

Non fiction from
BONNIER
Rights Sweden

Spring 2017

Dear Publisher

We have the pleasure of presenting our new illustrated non-fiction titles from Bonner Fakta and Bokförlaget Semic.

Last year we had some really hot titles, BRAIN POWER, page 23, and FOOD PHARMACY, page 24, together with many of our high quality cook books. Many of our titles are sold to several countries and when looking through our Spring Catalogue, we are sure that you'll find many interesting titles for your list.

It's a pleasure working with all our foreign partners and we look forward to another amazing year together with you!

We would be happy to send you reading copies or pdfs so don't wait, let us know what you are looking for!

The Bonnier Publishing Group is made up of Albert Bonniers Förlag, Bokförlaget Forum, Bokförlaget Max Ström, Bonnier Audio, Bonnier Carlsen, Bonnier Fakta, Reseförlaget, Bokförlaget Semic, Bonnier Pocket, Kartago, Wahlström & Widstrand, Bonnier Brands, Bonnier Rights and Type & Tell.



Ulla Joneby

Rights Director
+46 8 696 86 08
ulla.joneby@bonnierrights.se



Ludvig Kullander

Foreign Rights & Co Edition
+46 8 696 80 93
ludvig.kullander@bonnierrights.se



www.facebook.com/BonnierRights
Twitter and Instagram @BonnierRights

Cover Vildvuxet Illustration Nadia Nörbom
Graphic Design Linda Andersson

Green Burgers

**GRÖNA
BURGARE**
MARTIN NORDIN



Thirty burgers made from beans and lentils, root vegetables, courgettes, spinach, mushrooms or halloumi and served with the best trimmings. This is the perfect book for those of you that want to follow a greener diet without forgoing on pleasure.

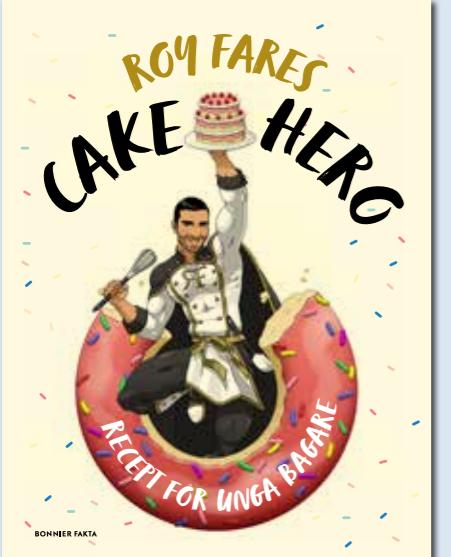
By entering the delicious world of green burgers, you'll discover how much tastier they are than classic burgers. Vegetarian street food is on the up and the vegetarian lifestyle is here to stay.

Besides all the great burgers, you'll also find recipes for burger buns, trimmings, sauces, pickles, dips and everything else that gives your burger a boost.

Martin Nordin has a wonderful sense of vision, style and flavour. He spends his weekdays working in advertising and communication but spends his spare time composing burgers, perfecting dressings and balancing sweet and salt in the quest to create perfect pickled jalapeños.

ORIG. TITLE Gröna burgare
AUTHOR Martin Nordin
FORMAT 195x260 mm
PAGES 144
RIGHTS SOLD English worldwide,
Finland, France, Holland





ORIG. TITLE Cake Hero
AUTHORS Roy Fares
FORMAT 170x220 mm
PAGES 120

Cake Hero – recipes for young bakers

Get out your whisk and spatula – it's time to bake! With Roy Fares as your guide, you are guaranteed success with your cookies, buns and cakes.

If you like baking, you will definitely have something in common with Roy Fares. He is the master pastry chef that loves to get creative in the kitchen and who is more than happy to share his recipes and techniques with young bakers.

And that is exactly what he does in *Cake Heroes* – a book that is bursting with baking techniques, fun recipes and clear pictures as well as plenty of tips and advice to ensure spectacular results.

The book contains about 40 delicious recipes for cookies, cakes, buns, pies and pastries that will turn you into a baking superhero!

After having won Sweden's Pastry Chef of the Year Award in 2010, **Roy Fares** has become the star of all things sweet. He has written *Sweet!*, *Delicious* and *Sweet Spots of New York* as well as *United States of Cakes* – a book that became the inspiration for his own television programme of the same name.



From Scratch – real food without shortcuts

You can actually make most of the food you eat yourself and in this book, sisters Lisa and Monica Eisenman prove just how easy it can be.

From Scratch contains about 500 recipes for everything from pickled vegetables, spice mixes, chutney, ketchup, sauces, stocks and nut butter to yoghurt, cheese, sausages, rillettes, snacks and ice cream.

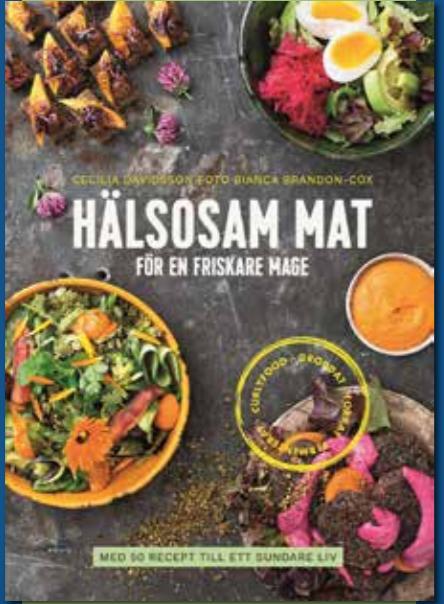
Many of the recipes are simple while others require a bit more time and effort, and there are even some real challenges, like making your own Cheddar cheese for Christmas.

As well as the health and environmental benefits, cooking from scratch is usually cheaper and tastier than ready-made alternatives, and you will end up with a fridge and larder full of beautiful jars of pickled fruit and vegetables.

Lisa Eisenman Frisk and **Monica Eisenman** have worked with food for many years and have co-authored a number of bestselling cookbooks: *Cooking for Family and Friends*, *Two Sisters' Sweets, Soups, Breads & Spreads*, *Winter Sweets* and *Summer Sweets*. *From Scratch* is a compilation of their knowledge and genuine interest in food.



ORIG. TITLE Från grunden
AUTHOR Lisa Eisenman Frisk & Monica Eisenman
FORMAT 195x260 mm
PAGES 336



ORIG. TITLE HÄLSOSAM mat för en
friskare mage
AUTHORS Cecilia Davidsson
FORMAT 170x240 mm
PAGES 128

Eat Your Way to a Healthier Stomach

The food we eat has a huge impact on our well-being and our stomachs. This book teaches you how the digestive system works, from the very first enzyme to hydrochloric acid, gastric juices, intestinal flora and the importance of friendly bacteria, and gives you all the inspiration you need to fill your larder and make the most of everything in it by sprouting, drying and fermenting. *Eat Your Way to a Healthier Stomach* is also full of delicious recipes, including a green salad bowl with matcha, beetroot falafel, mushroom-stuffed Swiss chard, fennel nectar and mango granola. As the book focuses on health and nutrition, most of the recipes are vegetarian, the ingredients are all naturally gluten-free and none of the dishes contain white refined sugar.

Cecilia Davidsson is a nutritional therapist. Ten years ago she founded Curlyfood, a company that holds cookery courses and offers organic catering services.



Superfood Boost

Switch snacks and reap the rewards! Superfoods are bursting with nutrients that give your health a boost and, best of all, you can buy them in your local supermarket.

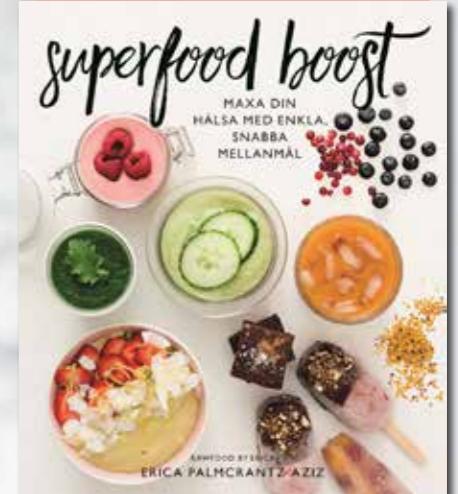
Superfood Boost arms you with the knowledge and motivation to start planning fast and easy dishes that have a positive effect on your health.

The dishes, which are free from gluten, sugar and milk, are all based on raw food ingredients that are cooked at temperatures of lower than 42 degrees in order to preserve valuable nutrients.

These recipes for quick snacks will make it easier for you to live a healthier life. Instead of a sandwich, have a wonderful avocado and blueberry smoothie, and, when a sugar craving sets in, try a nice cream – it's just as good as ice cream but much better for you.

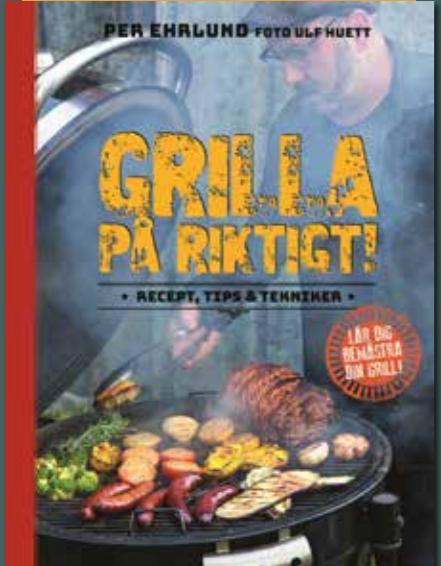
Several of the recipes in this book also make perfect breakfasts, lunches and dinners that will leave you feeling energized, healthy and happy. By switching to a lunch made with fresh and natural ingredients, you will have enough energy to last you until evening. And into the bargain, you'll have a calmer tummy, more even blood sugar and you'll even be doing your bit to improve the environment.

