



BENNET
BA
AGENCY

RIGHTS LIST FALL 2020

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About us

We are a literary agency based in Stockholm, specializing in books on food, crafts, gardening and general life-style.

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CRAFT & HOBBIES

A wooden chair with a slatted back and a simple seat, positioned in a room with a wooden floor and a dark red wall. The chair is made of light-colored wood and has a minimalist design. The room is brightly lit, with shadows cast on the floor.

HAMMERS, NAILS



Contents

Foreword
Enzo Mari and his time
Read this before you start!
Furniture

Hammer & nail

Erik Eje Almqvist

“A few years ago, I found a simple spiral book with black and white instructions for building furniture with nailed standard wood. The book was written in Italian by the today 92-year-old designer Enzo Mari. A bearded, radical designer who smokes expensive cigarettes and proclaims the death of western civilization, the instructions are small manifests in themselves. By sharing his ideas he wanted to encourage the consumers to be more critical towards the industry of furniture. Everyone who sent an envelope with postage to his studio in Milano got a book for free.

This winter I had reason to return to Enzo Mari. I was on my way building a house for my growing family and realized that when everything was finished, couldn't afford to buy furniture. From Enzo Mari's principles, I started to draw my own patterns, adjusted by the standard size of Swedish wood, and I built furniture out of planed pine.“

Erik Eje Almqvist

This book is a tribute to the ideas of Enzo Mari and contains patterns for easy, beautiful furniture everyone can build with just hammer, nail and standard boards. You'll also learn techniques in how to not make the boards crack while you nail, how to do clean cuts with the saw, where you can find wood, how different kinds of wood functions and how you treat them the best.

About the author



Erik Eje Almqvist is a freelance journalist. In 2008 he co-founded of the *Filter Magazine*, where he has been working for several years, as editor in chief among other things. He has also studied a course in cabinet making at the Technical School of Copenhagen. He has previously published *Copenhagen for foodies* at Natur & Kultur.

Hammare & spik
190x260, 144 pp
Natur & Kultur, 2020

& KITCHEN TOOLS

Whittle kitchen tools

Moa Brännström Ott

“Whittling gives me a feeling of peace. It's my relaxation, and at the same time it's a reminder of the forest – a place I always miss when I'm not there. Whittling practical tools for the kitchen grants a new dimension to the meditation, it gives a practical reason for picking up that branch which has just been sawn off by the arborist in the park. Spoons, ladles and salad servers fulfil a necessary function in the kitchen, and each time I use them I am reminded of how important it is to be creative in my life. Even in something as modest as a butter knife made of birchwood.”

Moa Brännström Ott

In this book Moa Brännström Ott shows us how to get started with our whittling, where to get your hands on the wood, and all the whittling grips that you will need to learn. Step by step you will learn how to whittle straight spoons, curved ladles, butter knives, spatulas and a traditional north Scandinavian drinking cup. You also learn how to keep the whittling knife sharp and maintain your axe.

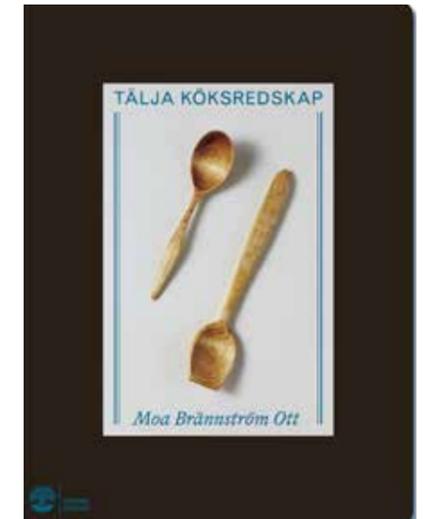
About the author

Moa Brännström Ott is a carpenter and has whittled since she was a child. She has a diploma in furniture carpentry from Capellagården and has previously written the book *Wood* (2017).



Tälja köksredskap
170x230, 128pp
Natur & Kultur, 2020

Rights sold: WE



Contents

Tools
Grip
Butter knife
Straight ladles and spoons
Curved ladles and spoons
Spatulas
Steak forks
Bowls and plates
Cups
Chop sticks

KNITTING FOR CHRISTMAS



Contents

Preface
Get started
Special techniques and shortenings
Chubby Christmas stars
Soft hearts
Trumpet
Christmas baubles
Banner
Mini socks
Pinecone
Acorn
Mushroom
Leaf
Forest floor wreath
Mini keys
Thank you

Knitted Christmas decorations

Thea Rytter

In *Knitted Christmas decorations* you will find pretty things for your Christmas tree, windows, and little hooks. In other words knitted Christmas decorations, bringing warmth and cosiness to the cold months. The patterns and colours in the book are inspired by the Nordic nature and its hygge tradition in beautifully toned down colours that suit Scandinavian homes.

In the book you will find projects for both the beginner and the more experienced knitter. The special techniques and meshes are explained. All patterns offer excellent details and you have the opportunity to make your own mark on the decorations with fine embroideries and beads.

There are stars and heart patterns for decorating the Christmas tree and the possibility to knit a forest floor with mushrooms and acorns to adorn wreaths and decorations. Everything is knitted with Krea Deluxe's organic yarn.

About the author



Thea Rytter is behind VaskavullaKnit, where she designs knitting patterns that everyone can use. She conveys creative joy through Instagram and her innovative workshops. Thea works as an editor at the magazine *Mari's Ideas*. Her previous publications include: *Ingen Strikkedarer* (People's Press, 2018) and *LUN* (together with Jeanette Bøgelund Betzen, Forlaget Bøgelund, 2018).

& KNITTED ACCESSORIES

Knitted accessories

Stina Tiselius

More and more people are getting curious about knitting. Apart from creating something with your hands, it's also a way of relaxing the mind. Here you'll find patterns, even for those of you who have no patience at all and want the project to be quick.

In *Knitted accessories* Stina Tiselius has put together the best patterns for scarves, hats, gloves and other warm clothing. The book contains 30 small projects that even the one with the least amount of patience dare to try. Here you'll find knitting patterns for women, men and children. All patterns are easily made and easy to understand. The book is mainly aimed at beginners.

All patterns are presented through beautiful pictures and clear instructions, with information about yarn, needle sizes, etc.

About the author

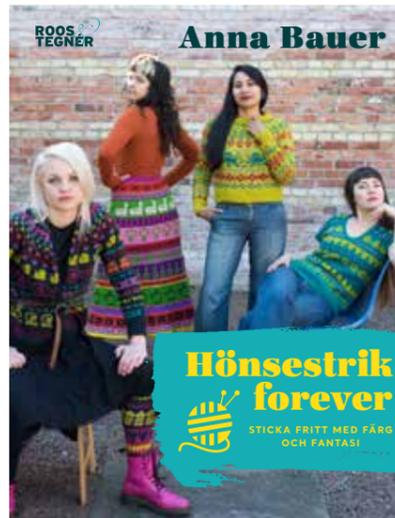
Stina Tiselius has been knitting since she was young and today she runs the StinaMaria Company where she sells patterns, yarn and craft. She's a photographer and graphic designer and has previously published *How to knit pot-holders*, *How to knit for yourself* and *How to knit for children*.



Contents

Before you start
For freezing ears
For cold necks
For shivering shoulders
For freezing hands
For freezing feet
Knitting school
Care and washing advice

HÖNSESTRIK



Hönsestrik forever
170x210, 160pp
Roos & Tegnér, 2020

Hönsestrik forever

Freestyle knitting with colour and joy
Anna Bauer

Hönsestrik strikes back!
In Anna Bauer's longed-for follow up to *Hönsestrik – a love story* you find new, clever designs; a unisex-kaftan dress, the classic long skirt and knits for children.

In the library of patterns, you can choose among hundreds of new patterns and designs for your projects, and very soon you want to toss your worn-out shirts and cardigans into the very depths of your wardrobe. An explosion of colour and knitting joy is the book's trademark.

Some techniques are tough in pattern-knitting, but if you learn backward-knitting many problems are solved. You can also read about how you protect yourself from vermin who like wool as much as you, and how you should choose colours to make your pattern as visible as possible.

Contents: Tradition, sisterhood and the craft | Patterns and stories | Knowledge of colour for hönsestickare | Technique | Projects | In the search for hönsestrik | The dark side of knitting | Say hello to yarn! | Pattern library | Book tips | Thanks



Hönsestrik a love story
170x210, 144 pp
Roos & Tegnér, 2019

Rights sold: WE, DK

Hönsestrik: a love story

Knit patterns of your own design
Anna Bauer

Hönsestrik has become something of a cult, a form of knitting without strict rules, free and creative. It began in Denmark in the 1970s, when Kirsten Hofstadter's book *Hönsestrik* was a big success with its anarchistic and political approach. It's the book that defined a style which gained its own identity, and is now spreading like wildfire within guerrilla crafts and among knitters who love to come up with their own colours and patterns. Anna Bauer's book is a celebration of both nerd knitting and of free creativity – to design whatever one likes and knit according to what one desires in colours and patterns.

With simple and clear instructions on a number of standard models you can compose your own designs using the patterns in the book. You can try both big and small projects, such as cardigans, sweaters, hats, gloves and ponchos, and most of the descriptions are based on your own measurements.

Contents: Hönsestrik – a love story | Inspiration | Technique | Patterns | Projects | Free spirit cardigan | Totally okay sweater | Slipover tank top | Chickenwrap | Fake wool 2.0 | Comfy/dreadful poncho | Hot nerd mameluck | Always spare gloves | A totally ordinary glove | Caramel gloves | Best woollen hat | Odd hats | When what you get is unexpected | Pattern library | Book tips | Thanks

FANCY SKIRTS & DRESSES

Knits with fancy details

One-Piece Knitting Using Creative Techniques
Pernille Cordes

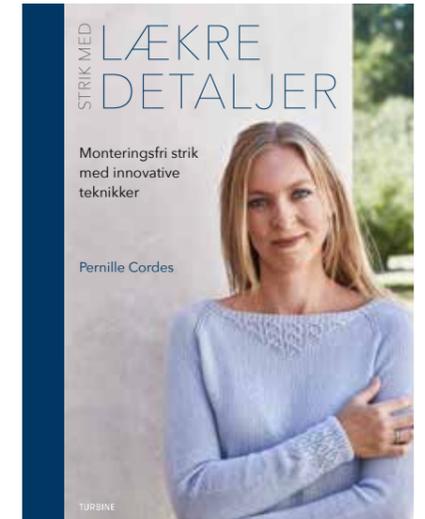
Get inspired by new, feminine knitting patterns with simple shapes, focusing on lovely details. The modern, but classic, designs are developed for women in all sizes and knitters on all levels.

In *Knits with fancy details* Pernille Cordes shares her many years of experience as a knitting designer. You get an overview of exciting and innovative techniques, making your knitting trendier and helping you create a nice finish.

The book includes QR codes to more than 50 videos displaying the techniques used. An example is the Contiguous method, a popular way to knit gorgeous shoulder seams and shirt sleeves from top to bottom. The method is a variation on raglan.

All the patterns in the book are knitted in one piece.

Contents: Foreword | Projects | Techniques | Videos for the book | Thanks
More inspiration



Strik med lækre detaljer
200x255, 140 pp
Turbine forlaget, 2020

Knitted dresses

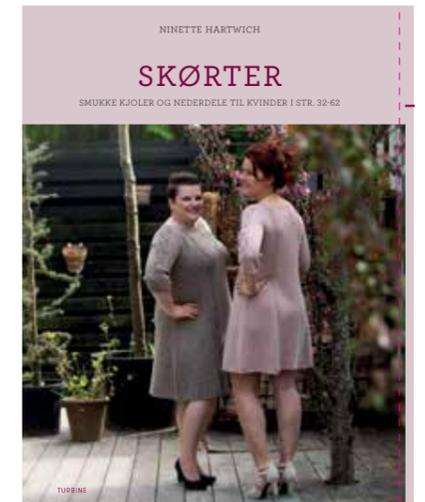
Ninette Hartwich

Knitted dresses contains patterns of 10 beautiful knitted dresses and skirts. All patterns are available in 16 sizes. You will find both models knitted top to bottom and bottom to top - and in several difficulty levels - so both knitters without much experience and the experienced knitter can find exciting challenges.

