandering albatross, is done with their incubation period after only 10 weeks.

Why do we as humans carry our babies inside our bodies for so long, and is there a reason that we are throwing up and feeling nauseous? Are there any better ways to reproduce? And does any living creature reproduce in a stranger way than us humans?

This book gives evolutionary comfort throughout the troubles of pregnancy, and an explanation as to how we ended up here: as the smartest species with the most tiresome, but nonetheless not such a bad way to reproduce.





Photo: Adrian Nielsen/NORLA

Anna Blix (b. 1985) is a biologist, author and political advisor at the Norwegian Parliament. She has long experience as a writer and communicator, and writes a regular column about science for the news paper Morgenbladet

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Interview
Read our interview with the author here

Gunnhild Øyehaug

Heart Undercover

Hjartet i skalkeskulet

Genre: Non-Fiction
Category: Essays
Publisher: Gyldendal Norsk Forlag
Year: 2022
Pages: 112
ISBN: 9788205568501



Photo: Helge Skodvin

Heart Undercover contains nine essays on art, literature, film, inspiration and writing. Through occasionally personal, poetological research and readings of authors and artists such as Edvard Munch, Nikolai Astrup, Mary Ruefle, Claire-Louise Bennett and Andrei Tarkovsky, the texts revolve around literary transformation points, abstraction and realism, creation and re-creation. If *Heart Undercover* is an associative, momentary memoir about, for example, standing up to your knees in ice-cold dirt, it is also about work in the first-person singular, about dramaturgy, and about comedy.

In her third collection of essays, Gunnhild Øyehaug delivers a rich, thought-provoking and poetic reflection on literature's capacity for both fantastic transformation and for holding on tight to something imagined, lived and experienced.



'Gunnhild Øyehaug writes in images, via detours, and with observations that may at first glance appear utterly far-fetched, but which she makes consummate sense of.'

Klassekampen – The best books of 2022

'Øyehaug writes keenly on art, existence, creation and inspiration. Big topics, but these essays are deliciously down-to-earth, funny, elucidating – and at times moving.'

Vårt Land – Favourite books 2022

Gunnhild Øyehaug (b. 1975) lives in Bergen. She teaches at the Academy of Creative Writing in Hordaland and has been an editor of the literary journals Kraftsentrum and Vagant, and a literary critic in Morgenbladet and Klassekampen. Gunnhild Øyehaugs' books have been translated into several languages.

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Interview
Read our interview with the author here

Yohan Shanmugaratnam

We still breathe

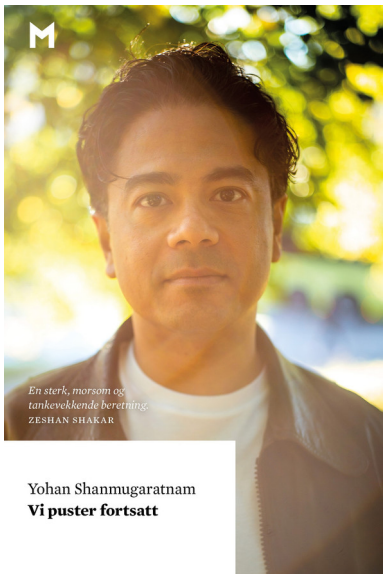
Vi puster fortsatt

Genre: Non-fiction
Category: Memoir/Political Essay
Publisher: Manifest forlag
Year: 2020
Pages: 123
ISBN: 9788283421071
English sample translation available



Photo: Adrian Nielsen

This book is a time capsule. About racism and roots and the transformation both me and Norway have gone through over the last decades. From 9/11 to the right-wing terrorism of Anders Breivik at Utøya in 2011, to the killing of George Floyd. It's also a story about forbidden love, friendship and hope. Do whatever you want with it. The rest is up to you.



'In a genuine, funny and thought-provoking story about his family's life, Yohan Shanmugaratnam connects his own multicultural experiences in Sri Lanka, Japan and Norway to overreaching world events. Through exploring the complexity in a multicultural upbringing, Shanmugaratnam reveals that being "the other" is always a product of the broader surroundings.'

- Zeshan Shakar, writer

'A short masterpiece on racism.'

