Charlotte Lunde

Prescription: Play. Remedy for a generation failing to thrive

Lek på resept

NORLA Selected Title

Genre: Non-Fiction
Category: Psychology
Publisher: Cappelen Damm
Year: 2026
Pages: 208
ISBN: 9788202910822

Childhood play was a sanctuary. A space where there was only room for joy, not for worries. We all have some memories associated with play. A place, a smell or a song. In an instant, you are back in time. Today, children play less outside – and less with each other. They experience more demands and less freedom than children did a generation ago. More and more children and young people also struggle with health problems and dissatisfaction.

Increased knowledge about the importance of play shows that this may be connected. For many children and youths, play has moved into a screen, and AI is now also invading childhood. These are playgrounds that are proving to be threaths to children's safety and health in a way we could never have imagined. All mammals play because play is a prerequisite for health, development and survival.

Play develops empathy, curiosity and mental resilience – qualities we presently need more than anything. This means that we as a society must bring free play back into the fight – not only for the health of our children – but for the future of the earth.

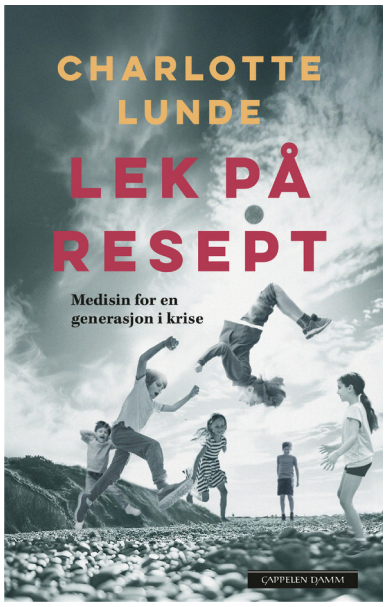




Photo: Lina Hindrum

Charlotte Lunde works as a doctor and child and adolescent psychiatrist. She has extensive experience from the specialist health service for children and adolescents but has also worked with adults. Lunde is also a journalist and is an active public debater and especially a sought-after speaker on the topic of play, learning and mental health. Together with Professor Per Brodal, she has previously published the book *Play and Learning from a Neurological Perspective - How Good Intentions Can Destroy Children's Will to Learn*.

Rightsholder
Cappelen Damm Agency
foreignrights@cappelendamm.no
+47 21 61 65 00
cappelendammagency.no

Dag O. Hessen

The Fall of the Glaciers

Brefallet

NORLA Selected Title

Genre: Non-Fiction
Category: Nature and Popular Science
Publisher: Cappelen Damm
Year: 2026
Pages: 288
ISBN: 9788202874704

In *The Fall of the Glaciers*, it's the ability ice has to tell a deeper story about who we are, where we come from, and where we are going that forms the nerve of the narrative.

Long before becoming one of Scandinavia's most renowned biologists, Dag O. Hessen spent his summers navigating the crevasses of Norway's majestic glaciers. Decades later, as climate change accelerates and ancient ice recedes, Hessen returns to these blue cathedrals to confront a profound global phenomenon: the beauty, science, and collective grief surrounding the world's disappearing glaciers.

What can more effectively convey the story of tipping points and a warmer planet than a glacier that melts more in summer than it grows in winter? With *The Fall of the Glaciers*, Hessen completes a trilogy destined to become a pillar of Norwegian non-fiction, building on *Wolverine Tracks* (2023) and *Bird's-Eye View* (2025).

While each book stands on its own, they are bound together by Hessen's personal and scientific reflections on the natural world and humanity's place within its accelerating changes.