The book is made for women in all sizes, from size 32 to 62, and the patterns are created with focus on perfect fit, fine details and beautiful materials.

Ninette Hartwich's designs are characterized by a simple and elaborate expression.

Contents: Foreword | Instructions | Sizes | Yarn and colours | Before you start | Abbreviations | Lookbook | The pearl dress | The summer dress | The favourite dress | The flexible dress | The everyday dress | The hygge dress | The blonde dress | The winter dress | The blonde skirt | The under skirt | Used yarns



Skørter
210x280, 130pp
Turbine forlaget, 2020

FINNISH SOCKS



Suuri suomalainen toivesukkakirja 3:
Pitkät sukat
210x255, 192 pp
Moreeni, 2020

The great Finnish sock book vol. III

Long woollen socks

The popular sock design series continues with long-awaited patterns for long socks. This collection from ten renowned designers includes 30 sock patterns: colourwork, lace, stripes, different yarn weights and a variety of decorative techniques. Leg length varies from knee-high to thigh-high, and there are designs for both ladies and gentlemen.

The easiest designs are quick to make if you know the basic stitches, and the most elaborate colourwork patterns are a challenge even for the most experienced knitters.

Featured designers: Pirjo Iivonen, Tiina Kaarela, Niina Laitinen, Anna Mäkilä, Sinikka Nissi, Mervi Pasanen, Hanne Piirainen, Mia Sumell, Anna-Karoliina Tetri and Marjukka Vuorisalo are the core designers in the Finnish knitting scene. Their patterns have appeared in books and magazines, in their own online channels and those of yarn producers. Most of them have showcased their work also in Ravelry.

Contents: 27 knitted sock patterns + 3 nalbinding patterns

& MENDING TECHNIQUES

Mending with style

Anni Ignatius

Zippers breaking, seams ripping, buttons falling? Don't throw out your clothes—mend them!

It really pays to mend, patch and fix your clothes: you save a precious penny and contribute to saving our precious environment. Learning to sew and stitch is a rewarding hobby with no fancy equipment required. A needle and some thread will go a long way!

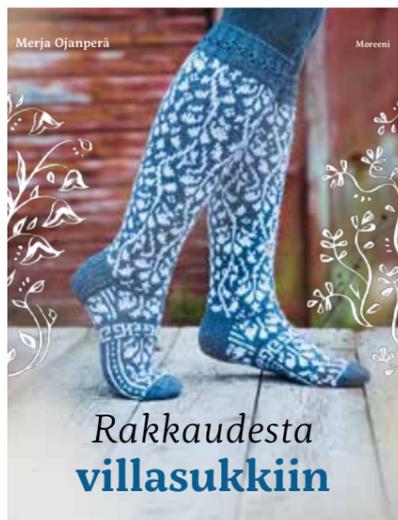
This book is packed with clear instructions for the most common fixing and mending needs, and also for turning patches into unique embellishments. You can use needle and thread, sewing machine or even a glue stick. Mending may be serious business, but Ignatius also encourages you to play and experiment.

You do not want to give up your favorite clothes, and you do not have to!

Contents: For starters | Taking care of your clothes | Before the first use | Care labels Removing stains | Removing odors | Anticipating wear and tear | Make your own underarm liners | How to prevent pilling | What you need to know before mending | Tools and accessories | Fixing clothes before use | Mending with needle and thread | Mending with sewing machine | Other mending tips | Mending knitted clothes | Repairing outerwear | When it's no longer mendable | How to recycle textiles | Patterns | Index | Sources | Thanks



Korjaa kauniiksi
167x237, 192 pp
Moreeni, 2020



Rakkaudesta villasukkiin
210x255, 144 pp
Moreeni, 2020

Socks knitted with love

Merja Ojanperä

Merja Ojanperä is one of the brightest stars in Finnish knitwear design. Her fourth book of sock patterns is a culmination of her successful career, drawing together her long journey as a designer and writer. Her beautiful eye-catching designs are often inspired by the Finnish nature.

These stunning patterns feature cables, lace and colourwork, and leg length varies from short to thigh-high. There are a couple of challenges that require more time and patience, and plenty of easier but no less gorgeous patterns. Ojanperä has once again dedicated a lot of time and attention for polishing the instructions and charts, and she encourages knitters to be bold and try out any pattern that catches their eye.

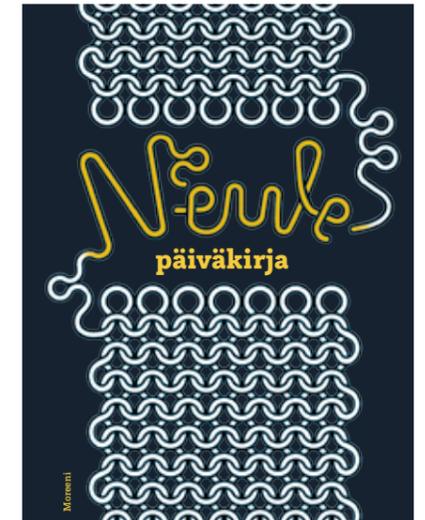
From the contents: Substituting yarn | Abbreviations & Tips | PATTERNS: Stay with me - short lace socks | Dreams come true - lace knee highs | Biggest of dreams - short cable socks | Night café - short cable socks | Golden splendor - lace/cable knee highs | The moment before - lace/cable knee highs | Streetwise - short cable socks | Thrill of grey - multicolour knee highs | Master maker - lace over knee socks | Superpower - multicolour knee highs | Life goes on - short cable/lace socks | Thanks

Knitting journal

So what did you knit?

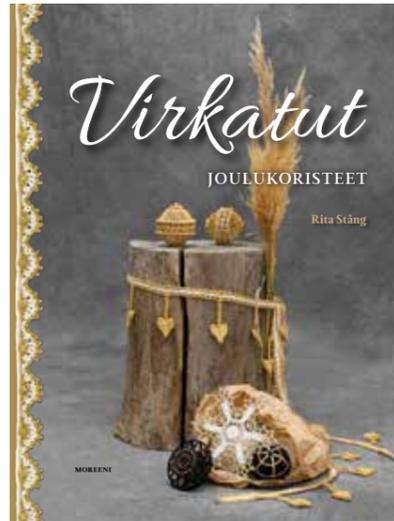
Record all your knitting projects in this handy journal: what, when and for whom you knitted, where you found the pattern, which yarns and needles you used, how many stitches you cast and how much yarn you needed. A knitting journal is a nice way to store project details, to record your hobby and to create your own source of inspiration for future projects.

The journal also includes useful information for knitters and separate pages for keeping a log of your yarn stash.



Neulepäiväkirja
145x213, 144 pp
Moreeni, 2020

CROCHET



Crochet for Christmas

Rita Stång

Say goodbye to plastic and glitter – make your own sustainable Christmas decorations! This book includes 50 crochet patterns for Christmas decorations you will not find in any supermarket: lovely baubles, stars, snowflakes and garlands for your Christmas tree.

All you need is some crocheting skills, and there are patterns for every level. If you are a beginner, you can start with the easier flat models, and more experienced crocheters can try beaded three-dimensional patterns. Each pattern comes with both written instructions and a chart. There is a section showing all stitches and special techniques you will need, and general instructions for finishing your work by stretching it into shape and starching it.

Contents

- To the reader
- How to use this book
- Before you start
- Material and accessories
- Working tools
- Terminology
- Techniques
- Starching
- Pinning
- Assembling
- Patterns (50 models)
- Cardboard box
- Thanks

About the author



Rita Stång is a crafter who sees crafting as a form of meditation. Crocheting has always been her favourite hobby, and when she grabs the hook, the ideas just start flowing.

PROJECTS

Roadside flowers

Virpi Marjaana Siira

Wild flowers blooming on the roadside are the inspiration for the crochet squares bursting with colour in this book. Start with one simple square, and you will soon have created an entire meadow of flowers to put together a blanket, a jacket, a vest – or maybe just a purse.

This lavishly illustrated book instructs and inspires you to discover the natural colours around you and to combine them into beautiful harmonies – a perfect way to use up your scrap stash. Explore and experiment, enjoy the wild flower bouquets and crochet your own favourites.

A master in visual expression, Siira presents the instructions in image form – easy to follow and perfectly understandable with no words.

About the author

Virpi Marjaana Siira is a textile artist, a blogger and the anarchist of the Finnish crafts scene. She loves daisies and finds them a constant source of inspiration in her work. Her earlier MySpace books have been translated into German, Estonian and Korean. Virpi has inspired crocheters in both Finland and abroad with her blog, <http://omakoppa.blogspot.com/>

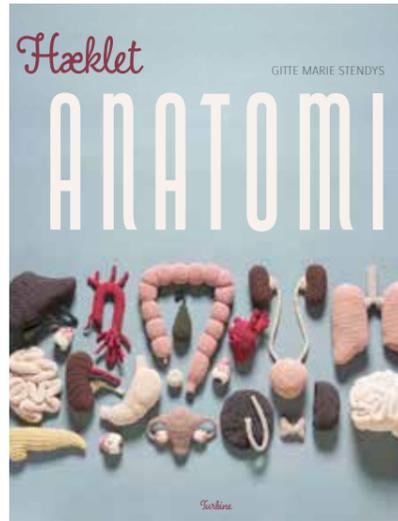


Contents

From the contents:

- White clover
- Golden clover
- Red clover and large four-leaf clover
- Clover blanket
- Buttercup
- Buttercup blanket
- Red campion, clammy campion
- Maiden pink and artichoke
- Starflower
- Sweet William
- Sweet William blanket
- Fireweed
- Fireweed blanket
- Sneezewort yarrow
- Field sowthistle
- Flatweed, hawkweed and dandelion

HEARTS



Contents

Why crochet organs?
Tips
Brain (cerebrum)
Eye (oculus)
Thyroid (glandula thyreoidea)
Lungs (pulmones)
Heart (cor)
Main artery (aorta)
Stomach (ventrikel)
Small intestine (ileum)
Colon (colon)
Spleen (lien)
Pancreas (pancreas)
Liver (hepar)
Gall bladder (vesica biliaris)
Kidney (ren)
17 Urinary tract: kidneys, ureters, bladder, urethra (renes, ureteres, vesica urinaria, urethra)
Bladder neck bland (prostata)
Uterus (uterus)
Placenta (placenta)

Crochet anatomy

Gitte Marie Stendys

Welcome to a world of crocheted organs! Who doesn't need a brain, a uterus, an eye or a colon?

Give a crocheted pancreas to a diabetic, people with dialysis a crocheted kidney, people who had a gastric bypass operation can have a crocheted stomach – not to mention those who have had a transplantation, who survived a blood clot on the heart, have COL, stomi or gallstones. In short, there are crocheted organs for everyone!

Besides being an indispensable part of the office interior design for health professionals – because they show what special work they do – they can also be useful for other things. Crocheted organs can be used as toys in a waiting room, as education material for small and older children and for breaking down taboos. Or simply for decoration for people who loves organs! Crochet away and create a starting point for a chat about the anatomy and the function of the body and contribute to de-dramatize disease.

All patterns include detailed instructions and explanations, so both beginners and more experienced crocheters will enjoy the book.

About the author



Gitte Marie Stendys is a nurse and crocheter. She loves challenges and when a colleague asked her if she could make an artery, she was immediately hooked.

Afterwards, she wanted to try to crochet more organs and the result is presented in this book. Gitte Marie Stendys says about the book: "I love to crochet – and I love my profession, so this book combines my profession and my hobby in a great way. I wish this book can make people laugh and that humour could take a bigger part in everyday life."

