Christine Rehn Jensen

Defending Reality. Losing My Mom to Conspiracy Theories

Mamma er konspirasjonsteoretiker

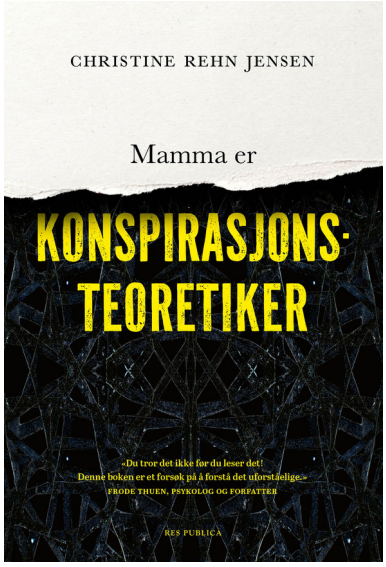
Genre: Non-Fiction
Category: Society
Publisher: Res Publica
Year: 2026
Pages: 328
ISBN: 9788282263412
English sample translation available

She was a warm and good mother and had recently become a grandmother when everything changed. Dark conspiracy stories convinced her that pandemics and earthquakes are being staged by a secret power elite and that aliens disguised as humans are walking among us. Is it possible to get someone who believes in conspiracy theories back to their family and reality?

Author Christine Rehn Jensen tries to find out how a completely ordinary person can suddenly start believing in extraordinary explanations. What social, psychological and cultural forces drive such processes, and how does it affect families and communities? The author has been undercover in online conspiracy groups and has been shocked by the hatred and the anti-Semitism. She has also investigated who benefits from this.

Conspiracy theories and disinformation lead to distrust of both the media, authorities and science – and can ultimately degenerate into violence. “As a daughter, I have gained a unique insight into the life and thoughts of a Norwegian conspiracy theorist. As a journalist, I feel a responsibility to ensure that this insight is shared," the author writes.

Defending Reality. Losing My Mom to Conspiracy Theories is a unique and courageous book about a daughter's love for her mother and about an issue that divides families and society.



‘A powerful journey down the rabbit hole [...] *Defending Reality* is a solid book about losing a family member to something that can resemble dementia.’

DN

‘The book provides a well-written insight into family relationships, the environments and the problems associated with them. [...] Rehn Jensen is skilled.’

Stavanger Aftenblad

Photo: Siw Pessar

Christine Rehn Jensen (b. 1982) is a trained journalist with over 20 years of experience from various roles in the media industry. She has a background from NRK, VG, Aftenposten, E24 and Amedia, and now works with digital publishing solutions for editorial content. This is her first book.

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