

Tore Skeie

Hardrada

Hardråde. Om Harald Sigurdsson og hans verden

Genre: Non-Fiction
Category: History
Publisher: Gyldendal
Year: 2025
Pages: 447
ISBN: 9788205525610

This is a story, not just of a king, but of an entire era.

In the summer of 1030, the Viking king Olav Haraldsson was killed in the Battle of Stiklestad, during a failed attempt to recapture his kingdom. Among those fighting on the losing side was Olav's fifteen-year-old half-brother, Harald Sigurdsson. Badly wounded, he fled the battlefield - and Norway.

Fifteen years later he returned home. With him he had a Slavic prince's daughter, a loyal warrior retinue, and so much wealth that his ships listed beneath the weight of silver. He had traveled to the farthest reaches of the known world and back. He had served Byzantine emperors and empresses, seen Constantinople and Jerusalem, survived wars and palace revolutions. And he had gained invaluable insight into how the machinery of power operated in the world's most sophisticated and brutal regime. The will to put his experiences into practice as the king of the Norwegians earned him the name Harald Hardrada -- Harald the Harsh. For the next two decades he attempted to build a great kingdom consisting of present-day Norway, Denmark and England. He almost succeeded.

Tore Skeie tells the story of Harald Hardrada as it has never been told before. Through a deep dive into sources from many countries and kingdoms, Harald's life story is contextualized within a broad representation of the world he lived in. This is a story, not just of a king, but of an entire era.



Photo: Private

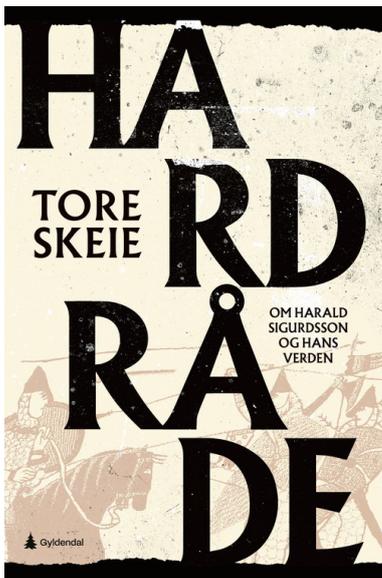
Tore Skeie is often called Norway's most important young historian and enjoys a wide readership. His books *Alv Erlingsson* and *The Maiden* from Norway, both released by Spartacus Forlag, received rave reviews.

Previous titles

The Wolf Age: The Vikings, The Anglo-Saxons and the Battle for the North Sea Empire (2018)

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Ann-Marie de Lange

The Female Brain. A brain researcher's perspective on women's life stages

Kvinnehjernen. En hjerneforskners blikk på kvinners livsfaser

Genre: Non-Fiction
Category: Popular Science
Publisher: Cappelen Damm
Year: 2026
Pages: 256
ISBN: 9788202861834

Science built the model of the human brain on one assumption – that it was male.

Our brains are shaped by hormones, yet science has long ignored how profoundly this affects women.

In *The Female Brain*, cognitive neuroscientist and clinical psychologist Ann-Marie de Lange explores how hormonal rhythms sculpt the female brain across every stage of life, from puberty and the menstrual cycle to pregnancy, motherhood and menopause. Drawing on new research and personal stories, she reveals the astonishing adaptability of the female brain: how it grows stronger, more complex and more resilient through change, loss and transition.

Why do so many women experience brain fog, mood shifts or changes in memory and focus? What really happens inside the brain during pregnancy or menopause? De Lange challenges the long-standing medical bias built on male physiology, offering a new, evidence-based perspective on women's neurological health.

Both enlightening and empowering, *The Female Brain* combines cutting-edge science with lived experience to show that women's biology is not a limitation — it is a source of strength.

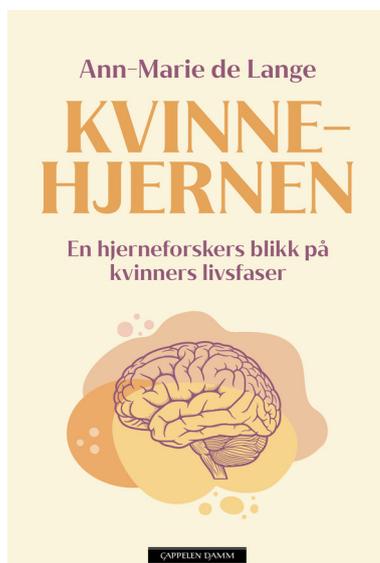


Photo: Linda Hindrum

Ann-Marie de Lange is a neuroscientist and clinical psychologist specialising in population neuroscience and applied machine learning. With over ten years of research experience from the University of Oslo, the University of Oxford in the UK, and Lausanne University Hospital in Switzerland, she has a solid and internationally recognized academic background. As head of the research group 'FemiLab', she focuses on how biological, genetic, and environmental factors influence women's brain health throughout life. De Lange has published a number of influential articles and secured funding from research councils both in Norway and Europe. She has also worked actively to make research results available to a wider audience through podcasts, participation in a BBC documentary, and popular science talks such as TEDx.