& FLOWERS

Hanna's flowers & leaves

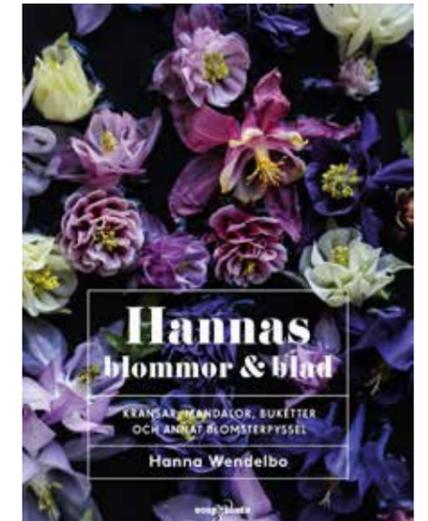
Coronals, mandalas, bouquets and flower pottering
Hanna Wendelbo

Fill your world with flowers!
A book loaded with projects where the plant is in the centre. As in the previous book, *Hanna's flower painting & play with patterns* you'll learn to draw flowers, and create mandalas and flower arrangement in the shape of coronals and bouquets in this book. It is clear, inspiring and beautiful, and the book offers fantastic pictures that make your pottering fingers tinkle!

"I wish to look at my book as a handbook in creativity, with many exercises that in words and text tell you how to draw, paint and design. The book contains small and large projects that I hope will inspire you to just start creating."

Hanna Wendelbo

Contents: Thoughts on sustainability in the garden | Inspiration & creativity | Shape & colour | Draw & paint | More inspiration



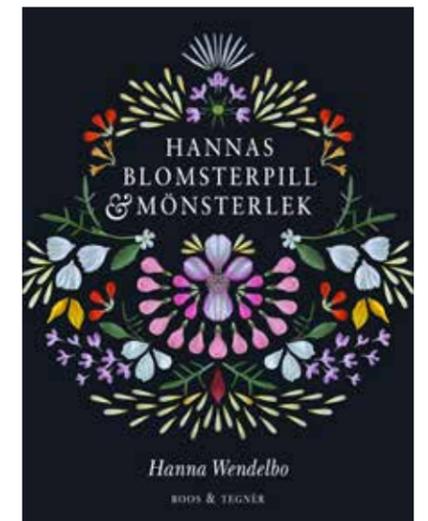
Hannas blommor & blad
170x240, 144pp
Roos & Tegnér, 2020

Hanna's flower painting & play with patterns

Hanna Wendelbo

It was beyond Hanna Wendelbo's imagination that the interest in the flower patterns would be so great when posting her first flower mandala on Instagram. In this book she shares of her years of creative experience and pattern design using techniques such as watercolour, ink, felt-tip and gouache. In *Hanna's flower painting & play with patterns* you'll learn a variety of techniques to capture the unique beauty of each flower and how to bind flowers and leaves into patterns, colour combinations and mandalas. You can for example make your own collection of letter-writing paper, cards, envelopes and wrapping paper or your own unique wall paper of the patterns you create. No expensive materials are necessary, says Hanna. The key to beautiful patterns is not to be found in using exclusive sable-bristle paint brushes, but rather in playfulness and creativity.

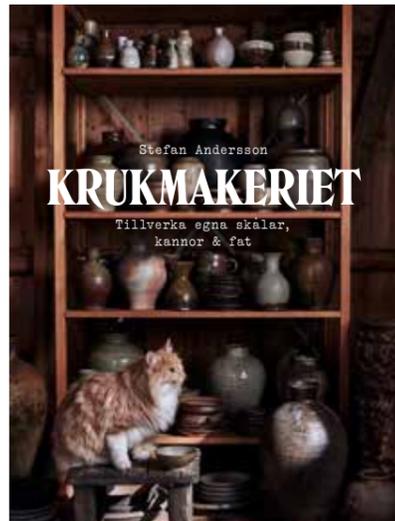
Contents: Welcome to my blossoming world! | Finding your own expression | On inspiration | On creativity | Techniques and materials | On patterns | On colour | Working professionally with design | More creative challenges | Final words



Hannas blommor & blad
190x245, 168 pp
Roos & Tegnér, 2019

Rights sold: WE

BACKLIST



Krukmakeriet
En handbok för krukmakare
170x250, 160 pp
Natur & Kultur, 2019

Rights sold: WE

The pottery

A handbook for potters
Stefan Andersson

You don't really need much to make your first pot, just a piece of clay and an idea. At the same time it's a craft one develops over a lifetime. *The pottery* is a handbook both for the beginner and the more experienced potter. Basic skills are taught along with a background explanation of the rich history of pottery. Step by step the potter Stefan Andersson guides us on the potter's wheel, glaze manufacture and firing, generously sharing his recipes, techniques and know-how. Stefan also describes how one with humble means can set up one's own workshop, make one's own tools and, stone by stone, design and build one's own woodburning furnace.

Contents: Basics | Wedging | Drying | Glazes | Slip and raw glaze | Firing | Kilns -electric, wood and gas | The workshop | My tools | Making | Centering at the wheel | Throwing a cylinder | Throwing a plate | Press molding a plate | Pulling handles | Throwing of the hump | Trimming | Building the tiny kiln | Firing the tiny kiln | Firing the big kiln | Index

HIGHLIGHTS

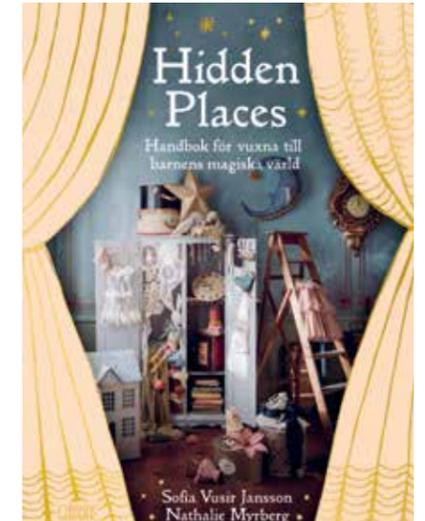
Hidden Places

Handbook to the magical world of children
Sofia Vusir Jansson & Nathalie Myrberg

In this unique mixture of home-made crafts, interior design and easily accessible inspiration our basis is seasonal as we search among the magic and nostalgia of childhood memories. In a way that's personal for us we call up the creative desire that we found so natural during childhood. In simple step-by-step instructions we learn how to create fantastic decorations and environments with a lot of focus on sustainability, and using what we already have at home.

Hidden Places is illustrated in a luxurious design, and encourages parents to spend time with their children in a realistic and sustainable manner. Here everything from bathroom interior decor, fancy dress parties and home-made crafts is covered in fantastic photographs, texts and illustrations. Welcome to the magical world of children!

Contents: Preface | Spring | Summer | Autumn | Winter | Templates | Index



Hidden Places
210x280, 264 pp
Bookmark, 2019

Rights sold: GER, NO



Att väva
195x245, 144 pp
Natur & Kultur, 2020

Rights sold: WE

To weave

Arianna Funk & Miriam Parkman

This is a book for you who are a beginner and for you who already weave. With the aid of weave notes and sketch exercises Arianna Funk and Miriam Parkman show that handweaving can be both modern and useful. The book tackles the subjects both of weaving technique and artistic improvisation, of functional textiles and art for the walls and floor. With the assistance of the authors you'll learn to weave beginning with the sketch and finishing with the completed object. For the experienced weaver there is plenty of inspiration to find new ways of looking at old Scandinavian weaving techniques. *To weave* provides you with the tools and the daring to weave in your own way.

The book contains approx. 20 different projects using a variety of weaving techniques.

Contents: Foreword | Tools | Step-by-step | Debugging | Projects | Designing | Colouring Wordlist | Further reading

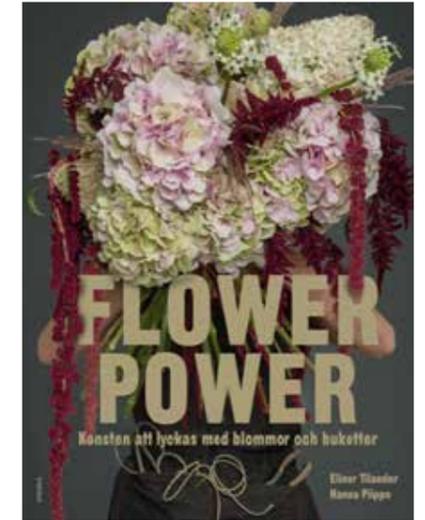
Flower power

The art of succeeding with flowers and bouquets
Elinor Tilander & Hanna Piippo

Flowers are a living artform! They awaken memories, create an atmosphere and above all provide us with a sense of luxury in our everyday lives. Furthermore the craft involved in putting together a beautiful bouquet of flowers, with one's own hands, gives a boost to the soul.

Regardless of whether you're a beginner or have a great deal of experience of working with flowers you'll find many inspiring tips here, on tools, vases and the sort of water suitable for a range of flowers, and how to arrange every little sprig to create a sense of volume and harmony. The clear instructions are set out in the same way as in a cookery book, and for every recipe there is a useful list of purchases on precisely what flowers, what nuance and how many are required to make a beautiful bouquet.

Contents: Foreword | The art of succeeding with a bouquet | Tools and gadgets | Choose the right vase | Taking care of the flowers | Tulip fever | Chicken wire | Spring | Summer Autumn | Winter | Thanks

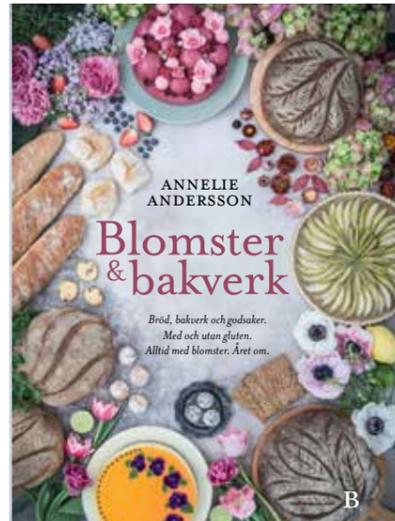


Flower Power
210x250, 156 pp
Pagina, 2018



**FOOD
&
DRINK**

FLOWERS, BREAD &



Contents

Contents
My love for baking
Seasons, in the larder & things to think about
Gluten free baking, my best advice
Autumn
Winter
Spring
Summer
Weight and volume
Thanks for the loan
Thanks
Index

Flowers & baking

Annelie Andersson

Welcome to Annelie's world of Flowers & baking!

"Baking should be simple! I want my recipes and pictures to inspire you to put a dough into the oven or to beat a cake. Of course, the book comes to best use in the kitchen but it could be used as a coffee table book too. I love to share good things about life and the beauty of living."

In her own personal way, Annelie Andersson offers a fully loaded bakery book containing bread, pastry baking and other exciting sweets. Things that suit everyday-life, but also bigger events. Annelie takes us through all the seasons of the year and sets the mood for every season. That her great passions are flowers, baking and photography shine through every picture.

Annelie wants to inspire you to bake with different kinds of flour. The book contains classic baking as well as gluten-free baking. Some recipes are plant-based and some are less sweeten. In addition to recipes, we receive useful tips, inspiration for decoration, eatable flowers and Annelie's best advice when you are baking free of gluten.