Erica Palmcrantz Aziz is an international author and raw food inspirer and has sold over 200 000 copies of her books globally. She also runs the popular blog *Raw Food by Erica*.



ORIG. TITLE Superfood boost
AUTHOR Erica Palmcrantz Aziz
FORMAT 195x224 mm
PAGES 144





ORIG. TITLE Grilla på riktigt
AUTHORS Per Ehrlund
FORMAT 195x260 mm
PAGES 128

The Guide to Good Barbecuing

Barbecuing isn't difficult – not when you know what to do and why. *The Guide to Good Barbecuing* teaches you how to take command over your own barbecue and puts you in charge of the temperature, the coal, the different techniques, like direct and indirect cooking and hot smoking, and different ways of adding a smoky flavour to your food. It is full of delicious recipes for meat, fish, shellfish, vegetables and desserts as well as all the tips and advice you'll need to take your barbecuing skills to a whole new level.

Per Ehrlund is one of Sweden's most experienced and popular barbecuing instructors and a source of inspiration to many thanks to his genuine knowledge of the art of barbecuing. He has won a number of awards in different barbecuing competitions, including Sweden's *BBQ Chef of the Year* and second place in the Swedish TV series *BBQ Pitmaster of the Year*.



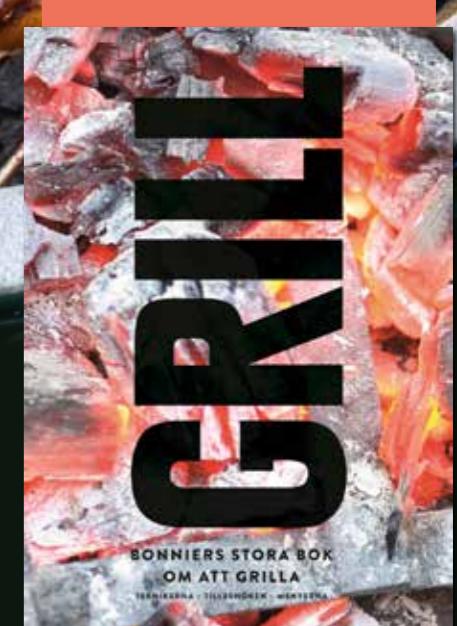
The Big Book on Barbecuing

The taste of barbecued food is fantastic – perhaps it's the smoky flavour that takes it to a whole new level. And, like the smell of newly cut grass, the sound of splashes in the water and the dazzling sun, barbecues are synonymous with summer. But barbecues are so much more than that. There is something primitive about them. In every culture all around the world, people cook over embers. The details may vary somewhat, but what they have in common is the wonderful smoke-browned and roasted flavour. The ingredients can be marinated, dry-spiced or salted. You can smoke large joints of meat under a lid for hours or sizzle small pieces of skewered meat in just a few minutes. You can baste or glaze the food, barbecue it with wood chips and fresh herbs, or even with wine or water steaming on one side of the burning coal.

The book's many recipes come from all across the world and include everything from Korean thinly-sliced entrecote, juicy barbecued brisket from Texas and saffron chicken from Iran to Argentinian asado, South African braai, French leg of lamb and kebabs from countries far and near. With separate chapters on sauces, accompaniments and main courses, the combinations and choices are endless.

The Big Book on Barbecuing is perfect whether you are a beginner eager to get started or a more experienced barbecuer looking for inspiration. This is a book that you will turn to again and again!

Jens Linder is a chef and journalist. He is one of the authors of Bonnier's cookery book, *The Big Book on Cooking*, and has also written several of his own cookbooks that have won prizes from both the Swedish Academy of Culinary Arts and Meal Sciences and Gourmand World Cookbook Awards.



ORIG. TITLE Grill
AUTHOR Jens Linder
FORMAT 194x275 mm
PAGES 256
RIGHTS SOLD Finland, Germany

OLGAS MAT



ORIG. TITLE Olgas mat
AUTHORS Olga Rönnberg
FORMAT 195x260 mm
PAGES 144

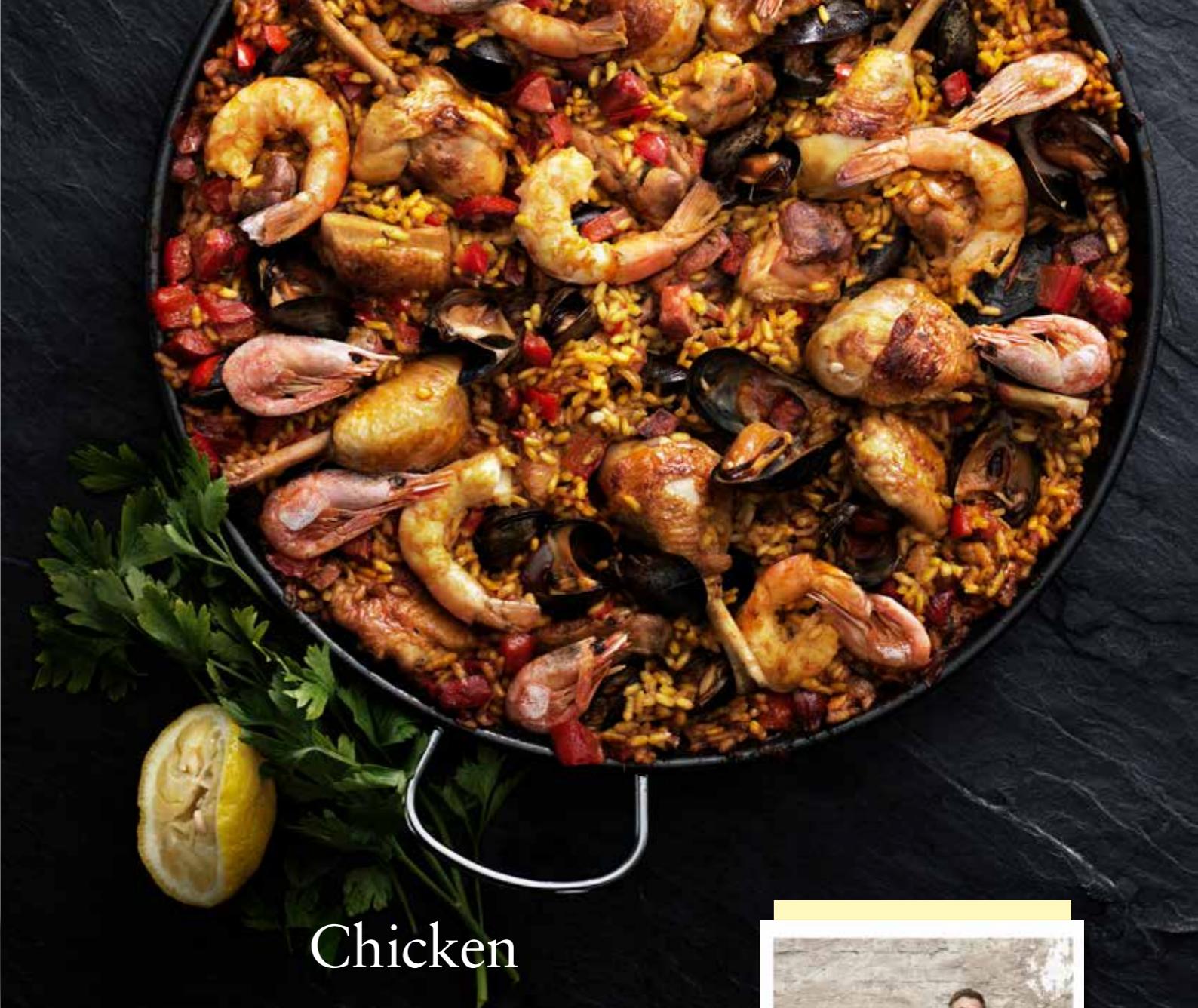
Olga's Food

After 140.000 copies sold of her training books,
the awaited cookery book is now here!

Olga's Food is full of delicious and nourishing recipes that will boost your energy levels so that you can cope with everyday life and exercise.

There are recipes for every meal of the week. Delicious breakfasts with healthy pancakes, granola and porridge, quick snacks that are easy to take with you, satisfying lunches like salads and omelettes and wonderful dinners for the whole family. All the dishes are quick to make and include nutritional information so that you know exactly what you are eating. There are even tips and advice on how you can inexpensively adapt the dishes to suit everyone in the family.

Olga Rönnberg is one of Sweden's biggest health experts. Through her company Mamma Fitness, she has coached women within diet and exercise for many years and the results have been fantastic – in fact no one knows more about women's dietary habits than her. Olga has written a number of books on exercise but *Olga's Food* is her eagerly awaited debut cookbook.



Chicken

In his new cookbook, Tareq Taylor speaks up for chicken and everything it can be used for! It is a versatile ingredient that can be cooked whole or in pieces, as fillet or mince, grilled on a skewer, used in a hearty casserole, stir-fried, deep-fried or gratinated, the list is endless.

