

Wencke Mühleisen

# Save Yourself, Little Heart

## Redd deg selv, lille hjerte

Genre: Fiction  
Category: Novel  
Publisher: Gyldendal Norsk Forlag  
Year: 2020 - Due Primo May  
Pages: 100  
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English sample translation available

Insightful and poignant about ageing and the longing for intimacy.

Sex is adulthood's wild, existential game and its promise of intimate companionship. It is attachment, risk and transgression. It is a vague and, at the same time, overexposed promise of reward and satisfaction.

What does this look like to a woman beyond life's halfway point, in a long-standing marriage, one in which he has felt restrained while she has felt rejected? She cheated on him once twenty years ago; he confesses to her that he lives a double life with a younger mistress and would very much like it to carry on that way.

What happens to those we cheat on, to those we abandon? What happens to us when we fall apart and reinvent ourselves? Do we remain intact? Or are we, despite our most sincere efforts, shattered and sometimes laid low by encounters with the face of the person we once loved, their touch, their smell, their feeling, the memory of that feeling?



'Thrilling and sensual on infidelity, from a writer who is definitely worth keeping an eye on!'

VG, 5 out of 6 stars

'I don't want a feminism that is just snappy and clever on Twitter; I want a feminism that is wise and can be put to some use. If Mühleisen's book didn't deal with sex so much, or if I wasn't so timid, I might have invited the whole neighbourhood to a book group.'

Klassekampen



Photo: Rolf M. Aagaard

Wencke Mühleisen (b. 1953) is a researcher in gender and media at the University of Stavanger. As a performance artist, writer and researcher she has worked with our cultural and media-formed understanding of sex and sexuality.

#### Previous titles

All gjeldende fornuft, 2017  
Kanskje det ennå finnes en åpen plass i verden, 2015  
Jeg skulle ha løftet deg varsomt over, 2011

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