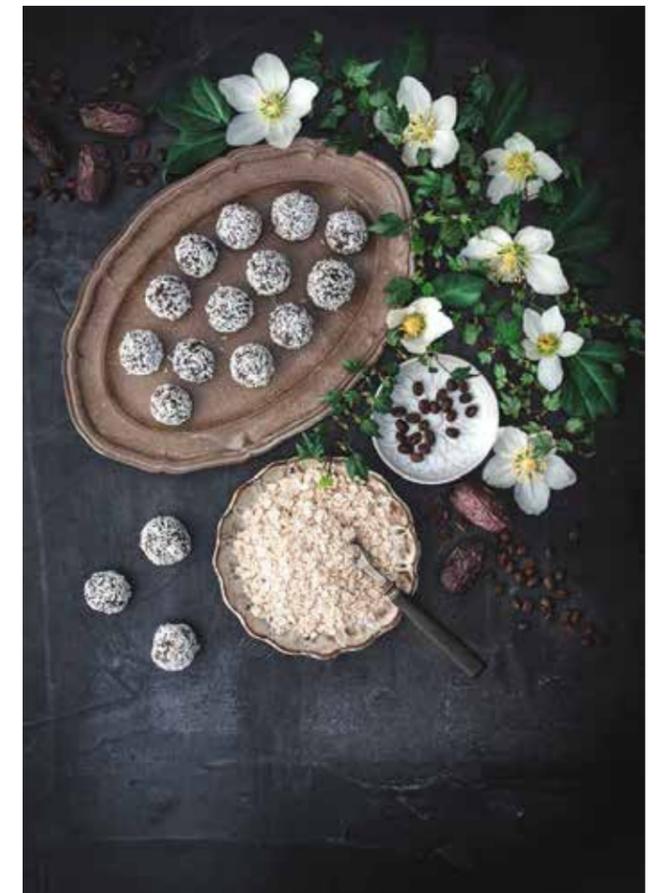
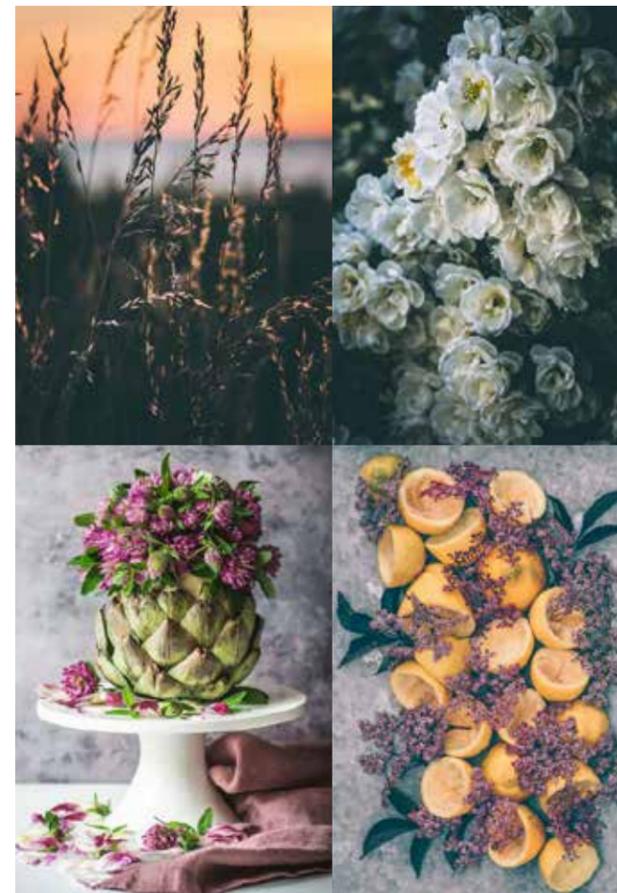
To Annelie it's as important to satisfy the eye as well as the mouth.

About the author



In this book, **Annelie Andersson** who runs the popular blog *Flowers and baking*, offers about fifty recipes, mostly bread and pastries. Annelie has always been baking, just like her mother and grandmothers. In recent years the camera has become her most faithful companion, and together they create eatable and beautiful still life. This is Annelie's first baking book.

PASTRIES



ECO FOOD



Contents

- Food & climate
- Foods impact on the climate
- Experiment 2000m2
- The food of the future
- Climate-friendly grains and pulses
- Beans
- Soaking and boiling
- Sources of protein for the climate
- Food from the forest
- The soil - cultivated food
- The sea - fish and sea food
- The farm - meat and poultry
- Nostalgia - climate friendly classics

Klimatmat
195x260, 144pp
Ordalaget, 2020

Eco-friendly cooking

Ann-Cathrine Johnsson & Lena Djuphammar

”One-third of a person’s carbon footprint comes from food. But there is a lot you can do to reduce your negative influence on the planet.”

In the cookery book *Eco-friendly cooking* you’ll find about 40 recipes for everyday food, but also for when you have friends over for dinner. A main part of the recipes is based on pulses, cabbage, root vegetables, because they are environmental-friendly raw food. But even eco-friendly meat is included in the book. One chapter, for example, is devoted to game, as well as tips on how to combine meat with beans or lentils to reduce the amount of meat on the plate. There’s also a part about fish. Eating every part of the animal and the plant is a step in the right direction to save the planet.

The book brings climate-smart raw food into the light, the food of the future, and how food habits need to change to meet the climate goals. What does organic food really mean? Which organic eatables should you prioritize buying etc?

About the authors



Ann-Cathrine Johnsson is a nutritionist and journalist specialized in medicine, diet and health. She writes regularly for the Swedish newspaper SvD.

Lena Djuphammar is a photographer and graphic designer. She has published many cookery books, *Better health with beans* with Ann-Cathrine Johnsson among others. Together they’ve also made the *Student kitchen series*.

CHINESE FOOD

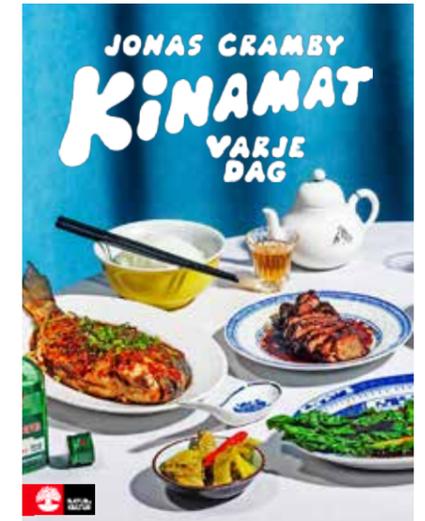
Chinese food every day

Jonas Cramby

In China there isn’t only one kitchen, there are hundreds. From the cumin fragrant Muslim food in the north to the Chinese-Thai-fusion in Yunnan in the south. Then there is all the Chinese food that arose outside of China’s borders. Like the hip, a little odd Taiwanese street food, or the American version you find in all Chinatowns of New York. The Chinese food culture is simply the most widely spread in the world – and in *Chinese food every day* food columnist Jonas Cramby has created a mix with all his international Chinese favourites.

The book is also a manual for you who, like Jonas, dream about being able to eat Chinese food at all life’s occasions, preferably every day. In about 70 recipes you learn how to cook fast, easy, everyday life-dishes like mapo tofu, sesame chicken or chow mein-noodles, but also a little more time-demanding weekend favourites.

Contents: Foreword | In the larder | Every day | Weekend | Index



Kinamat varje dag
180x250, 196pp
Natur & Kultur, 2020

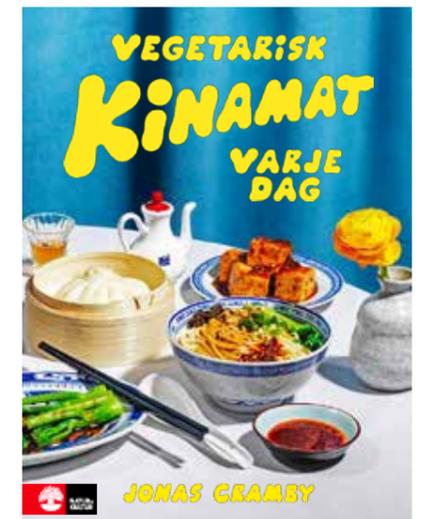
Vegetarian Chinese food every day

Jonas Cramby

If you have the ambition to eat Chinese food every day, you should eat vegetarian food at least a few times a week. Therefore, there is a separate, completely vegetarian edition where some of the seventy recipes from *Chinese food every day* have been adjusted to be tasty even without meat, while other recipes are completely new.

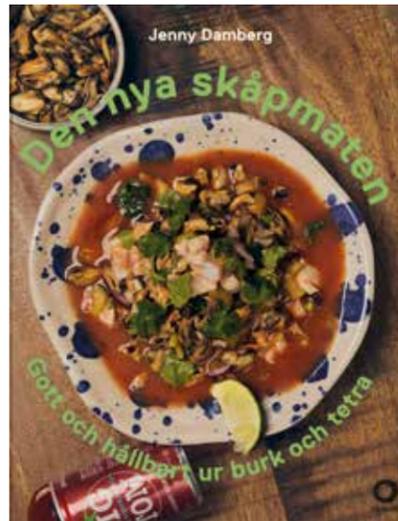
Not many kitchens are better suited for vegetarian food than the Chinese kitchen. For example, the first to invent creative kinds of meat substitutes, like seitan and tofu, were vegetarian Buddhist monks. And China’s different kinds of fermented bean paste tastes lovely: everything they touch transforms into something tasty. You could call them the natural MSG – they provide salt, highlight all other flavours and gives the whole dish a deeply satisfying taste of umami that could fool every meat lover there is.

Contents: Foreword | In the larder | Every day | Weekend | Index



Vegetarisk kinamat varje dag
180x250, 196pp
Natur & Kultur, 2020

CANNED FOOD



Contents

Foreword: The luxury of canned food
The contents of the can
Sustainable containers
Canned food - from the food of the future to staple goods
10 canned taste bombs
To stock!
Main dishes and snacks
Desserts

Cooking from the pantry

Tasty and long-lasting canned food
Jenny Damberg

Canned food lasts. It doesn't go bad. For anyone going camping, sailing or on a hike it is necessary, and in times of crisis, life saving. But even in an orderly everyday life, canned food has unique qualities that should give it a natural space in our pantries. Canned food contains a lot of flavour, costs little, and minimizes our own effort. The stores' departments of colonial goods offer plenty of taste bombs in cans, which in the blink of an eye can upgrade a boring meal to a tasting experience. Despite this, the can has not received the credit it deserves in most cookbooks.

In *Cooking from the pantry* the can plays the main part. Fresh ingredients are not forbidden, but when occurring, they have really earned their place. Because, deep in our hearts we all love shortcuts. It's time to say hello to the new pantry food and open the lid to a greater taste experience!

About the author



Jenny Damberg is a journalist and a writer. She is the author of the culture historical non-fiction books *Let's eat! The unknown history of modern favourite dishes* and *The way she drank – women, alcohol and liberation* as well as the cookbook *Beans, peas, lentils*. Jenny Damberg grew up in Småland and now shares her time between Stockholm and Björkö outside of Norrtälje.

In the autumn of 2019 her book *Fat – a story about taste, fear and strong desires* was released. It's an investigation into fat as a culinary and cultural sensation.

Den nya skåpmatén
165x210, 144 pp
Ordfront förlag, 2020

IN THE LARDER

The larder of the Persson sisters

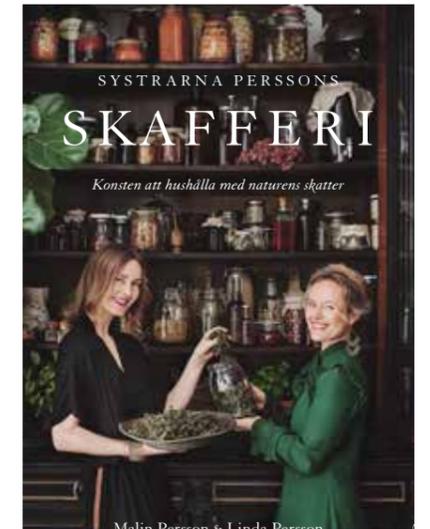
Malin Persson & Linda Persson

It started as a fun challenge between the sisters. For one year they should replace imported food with what the nature closest to them had to offer. When the larder was filled with marmalades and pickled vegetables – and the scent of the garden's treasures from the stove was spreading—they became curious about the bathroom and cleaning cupboard as well. Maybe the chemical substances could be changed for more natural ones? Of course!

