



RIGHTS LIST SPRING 2025

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About us

We are a literary agency based in Stockholm, specialising in books on food, craft, gardening and general lifestyle.

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Sweden

CRAFT & HOBBIES

TRENDY



Contents

- Foreword
- Crochet hook & yarn
- Getting started
- Projects
- Washing & care
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Crochet Big

Amanda Ljunggren

Learning to crochet opens up a world of colour, shape, texture and endless textile possibilities. In this book, you will learn to crochet in large strokes – with thick yarn and larger crochet hooks – which is beginner-friendly and innovative.

The book teaches basic skills such as stitches, yarn types, how to hold the crochet hook, and how to succeed with the 16 projects – everything from sweaters, hats and vests to blankets, rugs and pillows. Start with a simple and quick potholder, and let Amanda Ljunggren guide you further:

”I hope this book ends up in the hands of both enthusiastic crafters and curious beginners. No matter who you are, I hope you will be inspired to crochet big.”

About the author



Amanda Ljunggren released her first crocheted clothing collection with Vogue in 2021. She has since worked with textile crafts that cross the border between fashion and art. Amanda has an international background in fashion and set design. She is happy to be in front of the camera in expressive clothes from well-known fashion houses and behind the camera with the silver tape (the set designer’s best friend) in full swing.

CROCHET

Needle Play

Knits & crochet

Janina Kuronen

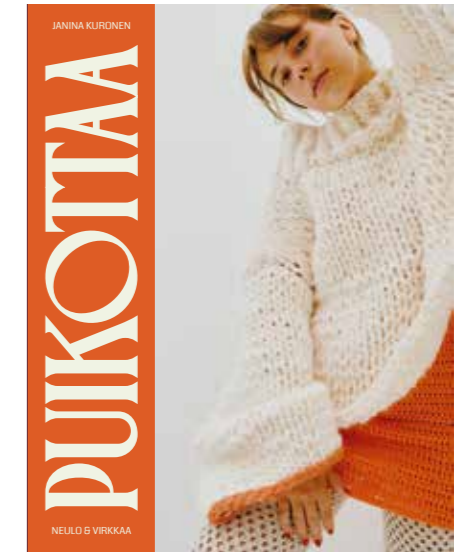
Needle Play contains 25 crocheted and knitted clothes and accessories that demonstrate the basic idea of knitting and crochet: simple but not dull.

In the clothing section, you will find instructions for crocheted pants, a dress, a blouse and a top, knitted shorts, a giant sweater and a jacket.

The accessories include headwear, scarves, bags and other street-fashion products suitable for everyday life.

About the author

Janina Kuronen started knitting at the age of six. Twenty years later, she became frustrated because she couldn’t find knitting patterns or craft instructions that felt like her own. So, she started writing and knitting her own instructions, and the Puikottaa company was born, which you can find at puikottaa.com.



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TUNISIAN CROCHET



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Tunisian Crochet for all Seasons

Tops, blouses, sweaters
Helle Kampp Mathorne

Tunisian crochet ranges widely - from compact and textured to lighter and more airy expressions. This book offers various designs representing the seasons in a beautiful harmony of colours, shapes, and patterns. Many of the designs include a twist of knitted and crocheted edges.

The book contains 17 instructions, from elegant sweaters, blouses, and summer tops to winter skirts and sweaters. The sweaters are in sizes 36 to 46. The difficulty levels vary so that everyone can join.

About the author



Helle Kampp Mathorne has loved needlework all her life. She is a trained needlework teacher from the Hellerup Handicraft Seminar, has taught about yarn and sewing, and has held workshops on almost everything with cords. In addition, Helle Kampp Mathorne has also designed patterns in knitting/crochet / Tunisian crochet for Burda International, Region Nordic, and the magazines *All about Needlework*, *Knitting* and *Creative Knitting* and has the company Kampp Design, which sells patterns in knitting, crochet and Tunisian crochet.

Tunesisk hækling til alle årstider
200x255 cm, 184 pp
Turbine forlaget, 2023

Rights sold: WE

CROCHET SQUARES

Crochet Squares

Granny squares and more
Maria Gullberg

A square is a small crochet project, easy to carry and very useful. When you put several together and form pattern reports, magic happens. Checkers can be something for the beginner but can also become a master's test. Maria Gullberg has created different types of squares that you can use for everything from sweaters, cardigans, shawls and waistcoats to throws, cushions, bags and rugs. The possibilities are endless.