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Christine Rehn Jensen

Defending Reality. Losing My Mom to Conspiracy Theories

Mamma er konspirasjonsteoretiker

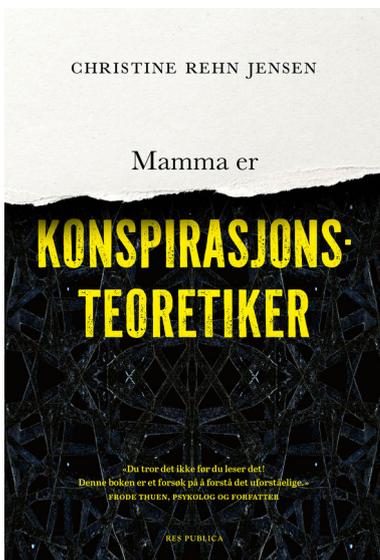
Genre: Non-Fiction
Category: Society
Publisher: Res Publica
Year: 2026
Pages: 328
ISBN: 9788282263412
English sample translation available

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 [...] Mom is a Conspiracy Theorist 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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Markus Lohne Hustad

The Beekeeper's Year

Birøkterens år. En fortelling om summing og samfunn.

Genre: Non-Fiction
Category: Nature and Popular Science
Publisher: Cappelen Damm
Year: 2026
Pages: 234
ISBN: 9788202900380

Early spring. The sun breaks through the clouds over a quiet landscape. In the grass stands a green beehive, wrapped like a gift, ready to be opened. This is how the beekeeping season begins – with hope, anticipation, and a touch of reverence.

The Beekeeper's Year is not just a book about bees. It is about nature, belonging and change. After leaving a busy office life behind, Markus Lohne Hustad sets out to understand the fragile harmony between humans and the natural world one hive, one season at a time.

Through personal reflections, small triumphs and quiet setbacks, Hustad offers a portrait of a life lived close to the rhythm of the land. From winter's silence to the first hum of spring, this is a story of renewal, community and the search for meaning in a changing landscape.

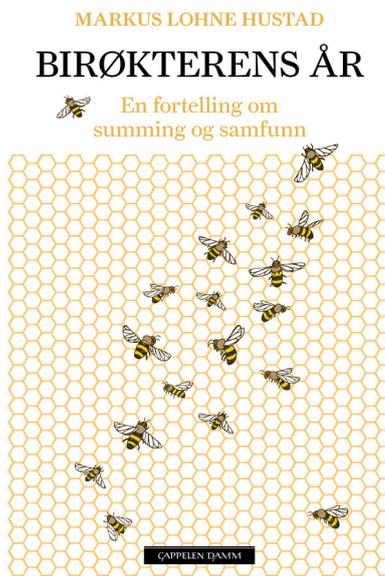


Photo: Birgitta Eva Hollander

Markus Lohne Hustad (b. 1988) has worked with sustainable agriculture in the Norwegian Farmers' and Small Farmers' Association, Organic Norway and Framtiden i våre hender (The Future in Our Hands), and as a gardener in Tveten Andelslandbruk in Tveita. He is educated at the Norwegian University of Life Sciences (NMBU) and the University of Innlandet, and grew up in Hønefoss. He is a beekeeper in his seventh season.

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Stian Bromark

My Greek Olive Garden. A Story about Life, Culture and Food

Min greske olivenlund. En historie om kultur, kosthold og klima

Genre: Non-Fiction
Category: Nature, History and Society
Publisher: Res Publica
Year: 2026
Pages: 275
ISBN: 9788282263504
English sample translation available

It is November in the olive grove in Neo Chorio on Crete, and the harvest is a struggle from morning to night. Author Stian Bromark was so fascinated by olive trees and the process of making oil that he bought his own grove. But this year's harvest was the worst in many years – what was the reason?

Olives and olive oil have been a driving force in the development of civilization and culture for many thousands of years, and have been used for food, heating, light and perfume. A full 80 percent of the production of table olives and oil in the world takes place around the Mediterranean. The very best oil is considered by many to be almost a medical supplement, and the Mediterranean diet has been voted the healthiest in the world.

But now climate change threatens, and Bromark meets farmers and producers who say that this is affecting how food is produced and consumed. He himself buys more trees to have enough olives to make oil. The book is a personal narrative that brilliantly combines history and geography, food and health, politics and climate – in a vivid reportage from Europe's food plate.



Photo: Siw Pessar

Stian Bromark (b. 1972) is a publisher and editor and has published a number of non-fiction books. He wrote his first three books together with Dag Herbjørnsrud, one nominated for the Brageprisen in 2003. The book about July 22, 2011, *Selv om sola ikke skinner* (*Even if the sun doesn't shine*) (2012), has been translated into English. His latest publication is the book *Tyrkia. Landet mellom to verdener* (*Turkey. The Country Between Two Worlds*) (2024).