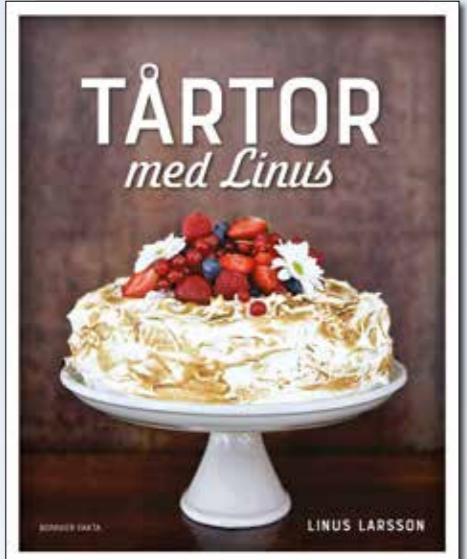
Chicken contains the best recipes for fast food, weekday meals and festive occasions and has flavours from all across the globe.

There is everything from classics like Flying Jacob, chicken curry, coq au vin and tom kha gai to new favourites such as chicken tacos, chicken gumbo and pollo tonnato.

The book also teaches you how to cut and disjoint a chicken, how to make stock, how to get perfect crispy skin and which herbs and spices to use. And don't forget, it's not just the spices that are important, but also the chicken itself!



ORIG. TITLE Kyckling
AUTHOR Tareq Taylor
FORMAT 195x260 mm
PAGES 208



ORIG. TITLE Tårtor med Linus
AUTHORS Linus Larsson
FORMAT 195x240 mm
PAGES 128

Delicious Cakes

There is a cake for almost any occasion! Summer picnic, birthday party, graduation reception, the wedding party - a beautiful and especially a good cake compliments any event at any time.

Linus Larsson offers his most delicious recipes and a variety of tips and step-by-step photos make your baking easier. Here are simple cakes for the big celebration, classics and something more sophisticated that requires a little time and planning.

In the book you can read about different kinds of bases, fillings and flavors and how to combine them.

Linus Larsson is the passionate home baker who won the competition "The Swedish Baking Competition" in 2015.



The New Green Salad

This is the book that introduces the new salad – an entire meal composed of green and healthy ingredients with contrasting flavours and textures. Vegetarian all-in-one salads without refined sugar and, in many cases, gluten free and vegan. Luxurious, hearty salads that everyone can make and that satisfy all the senses.

The New Green Salad contains both hot and cold salads, green side dishes, creamy dressings and seedy crispbread – all with wonderful flavours, consistencies and textures. A simple way of eating green, pure and healthy food every day of the week.

The recipes include delights like Spring vegetable salad with buckwheat, quick pickled courgettes and a strawberry dressing, Pumpkin bowl with quinoa, beetroot balls and chèvre cream, Noodle salad with tofu sizzled in Tamari, pickled gherkins and a peanut dressing, Sweet potato salad with chantarelles, cabbage and coriander mayonnaise, Green cabbage pesto with roasted almonds and Basil and pecorino cream.

The New Green Salad is a plant-based and hearty mixture of wonderfully nutritious, healthy and delicious green ingredients of different colours, flavours and textures.

Therese Elgquist is a freelance food writer, stylist and recipe developer who provides catering services and holds courses in accordance with her food philosophy – health, green, beautiful and balanced food that is bursting with textures and flavours. She is also trained in strategic communication.



ORIG. TITLE The new green salad
AUTHOR Therese Elgquist
FORMAT 195x240 mm
PAGES 144





ORIG. TITLE Nya kickstarter
med Ulrika
AUTHORS Ulrika Davidsson
FORMAT 195x240 mm
PAGES 224

Kick-Starts GI, LCHF, Detox; 5:2

It's never too late to change your lifestyle. All you need is a large dose of motivation, a little inspiration and some knowledge. And most of all, a kick-start – a ready-made schedule with calorie-counted recipes for every meal of the day.

No two people area like and no single diet suits everyone. That is why in this book you can choose between four different kick-starts, based on GI, LCHF, Detox or the 5:2 diet.

Kick-Starts is a fantastic tool for setting and reaching both short and long-term goals. It gives you all the information you need to eat well for two weeks or more as well as easy-to-make recipes that guarantee weight loss.

Dietary adviser and best-selling cookery book writer Ulrika Davidsson is one of Sweden's most popular diet and health experts. Since she started in 2006, over one million copies of her books have been sold. This is her 25th book containing healthy recipes.

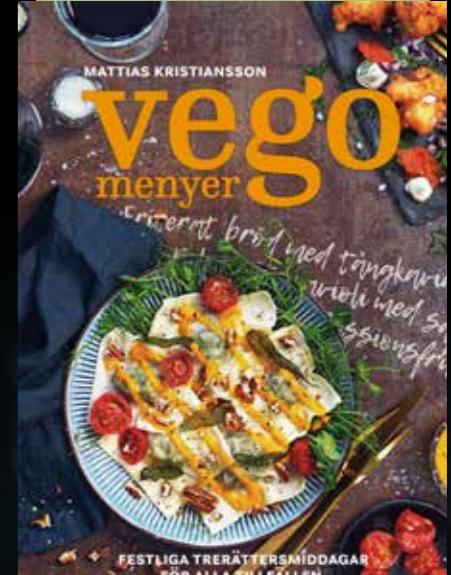


Vegetarian Menus

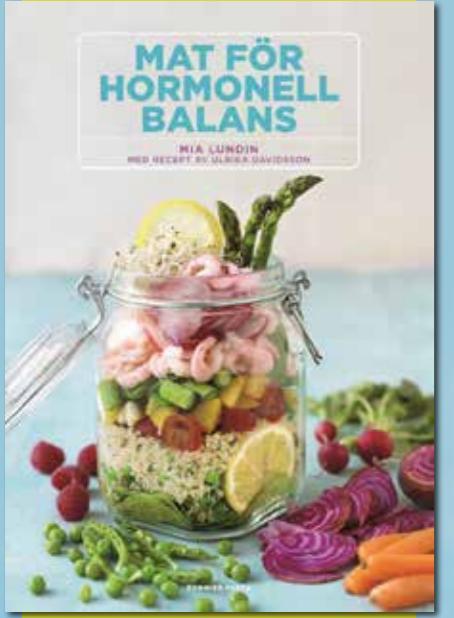
Cooking a three-course meal has never been easier! Vegetarian food expert Mattias Kristiansson has the perfect menus for every conceivable occasion from parties to weekday meals with a luxurious touch. He turns a wide variety of delicious ingredients into wonderful starters, tasty main courses and yummy desserts that certainly won't disappoint.

All the recipes are quick and easy to make and give you time over for the fun part – enjoying superb food in the company of good friends. The recipes include stuffed artichokes au gratin with mint oil, saffron-marinated baked tofu in zucchini, bruschetta with tomato confit, deep-fried silken tofu, pea and bean burgers with pistachio nuts, spinach and parsley, chilli and coconut cream, chickpea pavlova and Snickers soup with ice cream.

Mattias Kristiansson is one of Sweden's leading vegetarian food experts. As well as being editor-in-chief of the first and largest vegetarian food magazine in Sweden, he has also written six baking and cookery books. His goal is to inspire as many people as possible to cut down on meat and eat more vegetarian food and he does so with a large dose of humour, no lectures and a friendly pat on the shoulder as well as, of course, simple and delicious food!