- Hilde Østby, writer

Yohan Shanmugaratnam is a Norwegian journalist and non-fiction writer. His first book *Vi puster fortsat*t (We still breathe) (2020) about racism and roots was listed as one of the ten best books of the year by the newspaper Aftenposten (the second largest newspaper in Norway). In 2021 Shanmugaratnam and photographer Line Ørnes Søndergaard published the book *Bruddet* (The Split) at Forlaget Press. The documentary about a town in England during Brexit won the Bookstore Association's prize for best non-fiction. His latest book is *Hjertet i to* (Heart in two), a critically acclaimed portrait of the Norwegian rap group Karpe. It was published by Bonnier Norsk Forlag in 2022. Shanmugaratnam, who has a MA degree in human geography from the University of Oslo, has worked for the daily Klassekampen since 2004. He was born in Jaffna, Sri Lanka, where his father is from, and spent parts of his childhood in his mother's native country Japan.

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Interview
Read our interview with the author here

Siri Helle

Coming Home
Trollefossvegen 23

Genre: Non-Fiction
Category: Narrative non-fiction
Publisher: Samlaget
Year: 2022
Pages: 212
ISBN: 9788234008498
English sample translation available



Photo: David Zadig

Siri Helle had long dreamed of her own potatoes and vegetables, trees and animals, but purchase contracts, bank loans, and the prospect of seeing only the same view every day scared her. As an adult, she has moved more than 30 times.

But one day, Siri Helle takes the big leap and moves back home to the village where she grew up. She and her husband buy a house, an outbuilding, and almost two acres of land in a clustered garden. She plans on living here forever. But can she find peace?

Siri gives herself one year. One year to find out if she fits this life, if she can say she is satisfied with having moved back to her home village. She carves, grows, hunts, fishes, and makes two- and four-legged friends. Her feelings range from dark despair to flashes of ecstatic happiness. This is a story about a home and about the joy of work, but it is also a love story. It is about being two people working together on a tremendous project. What new possibilities open when you close all doors except one?

'This is a delightful and timely book about resilience and environmental care (...) This story of ingenuity and determination is an inspirational read for anyone keen to explore how they can live a more self-sufficient life'. - Clare Hunter, author of *Threads of Life*, About *Handmade*



'If you're only going to read one book this year about re-establishing yourself in the village where you grew up, it has to be this one. (...) All of these trendy terms – sustainability, locally sourced, recyling, circular economy, and so on – are all tested here on a very specific Western Norwegian reality.'

- NRK

Siri Helle is an agronomist in organic farming. She occasionally works as a writer and journalist, carpenter assistant, and goat herder. Helle has written several books. Her previous title *Handmade* (2020) is published by Granta Books/UK and Rowohlt verlag/Germany.

Previous titles
Handmade (2020) is sold to Granta Books/UK and Rowohlt verlag/Germany.

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Interview
Read our interview with the author here

Lars Fr. H. Svendsen

A Philosophy of Hope

Håpets filosofi

Genre: Non-Fiction
Category:
Publisher: Kagge
Year: 2023
Pages: 192
ISBN: 9788248931959



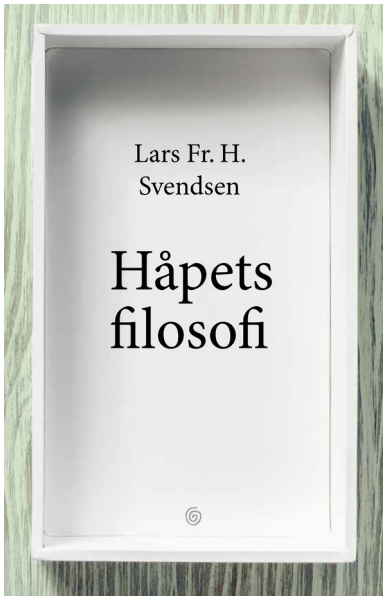
Photo: Sturlasson

What exactly is hope?

The internationally recognized philosopher Lars Fr. H. Svendsen turns his gaze towards hope - and it is not entirely without reason. Right now the need for hope might be bigger than ever.

The Ukrainian population's reaction to the Russian invasion February 2022 revived an old idea Lars Fr. H. Svendsen had about writing a philosophy of hope. In the range of emotions in the Ukrainian population, such as rage, despair and grief, it was hope that stood first - the hope that they would be able to resist the onslaught of Russian supremacy and preserve their freedom.