Previous titles

Turkey. The Country Between Two Worlds (2024)
Coming Home – Tales from Turkey and Greece (2016)
Even if the sun doesn't shine (2012)

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Nina Brochmann

Exposed. The Sick History of Women's Sexuality in Medicine

Avkledd. Den syke historien om kvinners seksualitet i medisinen

Genre: Non-Fiction
Category: Popular Science
Publisher: Aschehoug
Year: 2026
Pages: 302
ISBN: 9788203461392

For 3,000 years, women have been diagnosed as whores, witches and saints; nymphomaniacs and sexless; hysterical, frigid and suffering from virginity. Doctors have discovered organs that do not exist and turned existing organs into threatening abnormalities, depending on what suited the prevailing threat picture in the world.

In *Exposed*, Nina Brochmann examines the basic elements of sex as seen through the eyes of medicine.



Photo: Astrid Waller

Nina Brochmann (born 1987) is an author and a doctor. Together with Ellen Støkken Dahl, she has written several award-winning books. Brochmann and Dahl met while studying and started the professional blog *Underlivet* together. Since then, they have written the international bestseller *The Wonder Downunder* (2017), which has been translated into 36 languages, and the puberty guides *The Girl Book* (2019) and *The Boy Book* (2021). Their TED talk *The Virginity Fraud*, about the myths surrounding the hymen, has been viewed over 11 million times.

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Ellen Viste

Temperature. A Story of Cold Shock, Heat Death, and the Species That Sets the Planet's Thermostat

Temperatur. En historie om kuldesjokk, varmedød og arten som stiller klodens termostat

Genre: Non-Fiction

Category: Nature and Popular Science

Publisher: Bonnier Norsk Forlag

Year: 2026

Pages: 288

ISBN: 9788234727825

Temperature! Little defines the world more; few numbers do we have a closer relationship with. Twenty degrees is summer, forty is fever, at zero ice turns to water, and at one hundred water boils. Two degrees is a symbol of climate change. Thirty-seven degrees is the human being.

The universe, the planet, life itself – everything is temperature. Our own thermostat is set to 37°C, adapted to life in the tropics. From there, we ventured toward latitudes where we do not truly belong. We took control of temperature and conquered the world.

This book is an expedition through the history and science of temperature. With Svalbard as its frame of reference, Ellen Viste explores something we all feel in our bodies, yet which took the sharpest minds several centuries to fully understand.

What did a thermometer actually measure? Was heat a substance – and what, then, was cold? Above steam engines and electrically stimulated frog legs hovered the fear of new ice ages and of energy becoming unusable. One day everything will grow cold, but for now it is the planet's fever we must bring under control.

From the Big Bang to buzzing atoms, from absolute zero to a burning ship *Temperature* is a tale of contrasts, eccentric scientists, and the limits of human endurance.



Photo: Bjørn Damsgård

Ellen Viste (b. 1973) is a meteorologist and former climate researcher, now working with climate science communication. She has a PhD in meteorology from the University of Bergen. Her experience in the dissemination of weather and climate science extends back to the 1990s. She lives in Bergen - a city known for its rain and as the cradle of modern weather forecasting. Her book *Tales of the wind* was sold to several languages.

Previous titles

Tales of the Wind. The air on earth – and everything it carries (2023)

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Anja Røyne

Life, Death, War and Grain. Stories of Nitrogen

Livet, døden, krig og korn. Historier om nitrogen

Genre: Non-Fiction
Category: Nature and Popular Science
Publisher: Humanist
Year: 2025
Pages: 314
ISBN: 9788282823012

This is the story of how nitrogen connects us to nature, for better or worse.

Why is artificial fertilizer used to make bombs? And how can stinking ammonia be part of the solution to the climate problem?

Everything we humans do is connected to air, water, soil and life through actual, physical substances. Nitrogen is one of the most important building blocks of all living things. We breathe nitrogen, but the nitrogen in the air has a form that makes it useless to both us and others. We could never have had a green and lush earth without tiny organisms in the ancient oceans, converting nitrogen gas into useful materials. Later, humans developed machines that could do the same. Today, our factories produce more reactive nitrogen than produced by bacteria. We use it both to grow life-giving food and for amunitions that take lives in war.

This is the story of how nitrogen connects us to nature, for better or worse.



Photo: Sturlason

Anja Røyne is a scientist and lecturer at the Institute of Physics, University of Oslo. She is a physicist with a background in solar energy, but has in the last 15 years researched geological and geo-chemical processes and is now researching how materials can be created with biotechnology. In addition she runs her own science blog, and often contributes in popular science radio programmes on radio and in newspapers.

Previous titles

Hot Planet, Cool Minds: Science's Genial Solutions to the Climate Challenge (2020)
The Elements We Live By (2018)

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