ORIG. TITLE Vegomenyer
AUTHOR Mattias Kristiansson
FORMAT 195x260 mm
PAGES 128



ORIG. TITLE Mat för hormonell balans

AUTHOR Mia Lundin & Ulrika Davidsson

FORMAT 170x240 mm

PAGES 168

RIGHT SOLD Estonia, Finland, Germany, Norway, USA

The Hormone Balance Cookbook

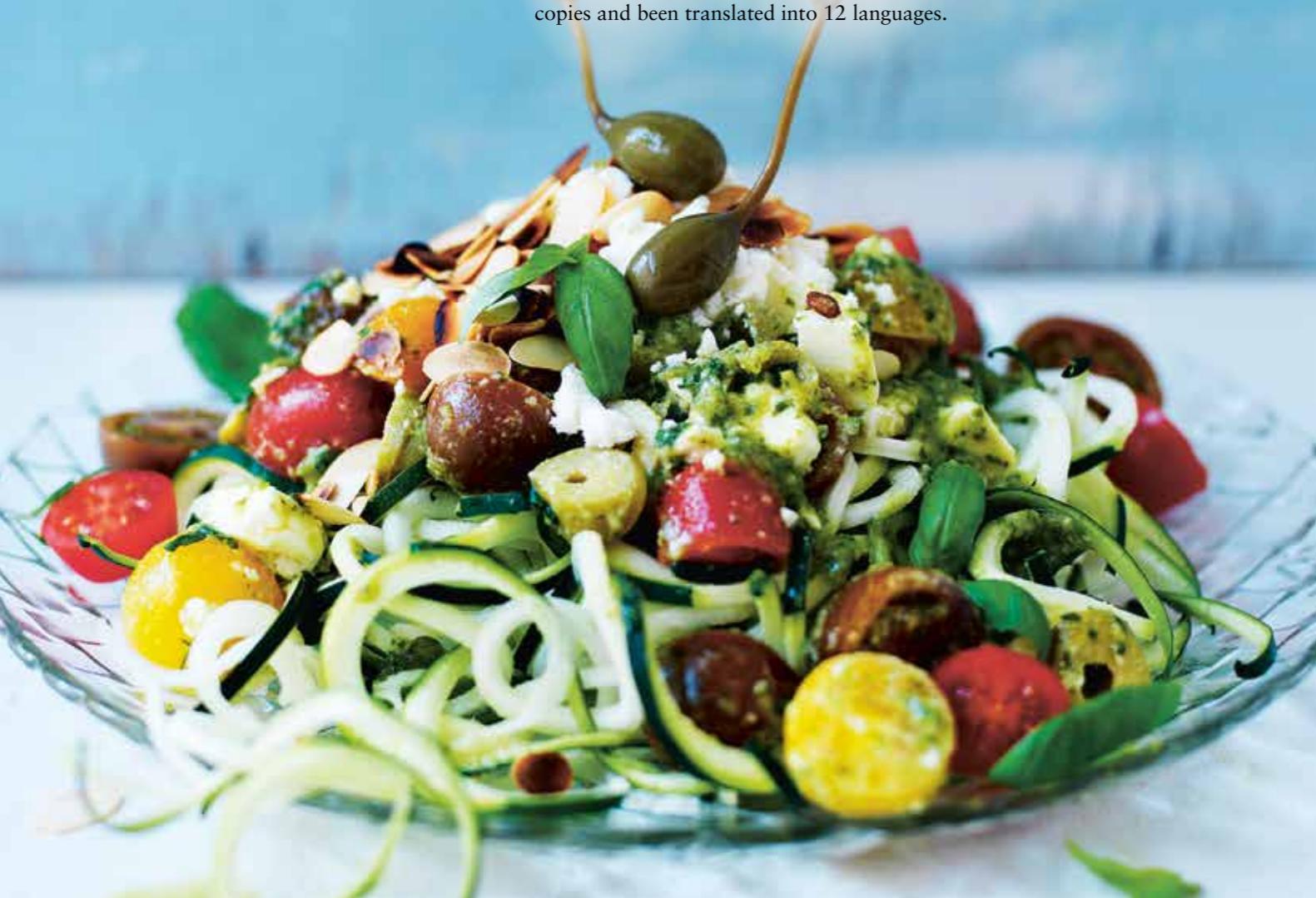
This is a book for women that want to eat right in order to retain their hormonal balance, keep their brains alert and enjoy life to the full. The key to hormonal balance is the food you eat because if your body gets the right nutrition it will stop crying out for help and you will feel calmer and stronger.

The more balanced your body is in terms of nutrition, the less hormones you will need to replace in the future, leading to fewer PMS, premenopause and menopause symptoms. And the right diet even helps prevent inflammation, osteoporosis and weight gain.

The Hormone Balance Cookbook begins with an easy-to-follow and comprehensive factual section and ends with around 60 recipes for delicious, healthy and simple food. There is even a two-week diet plan to help you get started.

Mia Lundin is a nurse practitioner specialising in gynaecology and obstetrics and has been working on the treatment of hormonal disorders like PMS, postnatal depression and menopausal problems since 1989. She lives in California and ran The Center for Hormonal & Nutritional Balance Inc. for 17 years.

Ulrika Davidsson is one of Sweden's most popular diet and health experts. Her 24 books containing healthy recipes have sold over a million copies and been translated into 12 languages.



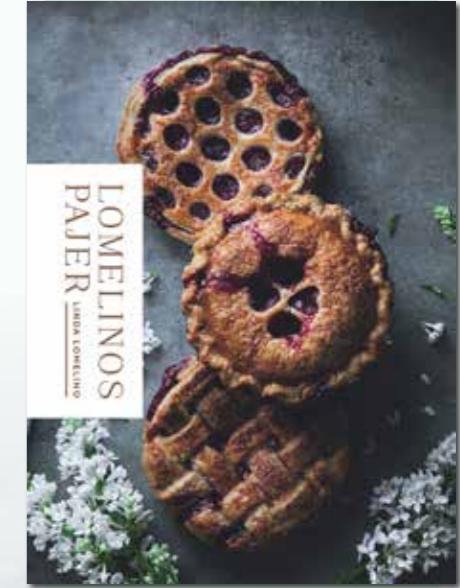
Lomelino's Pies

Another wonderful book by Linda Lomelino, the Greta Garbo of all things sweet! This time she's making sweet pies.

The simple recipes, combined with beautiful aesthetics and delightful photographs, don't just look heavenly, they taste heavenly too.

Lomelino's Pies is bursting with recipes for pies of all shapes, sizes and flavours, including lemon meringue pie, rhubarb pie, pecan pie, S'mores pie, lime pie and chocolate crumble pie.

The book even has recipes for different types of pie pastries and a chapter on delicious accompaniments like toppings and sauces, including Linda's irresistible custard.



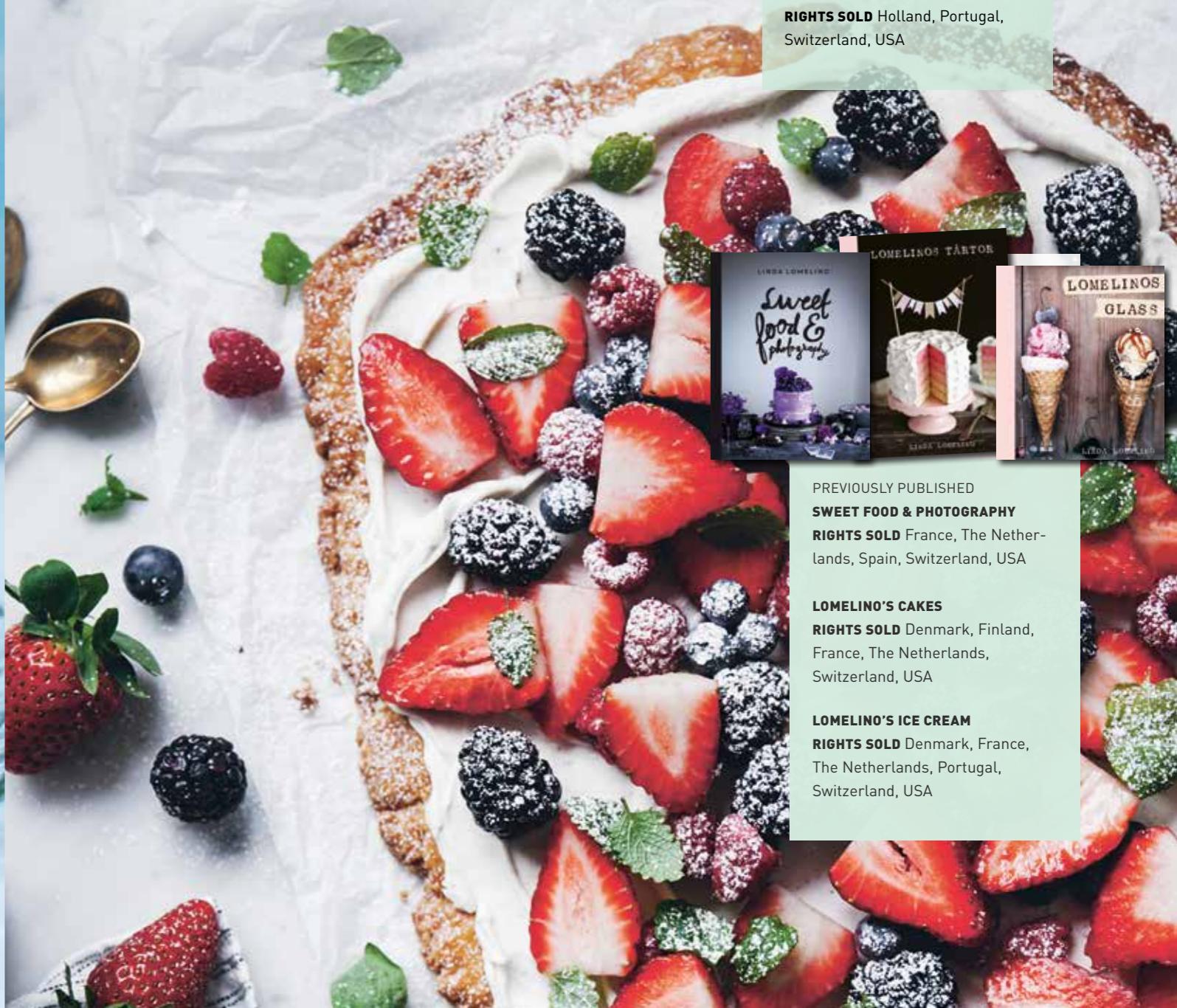
ORIG. TITLE Lomelinos pajer

AUTHOR Linda Lomelino

FORMAT 195x260 mm

PAGES 144

RIGHTS SOLD Holland, Portugal, Switzerland, USA



PREVIOUSLY PUBLISHED
SWEET FOOD & PHOTOGRAPHY

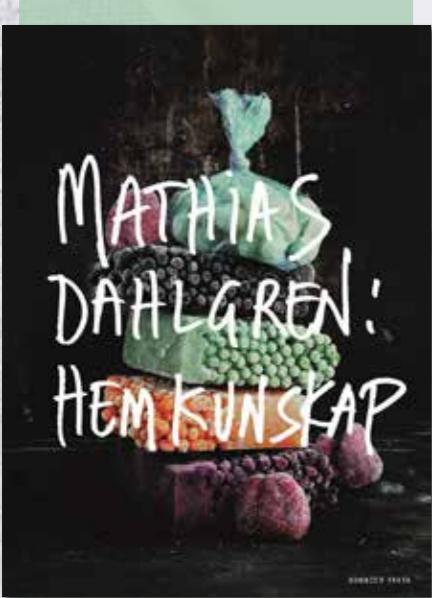
RIGHTS SOLD France, The Netherlands, Spain, Switzerland, USA

LOMELINO'S CAKES

RIGHTS SOLD Denmark, Finland, France, The Netherlands, Switzerland, USA

LOMELINO'S ICE CREAM

RIGHTS SOLD Denmark, France, The Netherlands, Portugal, Switzerland, USA



ORIG. TITLE Hemkunskap
AUTHOR Mathias Dahlgren
FORMAT 180x240 mm
PAGES 232
RIGHTS SOLD Finland

Everyday Cooking – smart dishes with great ingredients

Forget those dull domestic science lessons you had at school! With the help of Mathias Dahlgren's *Everyday Cooking – smart dishes with great ingredients*, you will not only be making more delicious food, you'll also find cooking simpler and more fun than ever before.