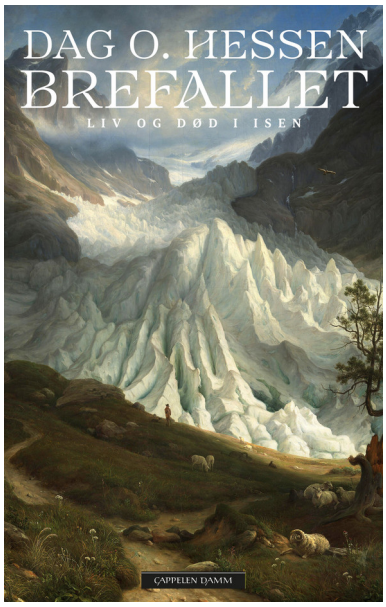




Photo: Anna Julia Granberg/ BLUNDERBUSS

Dag O. Hessen (born 1956) is a Professor of Biology at the University of Oslo. He is a distinct voice in the debate on topics like evolution, climate, ecology and biology as a way of understanding humanity. He has written many scientific works on themes like ecology and evolution, and has also published a number of popular science books about evolution, biology and the environment. He has received several awards for his promotion of popular science.

Previous titles
Bird's-Eye View, 2025
Wolverine Tracks, 2023
Life, 2021

Rightsholder
Cappelen Damm Agency
foreignrights@cappelendamm.no
+47 21 61 65 00
cappelendammagency.no

Hanna Marie Fosse Nes

Tales of a Northern Vet

Dyrlegen

NORLA Selected Title

Genre: Non-Fiction
Category: Narrative Non-Fiction
Publisher: Kagge
Year: 2026
Pages: 221
ISBN: 9788248943952

Tales of a Northern Vet is an intimate portrayal of a fascinating, but also demanding profession. At the same time, it is a tribute to life in all its forms, and to the boundless beauty of nature. In the book, we get up close to raw moments, life-and-death drama and tough choices to be made.

“I wish people could be a fly on the wall in the barn, at the clinic or in the car and see how complex and unpredictable a veterinarian’s everyday life can be. In the intersection of people, animals and the environment.”

Hanna Marie Fosse Nes has worked as a veterinarian for several years. She writes captivatingly about the sweaty rush of rescuing a cow in labour, the invaluable conversation with the farmer on a remote island and the aching dilemmas of meeting a dog that has been in pain for too long.

Tales of a Northern Vet is a touching, warm and insightful story about a profession that involves much more than most people can imagine.



'A vivid and up-to-date depiction of life as a veterinarian.'

Arve Nilsen, Dag og tid



Photo: Rita Busa

Hanna Marie Fosse Nes is a qualified veterinarian from Ellingsøy, near Ålesund on the Western Coast of Norway. She has worked with both large and small animals across various parts of the country and is particularly passionate about preventive health measures benefiting animals, humans, and the environment alike. In addition to her veterinary career, she works as a model, actor, and artist.

Rightsholder
Stilton Literary Agency
Agent: Hans Petter Bakketeig
hanspetter@stilton.no
Agent: Leyla Körner Øier
leyla@stilton.no
stilton.no

Jon Vidar Sigurdsson

Hávamál: A Window into the Viking Mind

Håvamål. En nøkkel til vikingtiden

NORLA Selected Title

Genre: Non-Fiction
Category: History
Publisher: Kagge Forlag
Year: 2026
Pages: 293
ISBN: 9788248942542

Hávamál is the great wisdom poem of the Vikings, containing a thousand years of life wisdom that remains as relevant today as it was in the Viking Age. In the poem, Odin himself speaks; across 164 verses. He offers counsel on friendship, power, moderation, love, and living wisely.

Historian and Viking Age expert Jon Vidar Sigurdson presents the first comprehensive book on Hávamál. In addition to providing a rich introduction to the era, mindset, and way of life of the Vikings, he connects the verses to the sagas, revealing what these words of wisdom tell us about the people, society, and values of that time - and why they still matter to us today.

The book also features a new translation that places greater emphasis on the poem's original meaning.

The result is a beautiful and insightful book about one of our oldest and most important treasures of wisdom.





Photo: Agnete Brun

Jon Vidar Sigurdsson (born 1958) is a professor of history at the University of Oslo. He is an expert in Old Norse medieval history, with a particular focus on the Viking Age. He has written numerous books on religion and power, social organization, and mobility in the Norse world. Through this work, he is bringing the Viking Age to life and making it accessible to a broad audience.