In *A Philosophy of Hope*, Svendsen takes us on a journey through the history of philosophy and shows what the most central thinkers have written about hope. As always it is with sharp analysis, insight and wit from one our the best communicators of philosophy today.



Lars Fr. H. Svendsen (b. 1970) is a doctor of philosophy and professor of philosophy at the University of Bergen. He is also an internationally bestselling non-fiction author, with a unique ability to communicate difficult contemporary and international topics in a straightforward way. Svendsen has received several prizes for his work, and his books have been translated into more than 25 languages.

Foreign sales
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Interview
Read our interview with the author here

Pål Karlsen

The Foragers - Custodians of Nature

Sankerne

Genre: Non-fiction
Category: Nature Writing/Reportage
Publisher: Kolofon
Year: 2022
Pages: 345
ISBN: 9788230024218
English sample translation available

Thai blueberry pickers in northern Sweden. Mushroom tourism in Spain. Gourmet restaurants that love local and wild-gathered ingredients. The Copenhagen Wild Food Festival. Romans in Bulgaria selling porcini mushrooms. Mountain tea from the Rhodope Mountains. Mushroom lovers in Poland. Norwegian foragers who combine foraging with teaching and product innovation on species nobody ever thought of as edible. Join us on a visit into the world of foragers. Who are they? What do they have in common? What drives them? How will they be able to work in the future, when ever more forests and green patches are degraded to roads and rural development?

The aim of this book is to contribute to the understanding of foraging as a valuable activity for society. Foraging is the opposite of a threat to what we like to call "unspoiled nature". The foraged produce contributes to a general food security by collecting new and traditional knowledge about the rich world of foods far beyond the few commercial monocultures we currently trust our lives with. Foraging counteracts the modern alienation around the origin of the food we eat. Collecting will not replace shopping in grocery stores but will increase respect for what we put in the shopping cart.Those who forage from nature are also the first to take care of it. That is why foragers are the custodians of nature.



"The author has met foragers all over Europe. They have in common a drive to existential freedom and proudness of their knowledge of foraging". - Liz Buer, D2 8.12.22

Liz Buer, D2 8.12.22

'Are the foragers a threat to nature, or are they agents for building respect of nature? This readable book deals with topics worth considering and motivates me to learn more about the edible nature.'

- Janne Helen Lorentzen, Sopp og nyttevekster nr 4 2022



Pål Karlsen (1960) is educated in and has had a long career in film production. But gradually his passion for mushrooms and foraging took over and he is now educated as both mushroom controller and wild edible greens expert, doing tours and courses for the general public as well as gourmet chefs. He is from 2018 CEO of The Norwegian Association for Mycology and Foraging, which has soon 7000 members, 40 local societies and in charge of the public mushroom control in Norway.

Previous titles
In addition to educational books in film production, Pål has published three foraging titles:

Steinsoppen - vill av natur (2014) - a cultural history on Boletus edulis (porcini, cep, penny bun). Translated to Finnish and Polish.
SpiSopp - 200 sopper du må smake før du dør (2021) - an educational cooking book on edible mushrooms you probably never ever have tried before.

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Interview
Read our interview with the author here

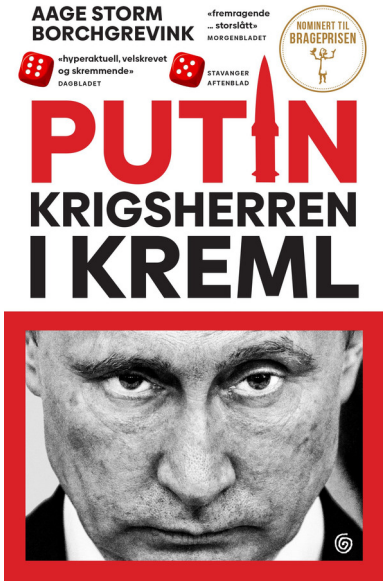
Aage Storm Borchgrevink

The Rise and Rule of a Kremlin Warlord

Putin. Krigsherren i Kreml

Genre: Non-fiction
Category: Biography
Publisher: Kagge
Year: 2022
Pages: 271
ISBN: 9788248930051

How did the leader of our great neighboring country become so powerful and dangerous? Over the past twenty years, Aage Storm Borchgrevink has kept a close eye on Russia and President Putin. Now, he uses his extensive knowledge about the man and the country to write about Putin as a political leader. Putin has long been feared by many, but few expected the brutal invasion of Ukraine. Aage Storm Borchgrevink has written a concise and vivid biography of the Russian president. The book is a story about modern Russia – from Putin's family tragedies during the Second World War, through his childhood in Leningrad, and up to the collapse of the Soviet Union, which was also a crucial event for KGB agent Putin. After a flicker of freedom in the 90s, Putin tightened his grip and built a Russia characterized by prosperity for the few and ambitions for reemerging as a global superpower.