Master chef Mathias Dahlgren might have made a name for himself for his sophisticated yet simple dishes served in a fine dining environment, but he has his feet very firmly on the ground – or you could say he has his ladle very firmly in the saucepan - when it comes to everyday cooking.

In *Everyday Cooking – smart dishes with great ingredients*, Mathias Dahlgren helps you get a grip of your kitchen. The book has three main chapters – 20 minutes, 40 minutes and 120 minutes or more – 20 minutes stands for quick and creative, 40 minutes for meals followed by a simple dessert for those days when you have a bit more time and 120 minutes or more for basic recipes and slow cooking that make your time in the kitchen stress free.

Mathias Dahlgren is Sweden's most awarded chef and in fact the only Swedish chef to have won a gold medal in Bocuse d'Or, the World Championships for Chefs. He currently runs the Michelin starred restaurants Mathias Dahlgren Matsalen and Matbaren at the Grand Hotel in Stockholm.



Homemade Cakes

White sticky chocolate cake, Nutella cheesecake, raspberry pie, Swiss nut chocolate cake, caramel cake, crunchy Tosca cake and sticky rhubarb cake are just a few of the many wonderful recipes in this book.

Having been generous with her bread recipes in the highly popular *Homemade Bread*, Linda Andersson is back, this time with a collection of her best sweet recipes. *Homemade Cakes* is divided into different chapters that focus on sticky cakes, cheesecakes, gateaux, buns, sponge cakes, pies, biscuits, ice cream and Christmas recipes, so you will definitely not be short on cakes to treat your friends too!

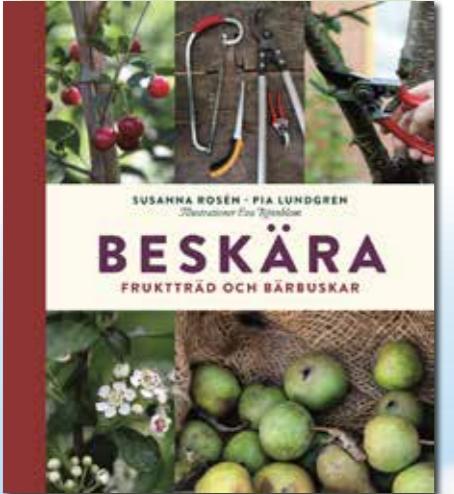
Linda Andersson is a journalist and domestic science and consumer education teacher as well as a regular contributor to the Swedish baking magazine *Hembakat*. She has had a passion for baking and creating wonderful new recipes ever since she was a child.



ORIG. TITLE Lindas kakor
AUTHOR Linda Andersson
FORMAT 170x240 mm
PAGES 112



ORIG. TITLE Lindas matbröd
AUTHOR Linda Andersson
FORMAT 170x240 mm
PAGES 112
RIGHTS SOLD USA



ORIG. TITLE Beskära – fruktträd och bärbuskar
AUTHORS Susanna Rosén & Pia Lundgren
FORMAT 195x224 mm
PAGES 112

Pruning Fruit Trees and Berry Bushes

Pruning is an essential part of gardening – particularly when it comes to our fruit trees and berry bushes. If we want them to bear fruit and stay healthy from year to year, we need to look after them properly. Growing edibles is very fashionable and many people are now opting to plant their own fruit trees and berry bushes.

Pruning Fruit Trees and Berry Bushes provides you with a clear explanation of why to prune them and how and covers everything from growing sea buckthorn to espaliering an apple tree. It tells you about the easily available trees and bushes that are worth growing, even ones that grow in higher climate zones and gives you step-by-step instructions and clear illustrations to help you get started on your pruning.

Susanna Rosén is a gardening journalist, biologist, photographer and author of a number of popular books about flowers and garden. Just as in her last book *Pruning Trees, Shrubs and Climbing Plants*, she has written this book together with **Pia Lundgren**, a horticultural engineer with long experience of professional gardening.



Wild Food – food and home remedies from nature

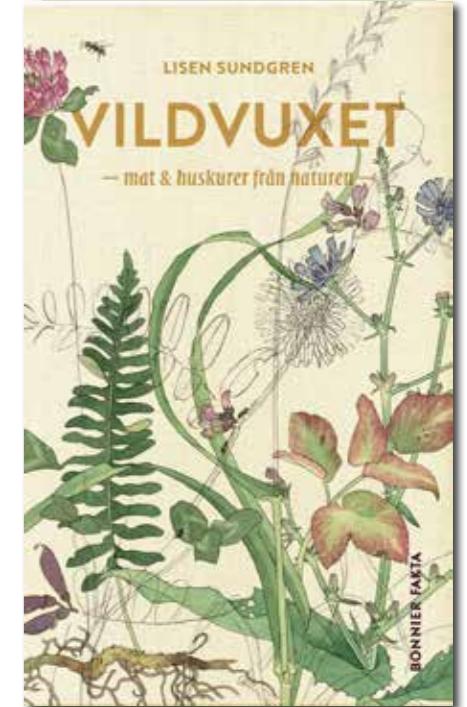
Take experienced herbalist Lisen Sundgren's hand and let her help you fill your basket with the delicacies that nature has to offer and then turn them into exciting dishes and health-giving household remedies.

Wild Food guides you to nature's bounties in the form of plants, seeds, flowers and leaves and teaches you how to pick them in a sustainable way and how to preserve their flavour and quality.

The book has a reference section that tells you everything you need to know about the 80 best plants for cooking and improving your health, including where they grow, when to pick them and how they taste. You will also find information on the plants' nutritional values and the best recipes and household remedies. All the plants are illustrated in beautiful, detailed watercolours making them easy to identify.

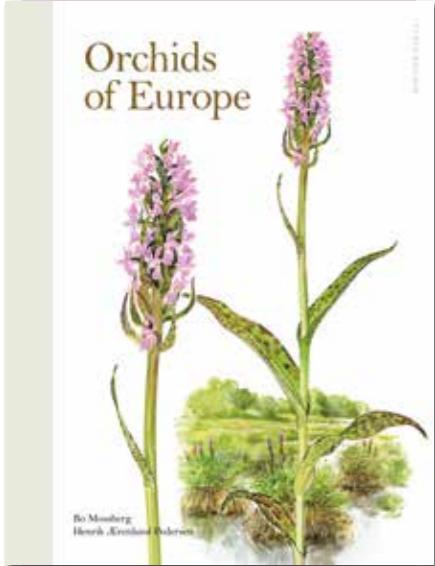
Lisen Sundgren is a herbalist and worked at Rosendals Garden in Stockholm. She has been a passionate picker and eater of wild plants for many years and has introduced them into the world of restaurants. Lisen has written many books about herbs, including the best-selling and award-winning *The Wild Kitchen*, and she holds lectures, courses and walking tours for the general public.

Nadia Nörbom is an illustrator of reference books for children and adults. She also works as a florist at Rosendals Garden and has a passion for adding wild flowers to bouquets.



ORIG. TITLE Vildvuxet – Mat &huskurer från naturen
AUTHOR Lisen Sundgren
FORMAT 155x240 mm
PAGES 240





ORIG. TITLE Orkidéer i Europa
AUTHORS Bo Mossberg & Henrik Aerenlund Pedersen
FORMAT 215x280 mm
PAGES 208
RIGHTS SOLD Denmark, France, Germany, Holland and the United Kingdom

Orchids of Europe

Few flowers are as loved and written about as orchids. They can be grand and exotic or delicate and simple, but they have always captured our interest thanks to their beauty and elegance.

This richly-illustrated, fact-filled and appealing book presents almost 200 species and subspecies arranged in 133 genera of the orchid family and is perfect for both beginners and botanists. The book begins with two basic chapters on, among other things, systematics and where and how orchids grow, and ends with concrete advice on how to identify orchids when you are out in the countryside.

Orchids of Europe is an indispensable book for anyone interested in flowers and nature. Not only is it a useful field handbook and reference guide, it is also a beautiful art book. It is the result of close collaboration between two prominent experts: Bo Mossberg, Sweden's leading plant illustrator, and Henrik Aerenlund Pedersen, the internationally renowned botanist and author.

Henrik Aerenlund Pedersen is a Doctor of Philosophy and has been a professor at the Natural History Museum at the University of Copenhagen since 1998. His speciality is orchids. **Bo Mossberg** is Sweden's leading plant illustrator and a world-class botanical artist who has received several awards for his work.