In *The larder of the Persson sisters*, the sisters present recipes for the kitchen larder, the bathroom cupboard and the cleaning cupboard, all with only natural ingredients.

Fantastic pictures from all seasons and beautiful surroundings make it easy to be inspired.

Contents: In the kitchen larder | In the bathroom cupboard | In the cleaning cupboard



Systrarna Perssons skafferi
190x260, 160pp
Roos & Tegnér, 2020

Snacks, salad, pasta & dessert

Marion Ringborg & Linn Söderström

When the chefs Linn and Marion got to know each other they immediately realized they shared the same mindset about cooking and how you should experience food – it should be natural, simple, and tasty. Eating should be fun and interesting, not unnecessarily complicated or rigid. It should be food that is delightful to eat jointly, with strong flavours.

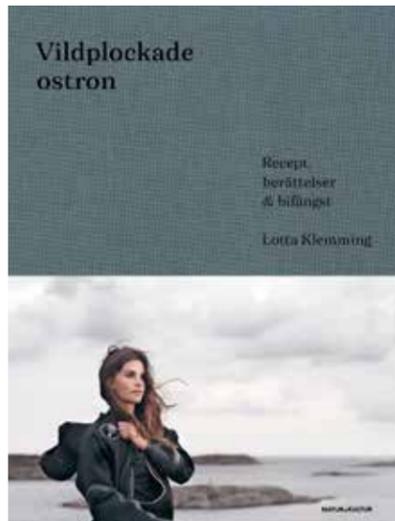
Great cooking is about the details. Linn and Marion show with their recipes how a thoughtful preparation creates magic – from how you do the simplest green salad complete justice to how you make your homemade pasta become unsurpassable. In the book you find about 50 recipes from Linn's and Marion's favourite categories: snacks, salads, pasta and dessert. And honestly – why would you eat anything else?

Contents: Foreword | Snacks | Salad | Pasta | Dessert | Index



Snacks, sallad, pasta & dessert
190x250, 160pp
Natur & Kultur, 2020

OYSTER CATCHING



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An unexpected choice
To be an oyster diver
The oyster year
Hällsö - the finest oyster bank
The back side of oyster picking
The biology and autonomy of the oyster
Other catches
Eating oysters
The family business
Index
Thanks

Oysters of the wild

Stories & recipes
Lotta Klemming

Oysters from cool waters are among the world's rarest sea food – oyster diving is a cold, hard and tiresome work. In *Oysters of the wild*, Lotta Klemming shares all the knowledge from the family business on the western coast of Sweden and her experiences as an oyster diver. On a personal level the work in the sea means everything to Lotta, it fills her with the sense of freedom she has been searching for her whole life.

Follow the work of Lotta throughout the year, at the surface and beneath the depths, and get a deeper understanding of the oyster's ecology and anatomy, how they're gathered and what species and other shell fish you can find in Swedish waters. Learn how to choose, store, open and eat this unique sea food, raw as well as cooked. Furthermore, in the end of the book a few of Sweden's most famous chefs honour the oyster in a number of recipes.

About the author



Lotta Klemming is an oyster diver at the family business Klemming's Oysters in Grebbestad. They deliver wild oysters to a number of Sweden's best restaurants.

Vildplockade ostron
170x230, 144pp
Natur & Kultur, 2020

MENU MAKING

Myllymäki's menus

Tommy Myllymäki

Tommy Myllymäki's strength as a cookbook author lies in his ability to create home-friendly recipes out of the experience he got from all the years in the world's most famous kitchens. The meals aren't unnecessarily complicated but still doesn't compromise on taste. Choose among the proposals for a two or three course menu; perhaps you will serve scallops with pumpkin purée, roasted duck breast with creamy cashew nuts and baked potato with licorice, next time you invite your friends for dinner. Or you can create your own menu out of the more than 100 recipes.

Contents: Foreword | A menu | Spring | Summer | Autumn | Winter



Myllymäki's menyer
200x260, 280pp
Natur & Kultur, 2020

Roots

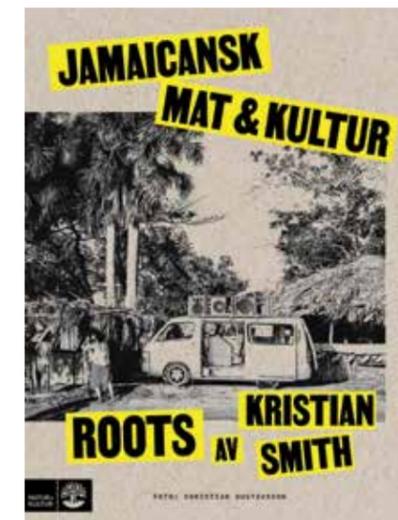
Jamaican food and culture

Kristian Smith

"Twenty years ago I was a novice in the restaurant kitchen, a guy who had just left chef school in London. That was the first time my Jamaican dad took the whole family to the island. Once there we didn't just stick to the exclusive hotels of the Jamaican tourism industry – dad showed us the real Jamaica. Living and eating with the local population meant that I began to seriously delve into my Jamaican roots. The smoky aroma of pimento wood in grills packed with jerk chicken, the spicy fish dishes down on the beach, the pride and pleasure of making this food – all this is what I want to share with you in this book. Jamaican food culture is the result of the island's fascinating history, and I've given myself the task of spreading the knowledge that I've been lucky enough to gain."

Kristian Smith

Contents: Foreword | **Ingredients** | Jerk | Fish | Meat | Patties | Veggie | Sides | Baking & drinks | Index



Roots - Jamaicansk mat & kultur
180x240, 160 pp
Natur & Kultur, 2020

Rights sold. GER

BUDGET FRIENDLY FOOD



Portionen under tian: 300-kronorsveckorna
190x235, 187 pp
Ordfront förlag, 2020

Meals under a Euro

The 30 Euro week
Hanna Olvenmark

In her new book, Hanna Olvenmark has compiled twelve inspiring weekly menus, one for every month of the year in which seasonal produce is part of the menu. Every week has a shopping list so that you can shop for the whole week in one visit. Once a week there's a big batch dish, for lunchboxes. The recipes in the book are simple and as easy to prepare even if one does not follow the weekly schedule. Simply browse past the shopping lists and choose freely between the 70 dishes such as sweetcorn carbonara, smoky carrot pizza, kale crêpes, or why not the simple lentil soup which is ready in just 20 minutes? Each recipe is calculated according to greenhouse gas emissions per portion and falls within the limits set to enable us to reach a maximum 1.5 degrees climate change. Smart isn't it?

Contents: Preface | Eating in season | Seasonal guide | On the 30 Euro week | January | February | March | April | May | June | July | August | September | October | November | December | Index of recipes

SMALL SPACE COOKING

Cookbook for tiny kitchens

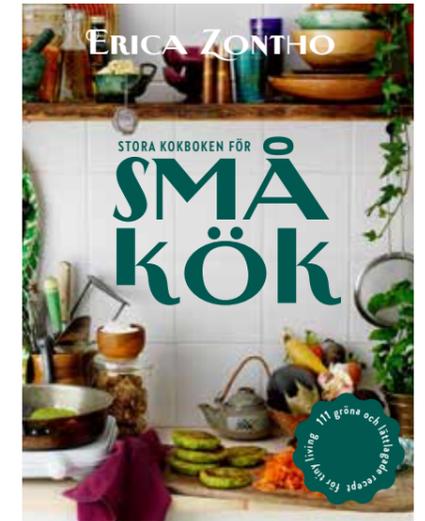
111 vegan and easy-to-make recipes
Erica Zontho

Cooking in a small space can be a challenge. Anyone who has ever lived in student accommodation, gone on a caravan holiday or tried to prepare food in a sparsely equipped kitchen in the summer house, knows all about this. But just because the kitchen is small, it doesn't mean that the pleasure in cooking has to be so.

The big cookbook for tiny kitchens is the recipe collection for those of us with limited space available, but who don't want this to put a stop to our cooking. Here you will learn how to make lasagne without an oven, sweet biscuits in the frying pan, and crêpes in which the cheese melts inside instead of on top. Plus a whole lot more tips and advice to make the best use of your small kitchen.

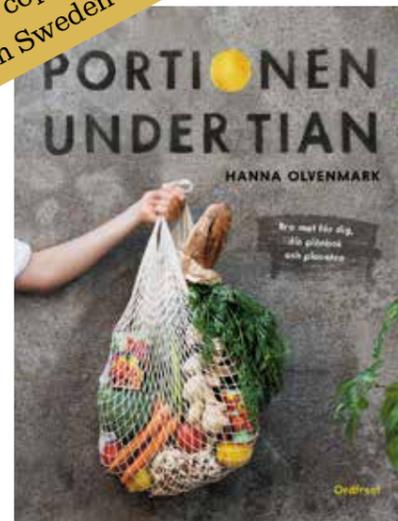
The recipes are all plant-based, easy to make and they don't require an oven.

Contents: Foreword | About the book | Vegan ingredients | The minimalistic kitchen | Six tips to enjoy a small kitchen | Breakfast | Pancakes | Small dishes and sides | Main dishes | Desserts & drinks | Index



Stora kokboken för små kök
195x240, 144 pp
Ordfront förlag, 2020

80 000 copies sold
in Sweden



Portionen under tian
190x235, 160 pp
Ordfront förlag, 2019

Meals under a Euro

Good food for you, your wallet and the planet
Hanna Olvenmark

Hanna Olvenmark is a dietician and devoted penny-pincher, and she's on a mission: to puncture the myth that healthy eating is just for those of us with plenty of time, energy and above all money. For three years she has run the hugely popular blog Portionen under tian in which she shows the advantages of frugal living for the wallet, the environment and the body.

In *Meals under a Euro* Hanna Olvenmark presents 50 vegetarian recipes in which every portion costs less than a Euro (€ 1). There will also be 30 Euro weeks (€ 30 weeks) complete with shopping lists and recipes, as well as general 'stay cheap' tips for both shopping on a large scale, lunch at work and dining out. If by "out" one means in the great outdoors.

Contents: Why is it important to be frugal?! | The larder | The shopping list | Lunch boxes | When travelling | Dining out | Main courses | Picnic basket | Breakfast and snacks | 30 Euro weeks | Index of recipes

Rights sold: NL, FIN, DK, NO, GER

Japanese pastries

Ai Ventura

Japanese pastries combine the best of Asian, European and American pastry tradition. Here are some amazing textures – light and fluffy, creamy and chewy – and sophisticated flavourings of matcha and cherry blossom to vanilla and chocolate, and not least an arsenal of techniques and tricks which open up a whole new world for the curious home baker.

The book is divided into three separate sections. Wagashi refers to traditional Japanese pastries, for example, the colourful mochi rice cakes, yogashi are pastries inspired by the Western tradition, such as matcha roly polly, strawberry shortcake and cheese soufflé, and kashipan are delicate Japanese buns, with or without filling.

Contents: Foreword | Introduction | Ingredients | Equipment | Yogashi | Kashi-pan | Wagashi | Techniques | The tea ceremony | Index



Japanska bakverk
190x220, 160 pp
Natur & Kultur, 2019

HEALTHY EATING



Välj hälsa! Receptboken
170x240, 144pp
Volante, 2020

Choose health! The Cookbook

Tasty food for a happy gut and a greener way of life
Marianne & Stig Bengmark

Eat your way to a healthier life with ingredients that the intestinal flora needs. This is the optimist message of the Choose health method. It's optimist as well as realist. Choose health is based on decades of research on the intestinal flora, and on the changes in eating and lifestyle at hand that can prevent inflammation in our bodies, make us more resilient, and thus, healthy.