'A hyper-relevant, well-written, and terrifying thriller about the dark times we live in.'

- Dagbladet, six of six stars

'Outstanding... A book we can learn a lot from.'

- Morgenbladet



Photo: Olav Bakken

Aage Storm Borchgrevink has worked as advisor at the Norwegian Helsinki Committee (NHC), a human rights committee, since 1992 with a special focus on Russia, the Balkans, Belarus and the Caucasus. His strong engagement has given him a unique network and personal relations to many who fight for — or who have died for — democracy and human rights in these regions. Borchgrevink has written both fiction and non-fiction books. His literary debut was the novel *Arkivene* (2000), shortlisted for the P2-listeners Award for best Norwegian novel and for the Natt&Dag Award. In 2012 he published *A Norwegian Tragedy: Anders Berhing Breivik and the Massacre at Utøya*, which was translated into several languages, and won The Critics Award for best Norwegian Non-Fiction. In 2019 he published the non-fiction book *The Giant: From Statoil to Equinor*. In 2022 he published *Putin: The Rise and Rule of a Kremlin Warlord*, this book was shortlisted for The Brage Prize for best Norwegian non-fiction book and was highly acclaimed by the critics.

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Interview
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Øystein Morten

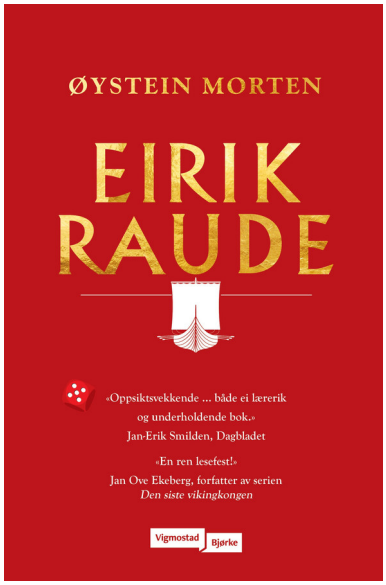
Eirik the Red. The Man Who Discovered America

Eirik Raude

Genre: Non-fiction
Category: History
Publisher: Vigmostad & Bjørke
Year: 2022
Pages: 367
ISBN: 9788241952302

The saga of Erik the Red is a short one. It tells the story of how he flees from Norway to Iceland after committing a murder, marries into a chieftain's family, starts a small war, explores a vast land to the west, and names it Greenland. He founds a settler community there before the country is Christianized against his will and his sons explore America. In just fifteen minutes, you'll have an overview of everything there is to know about Erik the Red. Or maybe not – because hidden beneath condensed recounts of the sagas is a sea of events and connections that have not yet been discovered.

In this book, Øystein Morten examines what Erik the Red was really looking for in Greenland, as well as the background for his voyages further west to Vinland. Embark on a voyage of discovery in the northernmost Norse settlements!



'Sensational ... one can easily imagine how Greenland made an impression on Erik the Red in the 980s — enlightening and entertaining.'

- Dagbladet

' ... the brilliant non-fiction book Erik the Red ... traces the saga stories of him and his son in a innovative and enlightening way'

- Vårt Land



Photo: Helge Skodvin

Øystein Morten, historian and author, has written several highly acclaimed non fiction books, such as *Jakten på Olav den Hellige* (The Search for Olav the Holy) and *Jakten på Olav Tryggvason* (The Search for Olav Tryggvason) and *Jakten på Sigurd Jorsalfar* (The Search for Sigurd the Crusader). In 2017 he published the book *Norske ødegårder. Historien om stedene vi forlot* (Norwegian Odegaards. The History of Places we left) with photographer Pål Hermansen.

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Interview
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