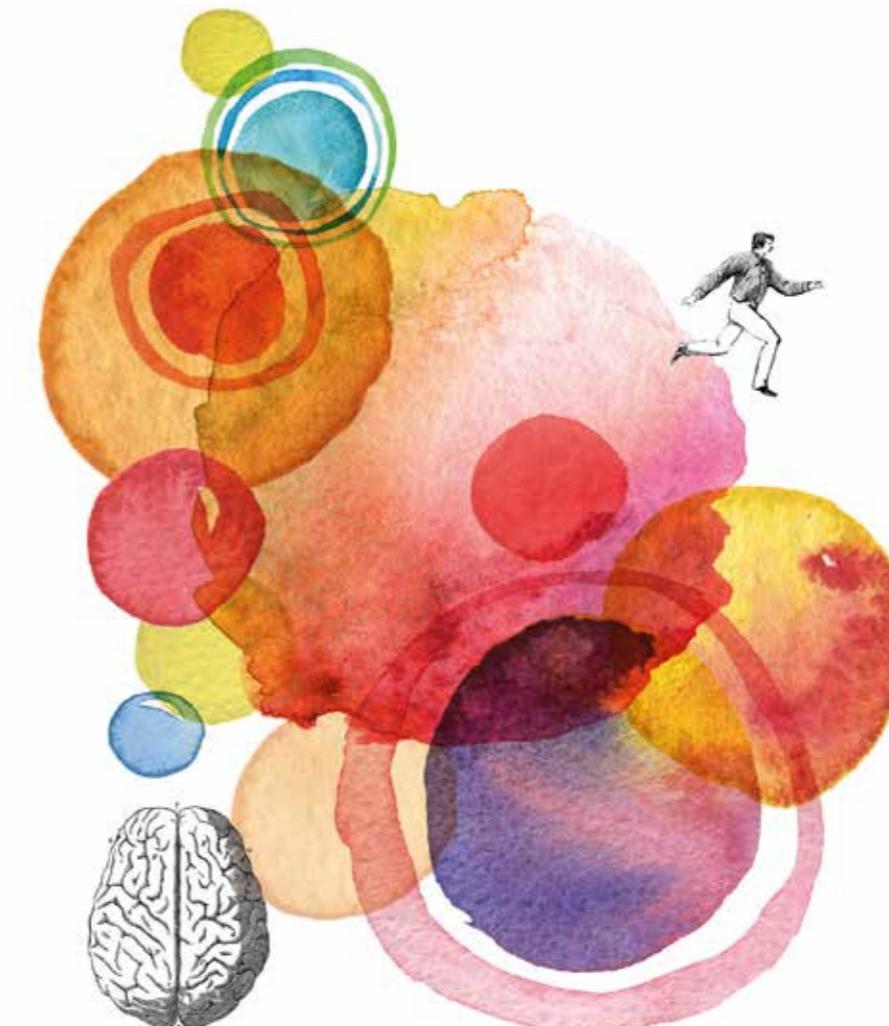
Brain Power

35.000 copies sold
in 6 months!

If you want to raise your stress tolerance, improve your health and your memory and maximise your creativity and intelligence the answer is exercise. Research actually shows that regular exercise boosts your brain power more than Sudoku, crosswords and health supplements put together.

The brain is ever changing, with new cells being constantly formed and connections created and replaced. Exercise doesn't just enhance your health and energy levels, it also has a positive impact on concentration, memory, sleep, creativity and stress tolerance as well as personality and intelligence. You will be able to think faster and go up a gear mentally, allowing you, for example, to concentrate even when it's noisy. The advantages are many, whatever age you are.

In *Brain Power*, **Anders Hansen**, Consultant Psychiatrist and author of the book *Health on Prescription*, sold in eight countries, shows you which mechanisms in your brain transform a walk or a run into nothing less than a mental "upgrade" and gives you concrete tips on how to achieve all the positive effects research has shown that exercise has on us.



ORIG. TITLE Hjärnstark
AUTHOR Anders Hansen
FORMAT 148x210 mm
PAGES 256
RIGHTS SOLD China, Denmark, Estonia, Finland, Norway, USA



Food Pharmacy

40.000 copies sold
in 6 months!

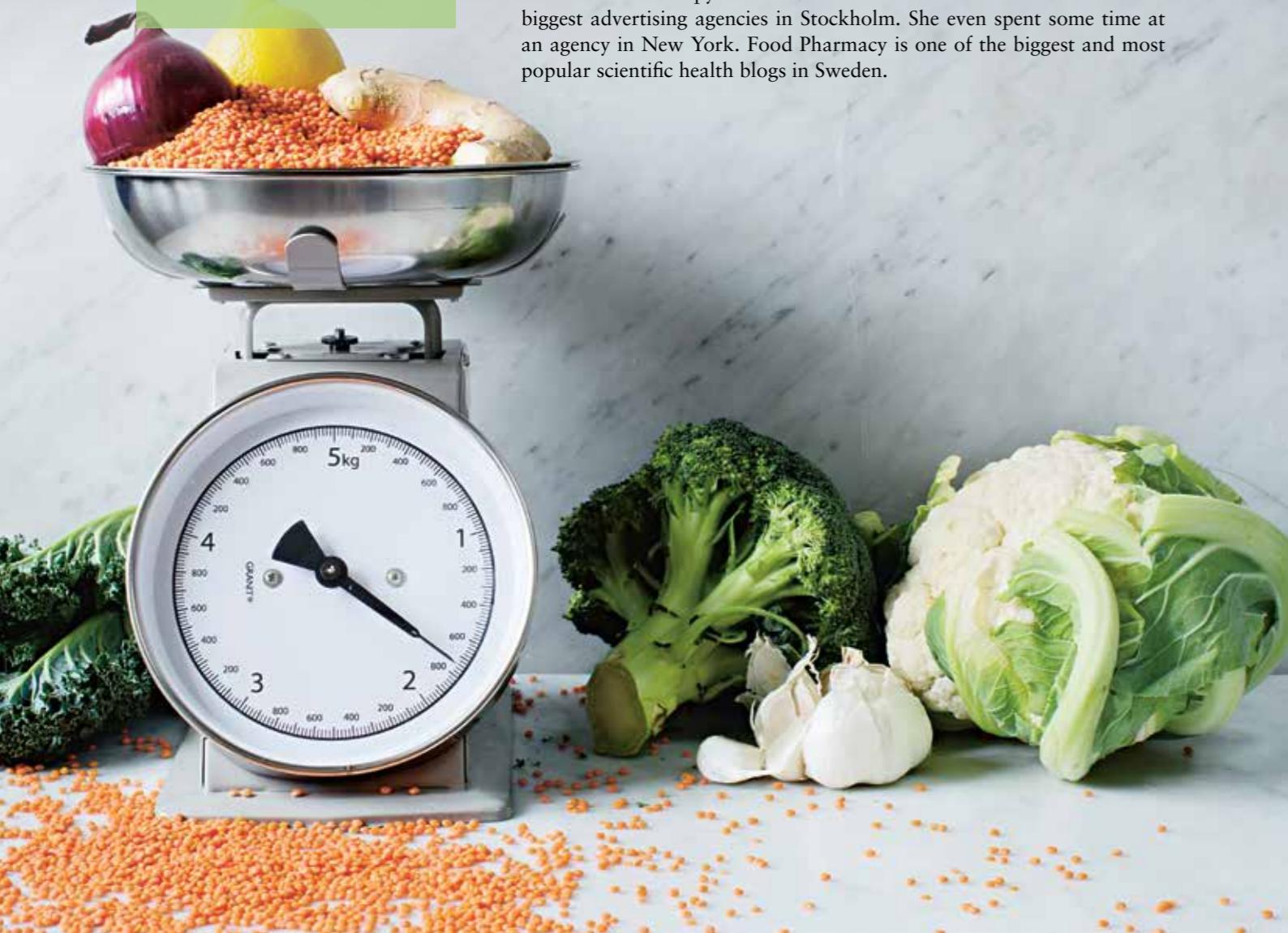
Healthy eating is the key to a healthy life and this book serves healthy, anti-inflammatory food together with a huge portion of humour. It is a tale of inflammation, intestinal flora, good and bad bacteria, scientific studies, hypochondria, meta analyses, turmeric and anti-inflammatory food and it is written in a more accessible way than you could ever imagine.

There are of course recipes and facts about the anti-inflammatory heroes of the kitchen, heroes that you will soon not be able to do without.

All the facts are substantiated by Professor Stig Bengmark, former surgeon-in-chief and clinical director at Lund University, with over 30 years' experience of research into the stomach's bacteria and how the food we eat has an impact on the body. He is of the opinion that all chronic illnesses have their origins in the same thing – a weakened immune system caused by chronic inflammation. That is why Mia and Lina want to find out how to lead a life that is as anti-inflammatory as possible and, after reading this book, you will want to too!

Lina Nertby Aurell is a political scientist who has worked with business development and trade promotion on emerging markets.

Mia Clase is a copywriter and has been creative director at some of the biggest advertising agencies in Stockholm. She even spent some time at an agency in New York. Food Pharmacy is one of the biggest and most popular scientific health blogs in Sweden.