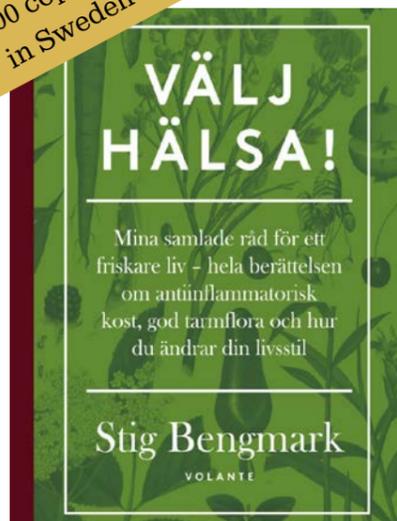
Marianne Bengmark has based her recipes on Stig Bengmark's known research on anti-inflammatory diets, which has kept the couple healthy for many years.

The book offers 75 recipes to last for generations: soups, filling salads and lots of green dishes suited for weekdays, parties and buffets. Delicious bread without gluten, tasty sides that make it easy to vary every day meals, and fish- and meat dishes, all according to the principles of *Choose health*.

And of course some naturally sweet and healthy desserts are on the menu.

Contents: Introduction | Healthy beverages | Bread & muesli | Buffet recipes & hors d'oeuvres | Side dishes | Soups | Main courses | Desserts | The 12 Commandments | Make room for health in your kitchen | Index

30 000 copies sold
in Sweden



Välj hälsa!
170x240, 272 pp
Volante, 2018
Rights sold: WE, RU

Choose health!

Stig Bengmark

Stig Bengmark, renowned physician and the health expert behind international bestseller *Food Pharmacy* (sold to 13 countries), makes his life's work accessible to the public: a thorough guide to all the recent strides made in the fields of nutritional science, written with contagious passion and beautifully illustrated to be a household bible.

Professor Bengmark's way of incorporating healthy eating and lifestyle habits into everyday life on every level, without going to restrictive extremes, embodies the Swedish word NYTTIG, meaning "positive, healthy, impactful and good for you". With a Scandinavian approach to health, where LAGOM of everything is key, this book comes complete with tips, tricks and recipes to help you elevate your daily life – and make it that much longer. Look at Bengmark, at 90 years old he still lectures, writes and works.

Contents : The Mistake that Changed Everything | Avoid the Chronic Trap! | Your Eating Habits and Lifestyle is Your Choice | Three Keystones: Exercise, Proper Eating, Stress Control | Carnivore, Vegetarian or Vegan? | Change Farmer's Produce to Gardener's Produce | The Body's Bosom Friends | Knowledge Based Food Joy | Fasting and Structured Eating | From Four Magic Fibers to Synbiotics | Warm Greetings to the Swedish Healthcare System | ear Readers, Join In and Turn the Tide!

KETO

KETO-licious

The way to weight loss, health and mental sharpness
Hanna Gillving

The ketogenic diet is an anti-inflammatory diet that has been used since the 1920s as an effective treatment method for children suffering from epilepsy, and which has made it possible to cure many of today's chronic diseases and health conditions, such as type-2 diabetes and cognitive brain diseases, including dementia and other inflammatory conditions.

KETO-licious is a concrete and practical guide aimed at improving and even revolutionising your health, from the inside out. In this book the ancient, ketogenic low-carb diet is presented in combination with contemporary expertise and the latest research findings which emphasise the healing power of real food, and explains why it is that insulin and blood sugar play a key role in your health and wellbeing.

The keto diet means back to basics, eating the food we as human beings are genetically adapted to eat. By eating a large amount of healthy fats, moderate amounts of animal protein and a great deal of lowcarb vegetables you can help your body and brain to start using ketogens as a primary source of fuel, instead of glucose – a process which leads to cognitive advantages and helps you become an around-the-clock fat-burning machine.

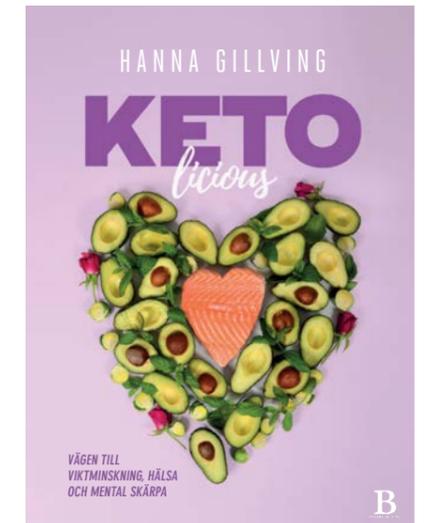
About the author

Hanna Gillving is a certified nutritionist, functional medicine therapist and sports nutrition coach, educated at the Paleo Institute and the Institute for Functional Medicine in Stockholm. She is also a certified hale center breathguide, and adopts a holistic, ancestral approach to health based on evolutionary science. Her mission is to raise the awareness of approved natural methods for finding harmony in life, both through writing and teaching.



Keto-licious
1210x2155, 350 pp
Bladh by Bladh, 2019

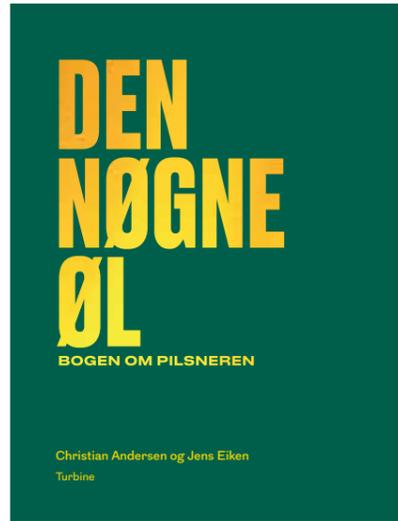
Rights sold: FIN



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NAKED BEER



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The culture of pilsner drinking
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Pilsner festivals
Czech Republic

The naked beer

The book about pilsner
Christian Andersen & Jens Eiken

The *naked beer* is the first book of its kind about pilsner, the most popular beer type in the world. The mission of the book is to show the pilsner in all its variety and quality and place it, where it belongs: In the heart of the beer revolution. The book is based upon research trips to Portland (Oregon), Franconia (Germany) and the Czech Republic. The Naked Beer is loaded with interviews with some of the best pilsner brewers in the world and reviews of their pilsners.

The pilsner is a type of beer, which is surrounded by many myths. *The naked beer* aims to tear down the myths, and provides the readers with a thorough knowledge about the refined drink pilsner – types, flavour, history, culture, raw materials, brewing process, etc. The pilsner is perhaps the most difficult beer type to brew to perfection. It is impossible to hide faults and off flavour. That's why the pilsner is naked.

The book is both for the ordinary curious consumer and the beer lover. For the home brewer the book provides 10 recipes of pilsner, i.e. original recipes of famous pilsners. And for the increasing number of people, who go on beer travels, the book is a travel guide too. The book has received unprecedented positive reviews, such as “a pilsner Bible”.

About the authors



Christian Andersen is a beer reviewer, journalist and editor. He writes *Durst*, a blog about beer. Author to *The Danish beer language* for Danish Brewer's Association. A former delegate of European Beer Consumers Union for the The Danish Beer Enthusiasts.

Jens Eiken is a former head brewmaster at i.e. Carlsberg, Husbryggeriet Jacobsen, Molson Coors and Royal Unibrew. Jens has received medals for his innovation of beer. He is the author of the chapter about Denmark in the book *The Oxford Companion to Beer*, and judge at World Beer Cup.



Den nøgne øl
378 pp
Turbine forlaget, 2020

& WINE

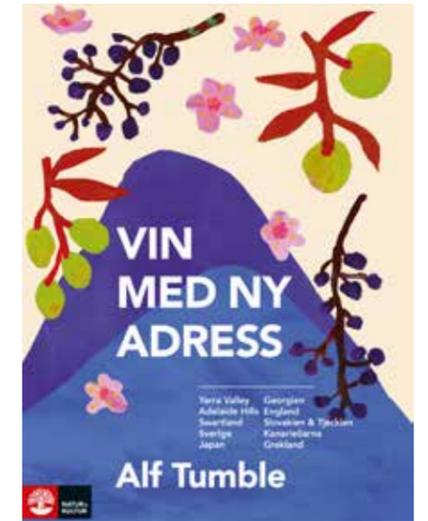
Wine with a new address

Alf Tumble

The wine community is growing. New countries, regions and settlements make the old wine atlas' outdated. They should be redrawn to make room for Mount Fuji, Sussex, Teneriffa and Österlen. A new generation of winemakers look beyond the borders in the hunt for new impressions, at the same time as climate change and manufacturing techniques make viticulture possible in exotic places.

The new address have much to live up to. In some places wine has been made for thousands of years – without getting much attention. *Wine with a new address* is an eagerly awaited follow-up to *Wine with an address* that won The Publishing Prize 2016.

Contents: Foreword | Yarra Valley | Georgia | England | Slovakia & The Czech Republic
Swartland | The Canary Islands | Adelaide Hills | Greece | Japan | Sweden | Index



Vin med ny adress
180x240, 176 pp
Natur & Kultur, 2020

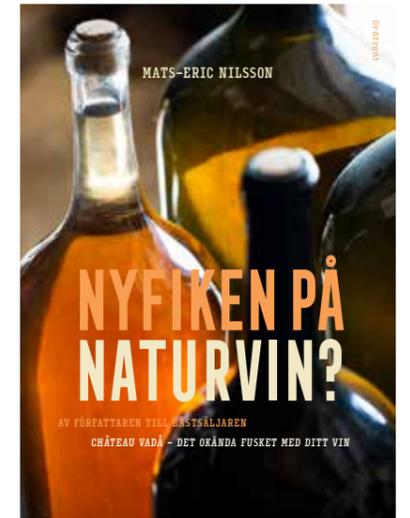
Curious about natural wine

Mats-Eric Nilsson

In his book *Curious about natural wine*, Mats-Eric Nilsson takes us to one of the hot spots for natural wine producing in French Languedoc where we meet the hardworking people behind the much talked about wine. The book is first and foremost a useful and inspiring consumer guide that will hopefully make the reader both informed and thirsty.

What does natural wine actually taste like? How does it differ from organic wine? Is it naturally sparkling? And what is orange wine? Is natural wine more healthy? Does it work for vegans? Is it more climate-smart and sustainable than other wines?

Contents Foreword | Something is going on ... | ... in Languedoc ... | ... and in Stockholm
Without poison and additives | Cultivation | The vinification | More than just eco
Open your taste buds | The oldest wine in the world | Red, white, rosé and orange
Bubbles without added sugar | Slovakia, Serbia and Suomi! | Healthy and sustainable
Where you can drink natural wine | How to buy natural wine:



Nyfiken på naturvin
170x215, 144 pp
Ordfront förlag, 2020

Den nøgne øl
378 pp
Turbine forlaget, 2020



**POPULAR
SCIENCE
&
GENERAL
LIFESTYLE**

LIFE WITH CHILDREN



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Six challenges when it comes to parenthood
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Lifebuoys in parenthood

Tova Winbladh & Ida Flink

In *Lifebuoys in parenthood* the reader gets to meet several different families stuck in everyday conflicts like sibling quarrelling, fussing, nagging, breakdowns when dropping off and collecting at pre-school, and not wanting to eat or get dressed. Just to get out the door can feel like an impossible chore for a worn-out parent.

The two authors, psychologists and parents themselves, discuss with warmth and knowledge how emotional storms in the family can be handled. They show how different circumstances affect family life – like the number of children, stepchildren, if there is one parent or more in the family – and illustrate how our good intentions can collide with the standards and challenges of everyday life. By curiously looking into the underlying causes behind a child's protests and trying out new ways of coping, the reader is presented with a number of keys for change – in the hope for a calmer family life.

About the authors



Tova Winbladh is an authorised psychologist and specialises in family life and interaction between young children and adults. She is a mother of five children.

Ida Flink is an authorised psychologist, associate professor, and scientist in the field of health psychology at Örebro University. She is a mother of three children: a pair of twins and their older brother.