Rightsholder
Stilton Literary Agency
Agent: Hans Petter Bakketeig
hanspetter@stilton.no
Agent: Leyla Körner Øier
leyla@stilton.no
stilton.no

Katharina Vestre

The Secret Life of Cells

Cellenes hemmelige liv

NORLA Selected Title

Genre: Non-Fiction
Category: Popular Science
Publisher: Aschehoug
Year: 2026
Pages: 205
ISBN: 9788203297908
English sample translation available

The story of everything that lives and what we are made of.

Right now, your heart cells are contracting rhythmically, while immune cells are crawling around your skin. Your bones are eating themselves, nerve cells are extending new branches through your brain, and a blood cell is making its last trip through your veins. A small part of you is dying, another is being born. This is the story of the life in your body.

How does the immune system know who you are? Will supercomputers in the future be powered by nerve cells? Can new technology give us artificial blood? And why is cancer so common for humans, but almost unknown for elephants?

Join biologist Katharina Vestre on a journey from the surface of the skin to the skeleton, the gut and the brain. Discover the body as you've never seen it before.

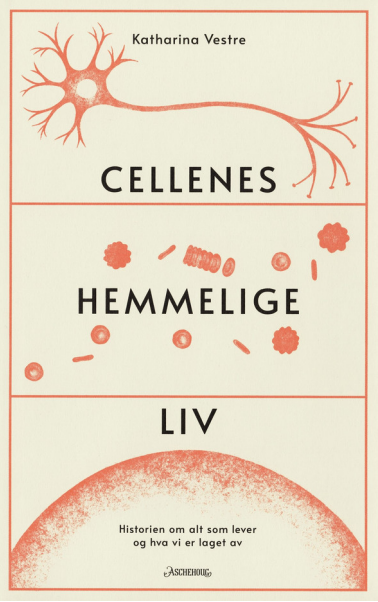




Photo: Henriette Sagfjord

Katharina Vestre (b. 1992) has a PhD in cell biology from the University of Oslo. Her debut, the popular science book, *The Making of You. A Journey from Cell to Human* (2018), is translated into 23 languages. She has written the non-fiction children's book, *The Animal Book of Records* (2020), together with her sister Linnea Vestre, who also has illustrated both titles.

Rightsholder
Oslo Literary Agency
Evy Tillman
evy.tillman@osloliteraryagency.no
osloliteraryagency.no

Long Litt Woon

Last Tango Home. The Search for Belonging

Siste tango hjem. Om søken etter tilhørighet

NORLA Selected Title

Genre: Non-Fiction
Category: Narrative Non-Fiction
Publisher: Skald
Year: 2026
Pages: 192
ISBN: 9788279594215

At a certain point in life, the big questions begin to surface. Parents grow older, and the home of your childhood is no longer the same. If you put down roots somewhere other than where you grew up, it is up to you to make sense of how all the pieces fit together.

For Long Litt Woon, these questions are awakened by an unexpected passion for tango. Her search for answers takes her from Norway to the dance floors of Buenos Aires, and back again through her family's roots in China and Malaysia. With the keen eye of a social anthropologist, she traces the paths of generations who crossed oceans and borders before her, coming to see her own story in a new light. Along the way, she discovers that tango, like life itself, is about trust, longing, belonging - and about finding the balance between leading and following.

This is a deeply personal, yet universally resonant story about identity, family, and language, revealing that the search for home does not necessarily end in a single place.





Photo: Johs. Bøe

Long Litt Woon (born 1958) was born in Malaysia and came to Norway as an exchange student in the 1970s. She is a trained social anthropologist and has worked with migration throughout her career. Her debut book, *Stien tilbake til livet. Om sopp og sorg* (*The Way Back to Life: On Mushrooms and Grief*), became an international bestseller translated into 17 languages. Long is her surname.