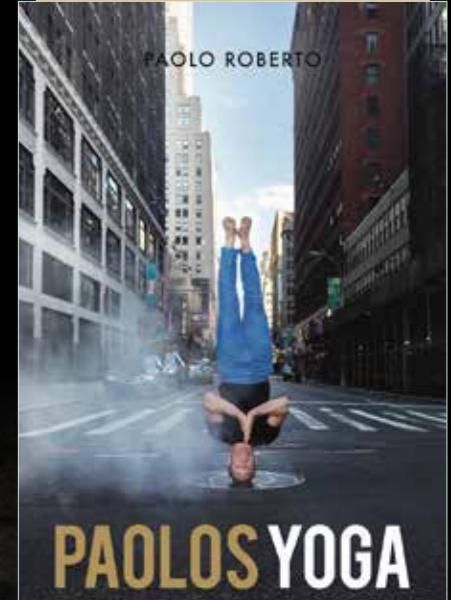


Paolo's Yoga

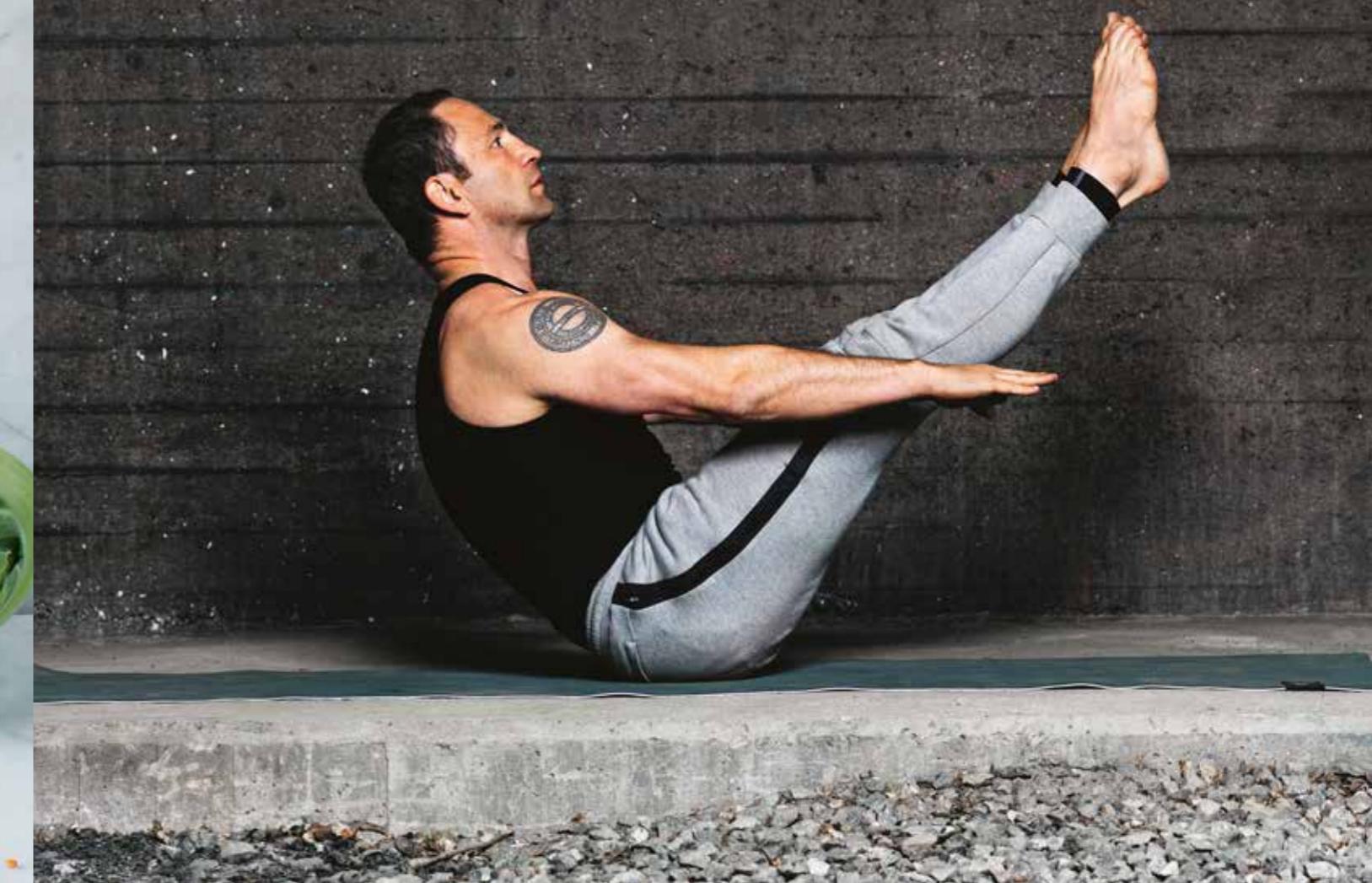
In *Paolo's Yoga*, Paolo Roberto demystifies yoga as a form of exercise and emphasizes the fact that all of us have different approaches to it. To Paolo, yoga is a lifestyle. It works whether you do it for your health, for physical fitness, for flexibility or for stress relief. It's not about whether you can touch your toes, but about what you can learn on the way down to your toes!

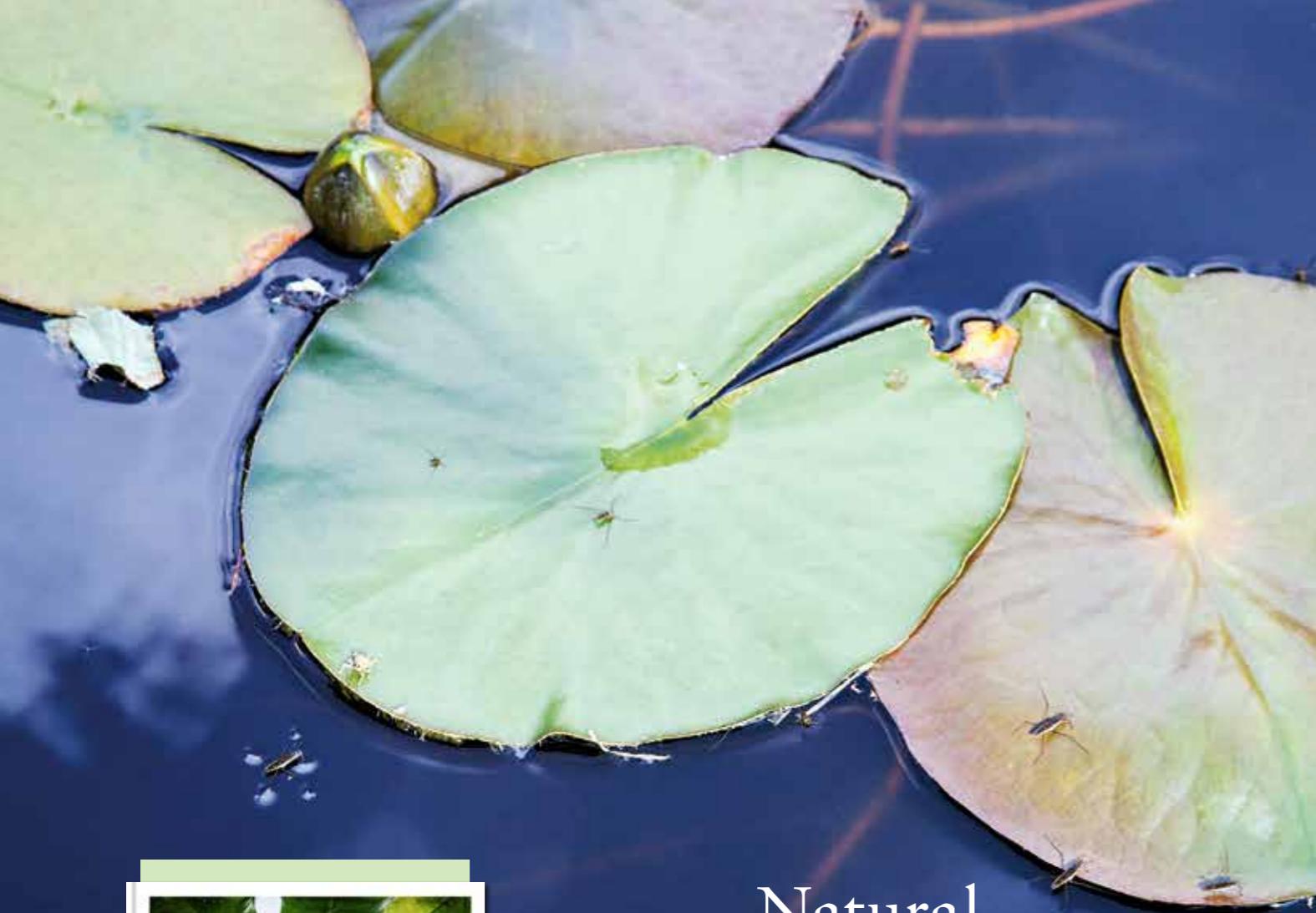
In his characteristic way, Paolo shares his knowledge of yoga, and it's not incense, Sanskrit and mantras, but the importance of breathing, focus, bodily awareness and patience. By understanding and being able to control your breathing in the different exercises, you will experience the positive effects of stretching, which brings with it strength, flexibility and a sense of calm. *Paolo's Yoga* opens one door for those of you who have never tried yoga and perhaps another one for those of you that have already started. You can choose from a whole range of postures, from the child pose to handstands, at your own pace, or from the compilations of sequences for different needs, such as the basic session, the TV session and the Pick Me Up.

Paolo Roberto is one of Sweden's most successful martial artists and the winner of two international titles as a professional boxer. He has also written a number of popular books on cooking and fitness, including *Träna en kvart om dagen* of which 100 000 copies have been sold.