HISTORY OF MOTION

Humans in motion

Nine innovations that changed world history
Henrik Höjer

The desire to move seems to define our species better than anything and if we wish to understand human beings we should contemplate the innovations that have set us in motion. This book deals with a number of breakthroughs and how they have affected our way of thinking and being.

What do bicycles, steamboats, hot air balloons, and skateboards have in common? Well, once they all caused moral panic. New technology has often stirred up strong emotions – the adopters being overly optimistic, the critics extra pessimistic. In these cases it's about ways of moving around, and new possibilities to set us humans in motion.

This book deals with a number of such breakthroughs – from the first raft to space tourism through the history of swimming and skiing. It's not about the transports themselves as much as it's about the way they've changed our way of thinking and being. The desire to move seems to define our species better than anything, and if we wish to understand humankind we should contemplate the innovations that have set us in motion.

About the author

Henrik Höjer has a PhD degree in history, is a science journalist and an author. He has appeared in many Swedish newspapers and magazines. He has among other things worked at Uppsala University, Historisk Tidskrift, Forskning & Framsteg, and Gapminder. He has travelled to over 50 countries and hopes to stay in motion for the rest of his life.



Contents

Introduction
On foot - in many different ways
Across water - the most important way of transport
On horse - for better or for worse
On rails - technology optimism and future pessimism
On two wheels - for freedom and pleasure
For fun - the playing human in motion
Behind the wheel - the individual and society on collision course
In the air - for pleasure, war, and transport
In space - an ancient dream, from competition to cooperation
In motion - always on the move

LISTENING SKILLS

Annika Telléus

Konsten att lyssna



Contents

- Why should we listen?
- Something to hold on to
- How to become a better listener
- To listen openly
- Are your truths true?
- Situational listening
- Setting boundaries
- Be present
- Questions are like keys
- Listening when going through change
- Barriers to listening
- Being listened to
- Listening to yourself
- Your best friend
- Is the hanger in the right closet?
- Listen and send forward
- Thank you!

The art of listening

The road to greater trust and better relationships
Annika Telléus

We need to get better at listening to others. When we truly listen to each other we are able to create trusting relationships with an increased sense of security and less conflicts. Listening to ourselves makes us clear when communicating, genuine, and helps us finding our place in life. *The art of listening* is approachable, hopeful, and wise, while providing tools to solve conflicts between people. When you listen in a fully present way with a positive intention, the mind of the person you listen to clears up and he or she grows wiser. You who listen get access to new perspectives, increased trust and closeness, making you wiser too. For every person growing wiser the world becomes a better place.

About the author



Annika Telléus has listened to customers and co-workers across the globe for many years in her work for H&M. Today she is an appreciated and coveted lecturer in the fields of leadership, communication, presentation techniques and the art of listening. In 2019 she was voted one of Sweden's 100 most popular lecturers.

SUSTAINABLE HOME

A considerate home

Sustainable and eco-friendly interior design
Ida Magntorn

Welcome to a sustainable home!
With inspiration from chosen homes, where caring for material and nature is in the first room, Ida Magntorn shows how you could think to make decoration both personal and environmental-friendly. One of the keys is to give furniture and other things a second life: paint and re-dress, turn it upside down or inside out. Let the creativity flow! You also get practical and inspiring advice on how to "plastic slim" and make nicer detergent for an example; all to get a pollution-free and environmental-friendly life as possible.

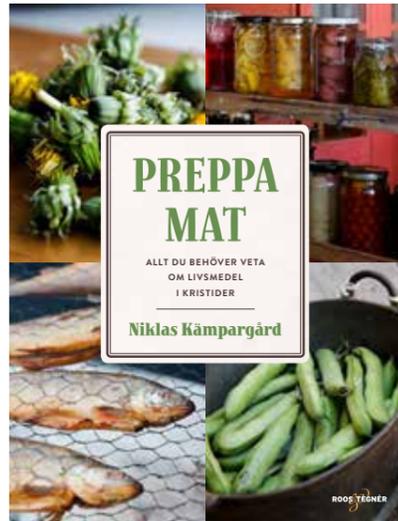
About the author

Ida Magntorn is a writer and photographer specialized in furnishing and recycling and she has written several successful books.



Contents

- Introduction
- To think about
- The worlds resources
- Circular economy
- The kitchen- the heart of the home
- The bedroom - a space for dreams
- The wardrobe
- Plants
- The living room - environmental friendly hang out
- Lightning
- Flowers - poison free and climate friendly
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Food prepping

All you need to know about eatables in time of crisis
Niklas Kämpargård

Think right when you are filling the stockpiles! We've all been aware that the access to food could be limited in a time of crisis. It could apply during a pandemic but also after a long power outage or a great storm.

The authorities recommend all households to store food and water so they are set at least for a couple of days if there is a situation of crisis. But few of us know what food to store and how much. How should it be stored? How long does it last? Which are the best ingredients if you think about the recommended food intake? In the trace of a storm, you could lose electricity, what should you then do with what you have in the freezer? And how could you even cook without electricity?

In *Food prepping* Niklas Kämpargård sorts this out and deliver firm tips and advice on how you prepare yourself and endure a period of isolation or food deficit, regardless you live in an apartment in the city or in a house on the country-side. The book gives you clear checklists as a base for the planning and also contains many exciting recipes with ingredients you've been stockpiling.

About the author



Niklas Kämpargård is a writer, photographer and lecturer specialized in emergency preparedness, agriculture and householding. His latest book is the famously talked-about *Storm, submerge and drought*, and he has previously published *The crisis handbook* and *Live like a farmer* among others.

A dog owner's manual

Alice Kassius Eggers

There are almost a million dogs in Sweden. Some works, others compete or are being used for dog shows. But for a lot of them, the main task is to be the human's best friend. The buying of a dog is full of expectations, the happy-dog-life is waiting around the corner.

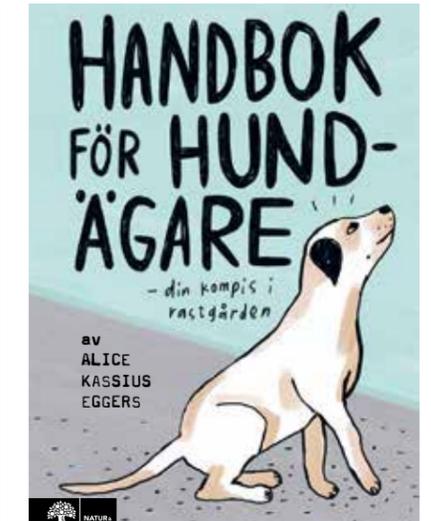
Quite too often the dream crashes before it's even started. The buy and sell-websites are overwhelming with dogs who need a relocation just when the honeymoons of the puppy are over, and the excuses are often pretty bad. To be knowledgeable in dogs means you always get questions from families who wonder why their darling favourite pet doesn't behave like it's supposed to. The questions are often full of frustration – it was supposed to be just FUN, what are we doing wrong? At the same time most people back off when the great theory machine starts – go to courses, read books, engage yourself!

"I've realized that everyone is not as geeky as I am. The most just want it to work – at home, on the bus, on the walk – and find the fastest way to get there. In that mood it's easy to be seduced by authoritarian tv-coaches who offer easy solutions. But to create a sustainable relationship with your dog isn't just about changing the behaviour, but about mutuality. With this book, I want to show that the best way to get a best friend is to be one back."

Alice Kassius Eggers

About the author

Alice Kassius Eggers is an author, culture journalist and librarian. Her interest in dogs started as a child but increased in 2003 when getting her first own dog Norpan. In 2007 Alice finished her education as an Obedience Instructor at the Swedish Organization of Domestic Dogs. Alice lives in Bagarmossen, a suburb of Stockholm, with her husband, three children and the Cocker Spaniel Ylle.



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Thanks!

TRAVEL GUIDES





By train through Europe

Anna W Thorbjörnsson & Marko T Wramén

More and more of us choose to travel by train rather than fly, regardless of whether it's a long weekend in the city, a family holiday in the sunshine during summer, or a trip with work. In the first half of 2018 alone, 30 per cent more Interrail cards were sold in Sweden compared to the previous year. And there are many good reasons to travel by train: the climate of course, but also the more relaxed tempo and the chance to discover and see not only the destination but also the route.

By train through Europe describes 10 exciting and attractive train journeys with tips on the exact routes, trains and transfers, but also sightseeing and restaurants on the way. The book offers a whole range of practical advice on how and where it's easiest to plan and book items such as train tickets, seats and sleepers. What apps are best to use for what? What booking pages on the internet? Are there any physical booking agencies that could be of help? You also get tips on smart packing, items that are handy to bring along and how to travel safely.

About the authors



Anna W Thorbjörnsson and **Marko T Wramén** are professional travel journalists and writers. Together they have written hundreds of articles of travel reportage around the world and seven travel guides. Often their son Gustav, three years old, joins them on their adventures. Together they have travelled the world in many different ways and embarked on five Interrail journeys – the first one in the 1980s, the latest one in 2018 during the renaissance of rail travel.

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- Preface
- How this book works
- Tips before the journey
- Plan your route - relaxed travel
- Buying tickets on the internet
- When does it pay to have an Interrail card?
- Booking tickets via a travel agent
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- Bicycle on the train
- Dog on the train
- Travelling light
- Watch out for thieves!
- Fire safety
- Good general travel apps
- Express trains
- Night trains
- Speciality trains
- And more...

Train travelling & food in Italy

Anna W Thorbjörnsson & Marko T Wramén

Italy is a country that takes its time to explore; to discover that local wine producer in the countryside and the gelateria in the small village square. Also, there is nothing more exciting than to experience Italy by train! *Train travelling & food in Italy* contains nine travel destinations guiding the traveller both through the beautiful landscapes and the marvellous Italian food culture. Personal suggestions, easy to read maps and information on how to book train tickets make this book your perfect travelling companion!

About the authors



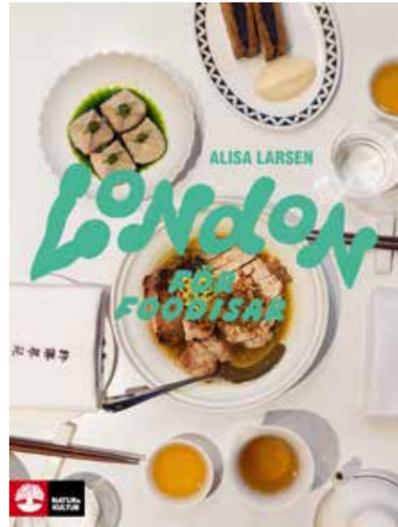
Anna W Thorbjörnsson and **Marko T Wramén** are professional travel journalists and writers. Together they have written hundreds of articles of travel reportage around the world and seven travel guides. Often their son Gustav, three years old, joins them on their adventures. Together they have travelled the world in many different ways and embarked on five Interrail journeys – the first one in the 1980s, the latest one in 2018 during the renaissance of rail travel.



Contents

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- About this book
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- Safety
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- 2. Lombardy
- 3. From Venice to Bologna
- 4. The Italian Riviera
- 5. Tuscany
- 6. Umbria
- 7. Rome and Napels
- 8. Apulia
- 9. Sicily
- Record

LONDON & TOKYO



London för foodisar
160x220, 176 pp
Natur & Kultur, 2020

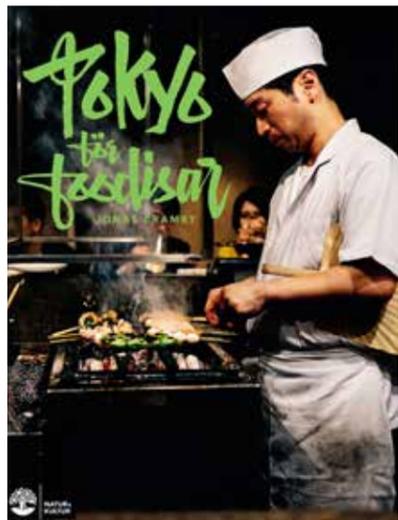
London for foodies

Alisa Larsen

London moves at around 120 miles per hour and is impossible to keep pace with. But after 14 years of regular food and drink excursions Alisa Larsen knows precisely where you should go at any time of day or night, even on the outskirts of town.