Rightsholder
Morgan Green Creatives
Agent: Kirsty McLachlan
kirsty@morgangreencreatives.com
www.morgangreencreatives.com

Mímir Kristjánsson
Sofie Marhaug

The Socialists' Guide to the Bible

Sosialistenes guide til Bibelen

NORLA Selected Title

Genre: Non-Fiction
Category: Society
Publisher: Manifest
Year: 2026
Pages: 180
ISBN: 9788283422030
English sample translation available

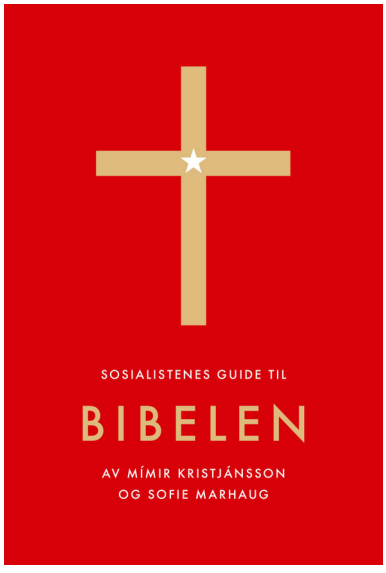


Photo: Sindre Deschington

Driven by curiosity about the book that has shaped our culture more than any other, Mímir Kristjánsson and Sofie Marhaug decided to read the Bible.

Their reading took the two left-wing politicians into texts they thought they knew, but which turned out to offer major surprises. The couple were astonished by how harshly the Bible condemns inequality and poverty. They were also moved by the power of its message of grace and love.

In *The Socialists' Guide to the Bible*, the two give us an insight into the Bible's radical message of solidarity, equality and boundary-breaking forgiveness. They share their personal reflections on faith and doubt – and argue that Christian values should be given a greater place in society.



'...fascinating, easy to read, well-written, funny and thought-provoking.'

Guri Hjeltnes, VG

'...a refreshing and original book.'

Sturla Stålsett, Vårt Land

'...a personal, knowledgeable and surprisingly self-reflective essay, written by two highly qualified readers.'

Emil André Erstad, Altinget

'...a piece of nonfiction that deserves both to be read and thought about.'

Vebjørn Selbekk, Dagen

'...interesting thoughts on why Christians tend to consider the Conservative Party or Frp rather than the red parties.'

Leif Tore Lindø, Stavanger Aftenblad

Mímir Kristjánsson (born 1986) is a member of parliament for the Red Party and one of the country's most famous politicians. He has previously worked as a journalist for Klassekampen, and has written a number of books.

Sofie Marhaug (born 1990) is a member of parliament and deputy leader of the Red Party. Before being elected to the Parliament in 2021, she was a doctoral fellow in literary studies.

Rightsholder
Forlaget Manifest
Ellen.Engelstad@manifest.no
manifest.no

Siri Helle

The Book of Grass

Grasboka

NORLA Selected Title

Genre: Non-Fiction
Category: Nature and Popular Science
Publisher: Deyers Forlag
Year: 2026
Pages: 206
ISBN: 9788282658393
English sample translation available

Without grass, there would be no humans.
Grass is everywhere: beneath our feet, on our plates, and woven into the landscapes that shapes who we are. Grasslands cover a third of the Earth's land surface. Grass also provides nearly half of the food humanity consumes, and holds together some of the planet's most complex ecosystems. And yet, grass has become almost invisible.

In *The Book of Grass*, Siri Helle takes readers on a remarkable journey into the history of the plants that made human life possible. From the ancient grasslands that welcomed our ape ancestors when the forests retreated, the hay meadows of Transylvania, the frozen tundra of Siberia and to the Norwegian mountain farms, she reveals how grass, grazing animals, and humans have shaped one another for millions of years.

But this is also a story about what is at stake. The world's grasslands are among the most endangered ecosystems on Earth. Climate change, industrial agriculture, and population growth are pushing them to the brink. As grasslands disappear, so too do species, fertile soils, carbon stores - and vital connections between people and nature.

The Book of Grass shines a light on one of the world's most influential yet overlooked life forms, revealing why our future may depend on rediscovering the living world that has sustained us all along.



'The book is packed with fascinating facts, such as that grasses are found on every ice-free continent on Earth, and that a single grass plant can live for more than 400 years.'

NRK



Photo: David Zadig

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.

Rightsholder
Northern Stories AS
Agent: Dilani Vamapahan
dilani@northernstories.no
+47 92 04 96 93
northernstories.no