In the book, Maria offers everything from the classic granny square and revisions to squares in mosaic crochet. Here are squares to crochet that you've never seen the likes of; they can be square or hexagonal, but they can also be half. All can be put together to create different patterns.

The book also contains examples of projects for which you can use the different squares, but you can also create freely with the other basic patterns and choose your colours. You also get clear descriptions of assembling your windows to make the work beautiful.

About the author

Maria Gullberg is active in crochet as a designer and inspirer with both courses and exhibitions. She is educated at Konstfack and has renewed crocheting in Sweden for many years. She has developed various new techniques and experimented with new and exciting structures and patterns, often in a strict graphic style. She has published several books about crocheting in a long-term collaboration with Hemslöjden, most recently *Crochet!* (2013) and *Crochet Pattern Magic* (2017).



Virka rutor
200x260, 170pp
Polaris, 2023

Rights sold: WE



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Crochet squares!
Crochet hooks
Masks
Advice and tips
Granny squares
Mosaic crocheting
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CROCHETED ACCESSORIES



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- Playing wings
- Magic wand
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- Row of pennants
- Wall picture with rainbow
- Wall picture with unicorn

Glitter

Crocheted unicorns, rainbows and more
Jeanette Bøgelund Bentzen

Let yourself be captured by sparkling details and beautiful colours, and let yourself flow with and disappear into a sea of adventurous universes created by a boundless and fantastic imagination.

With the book *Glitter*, you get 12 designs containing crocheted items, rainbows, unicorns and much more. In addition, there are summer hats, wands and toy wings. In other words, it is a fine mixture of crochet projects, which are both practical and decorative - and not least for play. It is all designed in a calm and Nordic universe – with much glitter added.

About the author



Jeanette Bøgelund Bentzen started crocheting in 2011. She has a furniture and digital design background and has published five crochet books, including the popular series 'Lutter Løkker'. Jeanette Bøgelund Bentzen also holds workshops and lectures.

& TOYS FOR KIDS

Crochet for the Kid's Room

Vibeke Fantoft Magesen

Crochet for the Kid's Room is a collection of crochet patterns where an old and traditional technique is used in a new and modern way. The book contains simple instructions for colourful and fun characters that children love. Make the children's room vibrant with pennants, baskets, stuffed animals and other lovely toys.

The book contains a crochet school with step-by-step explanations and links to instructional videos that thoroughly show you everything you need to know.

If you are looking for a gift for the creative or even feel that you want to learn to crochet, you have found the right book.

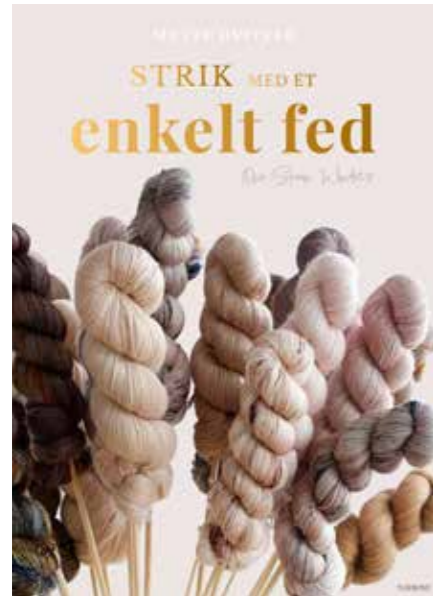
About the author

Vibeke Fantoft Magesen was born and raised in Bergen. Here, she still lives with her husband, son and dog. She works as a nurse at Haukeland University Hospital. She has previously published the book *Crochet for Children* (2015).



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- Projects
- Thanks

One Stitch Knitting

Mette Hvitved

One *Stitch Knitting* is perfect for those wanting to use leftover yarn or perhaps the beautiful skeins you bought at a yarn fair or as a souvenir from your holiday.

The book contains instructions for 25 designs with a Nordic touch. Each of them can be knitted using just one skein of 100 g. Here, you will find beautiful and valuable scarves, shawls, socks, mittens and much more. You will get help choosing the right yarn – and maybe you will feel like trying something new. You will also get thorough sock tips and learn about different techniques.

The instructions are adapted for beginners and experienced knitters so everyone can join in. In addition, the recipes have been tested in different yarns and colours – all presented in beautiful pictures for inspiration.