The cornerstone of British food culture is the pursuit of satisfaction, influenced by the city's long and complex history. In Quality Chop House you can still get a Sunday roast of world class. And if you do as the English do you follow it up with a visit to the pub where, of course, you drink cask ales. Or you visit du Rochelle Canteen, where you eat food in the same tradition, but in a more refined version and with the influence of chef Margot Henderson's background in New Zealand, France and Italy.

Contents: Foreword | Classics | Wine restaurants | Wine bars | Wine shops | Asian | Chinese | Thai | Japanese | Indian | Vietnamese | Turkish | Pubs | Cocktail bars | Bakeries & Coffee shops | Breakfast | Coffee | Markets & shops | Excursions | Word list | Maps | Index



Tokyo för foodisar
160x220, 176 pp
Natur & Kultur, 2018

Tokyo for foodies

Jonas Cramby

“Writing a restaurant guide to Tokyo seems close to an impossible task. Tokyo, as it happens, is not simply the best food city in the world, it is also the largest. The city is thought to contain more than 150 000 restaurants, which makes even the 10 000 catering establishments of New York, by comparison seem like the regional centre of a small and sleepy town. Tokyo not only has the best raw produce, the most brilliant chefs and highest number of Michelin stars in the world, a few years ago it also outstripped the previously apparently peerless Paris, in the number of three-star restaurants. To travel to Tokyo and eat only at starred restaurants would be somewhat similar to wandering about the Louvre with one's eyes shut, only opening them in front of the Mona Lisa. What really makes Tokyo unique is something different. Tokyo, quite simply, is a city in which extreme care and concern for detail is not the sole preserve of fine dining - it exists everywhere.”

Jonas Cramby

Contents: Preface | Ramen & tsukemen | Udon, soba & tempura | Yakiniku | Yakitori & yakiton | Japanese curry | Gyoza & biru | Tonkatsu | Sushi | Izakaya | Fast food & sweets | Coffee & tea | Crafted beers, natural wines & sake | Japanese bars | Practicalities | Index

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ROME & PARIS

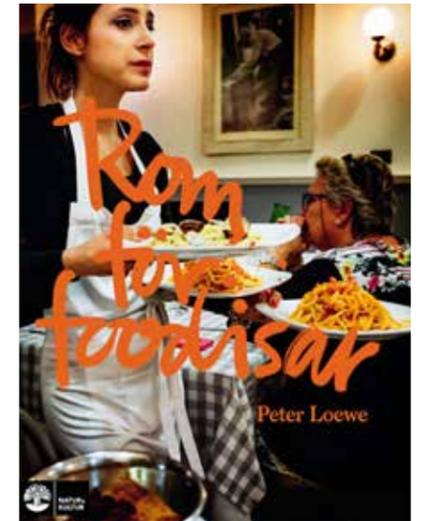
Rome for foodies

Peter Loewe

In *Rome for foodies* Peter Loewe takes us to visit his own regular haunts, such as Trattoria Monti, which has been in the same family for decades. Mama Franca Marziani holds the fort in the kitchen, her sons Enrico and Daniele serve everything from swordfish roulades and carpaccio of duck breast to highly addictive lightly frozen ice cream with almond biscotti and chocolate sauce.

Aside from all his own personal favourites Peter has also travelled far out into Rome's periphery, to find the most characteristic places in which the traditions of Roman food and family recipes live on and where prices are low.

Contents: Rome - pasta non basta! | Trattorias | Restaurants | Pizzerias | Just outside of town | Wine and bars | Cafés | Gelatorias | Shops and tips on buying food | Pearls of the reastaurant world | Index



Rom för foodisar
160x220, 176 pp
Natur & Kultur, 2018

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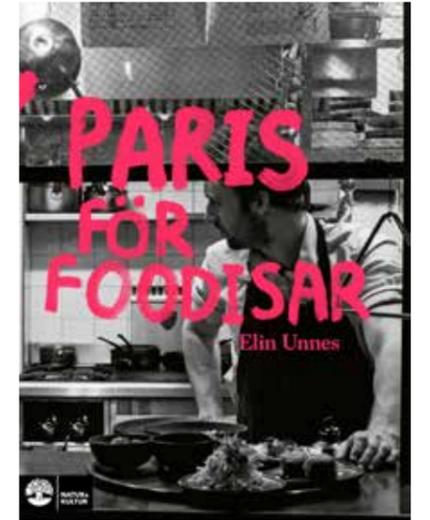
Paris for foodies

Elin Unnes

“This is a guide to the best market stalls, the tastiest and cheapest oysters, the places that no one afterwards can remember how one got to, regardless if they are secret or world-renowned: restaurants in alleys, bars in the cellar, and sometimes in places where you never look, in the middle of everything. All the places Hemingway didn't drink at.”

Elin Unnes

Contents : Get out clause | Where are we going? | Au Passage et al. | Bar round on the hill | Don't forget to eat! | A trip to 10e | A trip south/rue de Charonne | Meet the swamp! | Fine food and park life | Outside the periphery | Shall we go to Pigalle? | Rue Saint-Maur. | Heading north & beyond | Other than food and drink | Index



Paris för foodisar
160x220, 176 pp
Natur & Kultur, 2017

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NEW YORK & BERLIN



New York för foodisar
160x220, 176 pp
Natur & Kultur, 2019

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New York for foodies

Martin Gelin

“There is no one cuisine or single dish that can be said to define New York, because here everyone is an immigrant. The best restaurants always have an eye for another place or country, with much devotion and a little bit of melancholy, which has been left behind. New York for foodies is a personal guide to the very best food in New York, based on 17 years of diligent research. Here we are tipped on where to find the best dim sum in Chinatown, Sunset Park’s most outstanding taquerias and Harlem’s crispiest fried chicken. This is the book for you, if you find yourself daydreaming of eating oysters at the bar in Le Bernardin, but may be just as likely to visit the nest Egyptian restaurant in Queens, to order grilled fish.”

Martin Gelin

Contents: The way to eat the world | Italian | Bagels & delis | Chinatown | North Africa Queens | Sunset Park | Seafood & oysters | Japanese | Koreatown | Hamburgers | East Indian | Natural wines & bistros | Mexican | Desserts | Bars

STOCKHOLM & COPENHAGEN

Stockholm for foodies

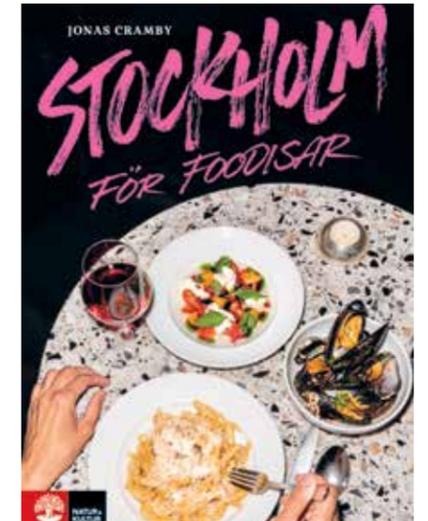
Jonas Cramby

“Stockholm is a city that is changing. Almost every week a new wine bar opens, a coffee roastery or craft bakery. Stockholmers themselves have stopped seeing eating out as simply an excuse for drinking themselves under the table, rather they have started to live their lives more and more on the town. The strict morality may remain, but also a countermovement in the form of a new generation dining out, restaurateurs, chefs, food craftspeople and bartenders.

Stockholm for foodies is a book about just such people, of their places and a city where restaurant culture is being created right now, before our very eyes.”

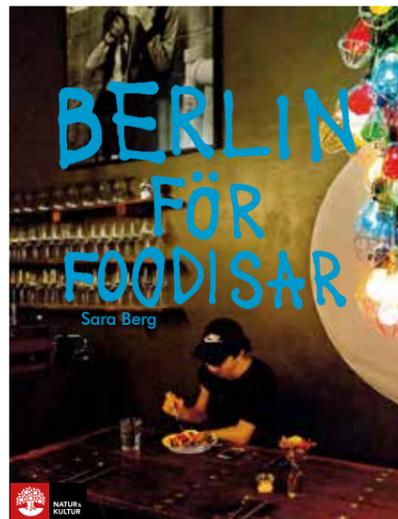
Jonas Cramby

Contents: Foreword | Fast food - burgers, pizzas, hot dogs, kebab | Asian - Japanese, Korean, Thai, Chinese | Modern Swedish | Meat | Outside Stockholm | Classics | Bars & snacks Cocktails | Fika - coffee, buns, sandwiches & ice cream | Index



Stockholm för foodisar
160x220, 176 pp
Natur & Kultur, 2019

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Berlin för foodisar
160x220, 176 pp
Natur & Kultur, 2019

Rights sold: WE

Berlin for foodies

Sara Berg

“When I first began to visit Berlin the city had just started out on its transformation from a city for ravers and clubbing to a serious restaurant town. A bit like Malmö a few years earlier. In Berlin the clubbing culture has not ended but has continued to operate at all hours and exists alongside natural wine bars, ambitious cafe bars and an impressive array of Asian restaurants. In *Berlin for foodies* you will find the city’s tastiest ice cream, a tiny Korean restaurant with its walls covered in Bible quotations, and also a good deal of appealing DDR architecture and interesting art.

Sara Berg

Contents: Preface | Getting around | PRENZLAUER BERG | Cards and cash | The Asian restaurant scene | MITTE | All the world’s food | Breakfast | NEUKÖLLN | Food stores KREUZBERG | CHARLOTTENBURG/WILMERSDORF/SCHÖNEBERG | RIEDRICHSHAIN Meat-free | ART AND CULTURE | Sundays | DESTINATIONS FOR OUTINGS | Swimming baths | Clubs | Evening dining | Map | Index

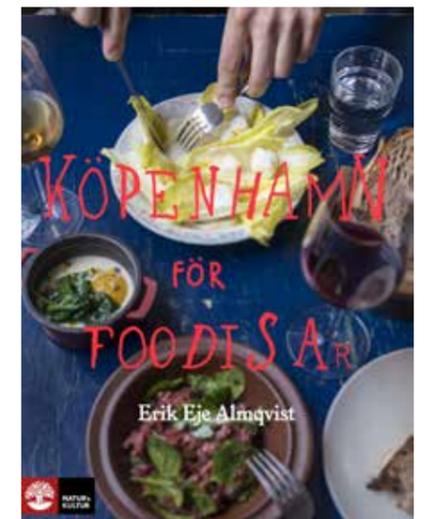
Copenhagen for foodies

Erik Eje Almqvist

“I have never regretted anything so much as when I moved from Copenhagen. I missed the wine dealer from underneath the Knippelsbro bridge where one always, regardless of the time, in the middle of lunch being waved into the kitchen and tasting cloudy wines that have not yet made it to the shelf. I missed the remarkable kiosk on Sønder Boulevard that sells ciggies, milk, newspapers – and obscure sour ales. It was not long before I moved back. This is a guide to my favourite restaurants, to fantastic natural wines, to the establishments with the finest raw produce of the most devoted hippie farmers, from the best soil ranges in Sjælland. From the bars with the most interesting crafted beers to the roughest jukebox dives in which the ventilation is so bad that you can passive-smoke tobacco fumes breathed out by the Vesterbro poet Dan Turell in the 1970s.”

Erik Eje Almqvist

Contents: The Noma city | Smørrebrød | Beer | Street food | - Pølser | - Night food | Bodegas | Coffee & bread | Natural wine in Copenhagen | The Italian wave | Raw produce fetishists - Tuesday | Bars - Wednesday | Other than food - Thursday | Literature- and film catalogues | Preface | Maps | Index



Köpenhamn för foodisar
160x220, 176 pp
Natur & Kultur, 2019

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