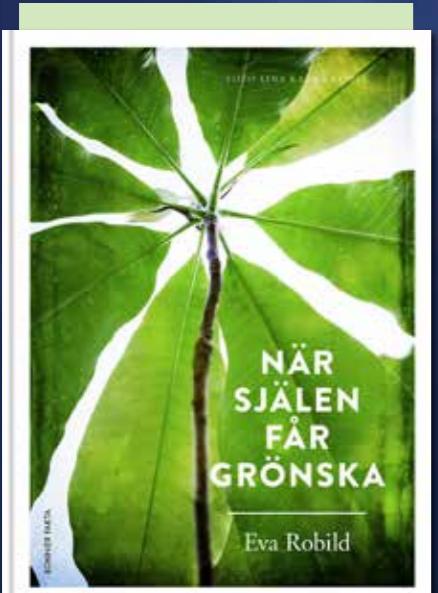


ORIG. TITLE Paolos yoga
AUTHOR Paolo Roberto
FORMAT 170x240 mm
PAGES 96





Natural Mindfulness



ORIG. TITLE När själen får grönska
AUTHORS Eva Robild
FORMAT 148x200 mm
PAGES 224

We are all aware that鸟song, rippling water, whispering forests and unbroken horizons are good for the soul, but research now shows a much clearer connection between health and nature. We need to spend time out in the great outdoors to recover, to heal and to be inspired.

In *Natural Mindfulness*, Eva Robild gives us a factual and personal account of how important nature and her garden is to her and how in difficult times she seeks refuge in beaches and forests where you are not judged and there are no demands. She tells us how we can practise garden therapy by creating a green oasis of our own and how yoga, meditation or a mindful walk through the countryside can fill our bodies with "green medicine".

Every chapter ends with simple concrete exercises that bring us closer to nature and our own feelings through, for example, mindfulness, meditation, picking berries, weeding or just walking barefoot.

Eva Robild is a freelance journalist and author who has written over 20 books, mainly about gardening but also nature and stress management. Her interest in gardens arose among the gooseberry bushes and perennials in her grandmother's garden and she grows edible and decorative plants with an equal amount of enthusiasm.

Organise and Store

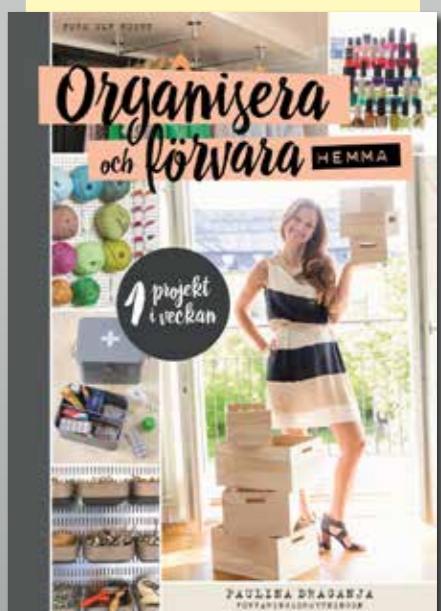
Would you like a well organised and easy-to-clean home but find it hard to know where to start?

This book gives you a concrete plan of action to tick off one area at a time. With the help of one well-defined project per week you will be able to create order and learn how to keep it. The weekly projects vary in size and are adapted to the time of year and your situation. With the help of a priority list, you are guaranteed to get the most out of each project and involve the whole family. Discover just how fun it is to work together to clear up and tick things off your list!

Paulina Draganja is back with this practical step-by-step guide to clearing up, organising and finding optimal storage solutions for your home. With the help of well thought-out structure, clearing up and tidying will become a routine that gets easier and easier. You will save time and energy and create a home that you'll be happy in!

Over 400 000 people have taken part in the one-project-a-week challenge on her blog, why don't you do the same!

As well as being a popular public speaker on smart organising tricks and storage ideas, the business economist **Paulina Draganja** has been *Queen of Storage* since 2011 when she started what has become Sweden's largest blog on a subject that she is so passionate about. This book is the sequel to the very successful *Smart Storage – organise your home*.



ORIG. TITLE Organisera och förvara
AUTHOR Paulina Draganja
FORMAT 170x240 mm
PAGES 128





ORIG. TITLE Betong inne och ute
AUTHORS Susanna Zacke & Sania Hedengren
FORMAT 195x224 mm
PAGES 128

Concrete Inside and Out

Concrete is a beautiful material that can be used for masses of wonderful home accessories – both inside and in the garden. This book presents lots of innovative projects for every season.

In the winter, you can cover your kitchen table with paper and start making dishes, plates and lamps, in the spring you can move outside and make a draining board, you can spend the summer making garden slabs, rhubarb leaves and outdoor lamp stands and in the autumn you can move back indoors and make plant pots for your heather before getting started on Christmas decorations and presents.

In *Concrete Inside and Out*, Susanna and Sania generously share their tips and advice on how to make fun moulds from things you probably already have at home and teach you how to create both latex and wooden moulds. The book also contains clear step-by-step instructions and pictures and some wonderfully inspiring settings.

The super creative writing duo **Susanna Zacke** and **Sania Heden-gren** are stylists and journalists commissioned by different magazines. They have also written 15 hobby and interior books where they do wood-work, sew, knit, paint, cast concrete and do handicrafts. This is their fifth book on the hot trend of concrete!

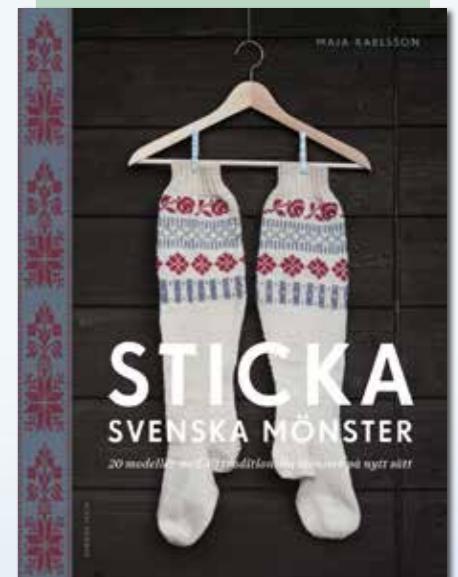


Knitting Nordic Patterns

The fact that Sweden and the Nordic countries have a wealth of traditional multi-color patterns is something that knitting designer Maja Karlsson discovered when she was doing research. The result of her work is this unique book of 40 fantastically beautiful and traditionally Swedish patterns applied to 22 knitted garments. There are flowers, borders, geometric figures, landscapes, people and animals which on their own or together form the framework of Swedish patterned knitting.

Knitting Nordic Patterns contains clear diagrams and knitted gauge swatches that show you how to create them stitch by stitch. There are patterns for everything from wrist warmers, hats, mittens and socks to sweaters, cardigans and ponchos – all well thought-out and many with extra detailing to give them a special touch. The clear and easy-to-follow instructions and photographs make this a perfect book for both experienced and beginner knitters. So whether you are longing for a challenge or just something quick and easy, you will find just the right project here.

Maja Karlsson lives in Arvika and works as a freelance knitwear and crochet designer, writer, photographer, lecturer and course leader. She also a blogger for Järbö garn and runs her own online shop for yarn and haberdashery.



ORIG. TITLE Sticka svenska mönster
AUTHOR Maja Karlsson
FORMAT 195x260 mm
PAGES 160
RIGHTS SOLD USA



ORIG.TITLE Fågeldagbok 2018
AUTHOR Dan Zetterström, Bill Zetterström and Mats Ottosson
FORMAT 165x187 mm
PAGES 160
RIGHTS SOLD Denmark

Bird Diary 2018

From January's birdlife, which goes on the back burner during the bitter winter cold to the melancholy autumn months when the migrating birds leave us for more southerly latitudes. Each season has its particular birds, and this richly illustrated book concentrates on the bird's annual cycle.

Here you can note down everything –day-to-day events that should not be forgotten, or hearing the first blackbird of the year.

In addition, each week a bird species is presented with an attractive bird motif painted by Dan and Bill Zetterström, two of the finest bird illustrators in the world.

This is the ideal diary for anyone interested in nature, but also for people fascinated by birds. There are also weather symbols which make it easy to record each day's weather and temperatures.

The text is written by Mats Ottosson, a journalist with a particular interest in birds and nature.

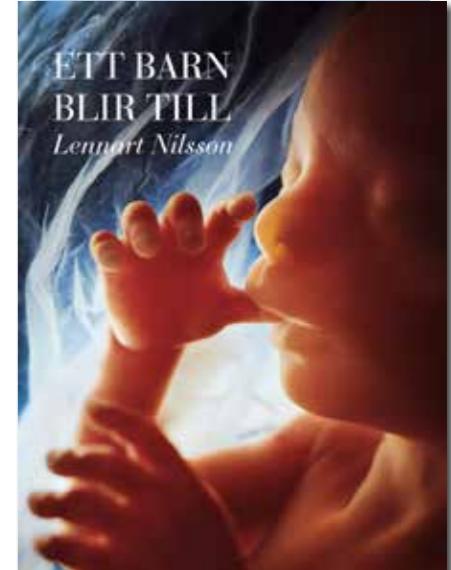


A Child is Born

When it was first published fifty years ago, Lennart Nilsson's *A Child is Born* broke astonishing new ground, offering an unprecedented glimpse of life inside the womb.

Packed with breathtaking photographs, this awesome journey from fertilization to birth is a timeless masterpiece.

This new edition is updated by professor Lars Hamberger and midwife Gudrun Abascal.



ORIG. TITLE Ett barn blir till
AUTHOR Lennart Nilsson
FORMAT 194x260 mm
PAGES 240