About the author



Mette Hvitved is the woman behind the popular Instagram account @mettehvitved and the webshop mettehvitved.dk. She has previously published the knitting book *Knits for Kids 0-2 Years* (2019).

Moment

Knitting with large needles
Anne-Sophie Nørby Velling

Based on the rich Danish design tradition, where good craftsmanship and clear lines form the cornerstone of design, Anne-Sophie Nørby Velling explores the tension between colour, pattern and contrast with her 12 unisex sweaters. With structures of architectural character and silhouettes that are classic in their form, the collection searches the Scandinavian textile history, where the careful and present process is appreciated, and the slow work of the hand is embraced.

The book's 12 sweaters range in size xs-5xl, and the patterns clearly describe how to knit the models with either a feminine or masculine expression. This makes the different sweaters easy to adapt to ensure personal fit preference. Anne-Sophie's pattern universe is characterised by the fact that each pattern is designed with exceptional detail in mind, and the structure conveys calm and warmth through each single knitted stitch. The emphasis here is on immersion and permitting yourself to take time to create something in a hectic everyday life – finding peace and joy in a quiet moment.

hinner yarn.

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About the author

Anne-Sophie Nørby Velling had worked for a decade with the dissemination of the traditional craft of knitting and has been interested in the potential of handicraft since childhood when she attended Skals Design and Handicraft School. Through her design studio, Augustins, she explores, using design parametric components, how to create a bridge between textiles and architecture, which is the design branch in which she is educated from the Aarhus School of Architecture.



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 Gáfestallan - Coffee break
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 Sami mitten knits
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 One mitten - 8 traditional possibilities
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 Flávda - The flag
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 Guovssahas - Northern lights
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 Skábma - Dark time

Knitting from Sápmi

Siv Romsdal

Siv Romsdal comes from Nordkapp in Finnmark, with ancestry in Porsanger. Only in adulthood has she become aware of her own Sea Sami identity on her mother's side. As in so many families, this part of history has been stowed away and partially forgotten in the wake of the Norwegianization policy.

But in many lofts, you can find traces of Sami craft traditions in old garments or older photographs. Siv takes her point of departure from the work women before her have put in to preserve and pass on the legacy of their foremothers. On her journey in yarn and colours, she has developed knitted garments that incorporate details from old Sami patterns. She has been inspired by nature and the culture she grew up in to create new knitting designs. The journey goes through dark times and aurora borealis, moors and summer expanses to Karesuando, Máze, Varanger, Jukkasjärvi, Billefjord and Kautokeino.

The result is a feast of colours and patterns that suit the plains and the city. In *Knitting from Sápmi*, you can find jumpers, cardigans, socks and mittens.

About the author

Siv Romsdal is a knitting designer interested in Sami and Nordic-inspired design. She grew up in Gjesvær, a small fishing village in Nordkapp municipality, but has lived in Ski for 23 years with Rune and her daughter Lillian. Siv has many years as a textile worker behind her, but she is now living out her dream of being a full-time knitting designer. When she's not knitting, Siv likes to read and go on walks, preferably by the sea, where she thrives best.



Sápmi strikk
 210x260, 256pp
 Spartacus, 2024

Rights sold: WE, DK

AND ACCESSORIES

Maritime Knits

Robert Torrissen

This is a powerful story about the sailor who became a knitter. The book includes 27 patterns.

"This is a slightly different knitting book. Because I'm not really a knitter, or rather, I wasn't a knitter. If I can convey the story correctly, you will feel many emotions and perhaps find comfort if you have experienced something similar. This book is about my son Casper Johan and how knitting became an important part of my life. Each garment has its own story, spun after everything that happened while Casper was alive and, in the time, since."

In this book, Robert shares his and his family's story about his son Casper, who didn't make it to his first birthday, and tells how knitting became something tangible to grasp while waiting for the inevitable. Through his powerful story, he shows that knitting and patterns can give comfort and hope to anyone who has to go through grief that is difficult to understand.

Robert's warm and beautiful knitwear carries a story and message about family, togetherness, love, and our relationship with the culture and magnificent northern Norwegian nature.

About the author

Robert Torrissen is today best known as the sailor behind the popular Instagram account Hardbarka, where he shares his distinctive maritime knitwear.



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To Casper
 Some important concepts
 Sweaters
 Hats
 Mittens
 Socks
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Hardbarka strikk
 210x250, 216 pp
 Frisk Forlag, 2022

FUN & UNIQUE



Fun Knitting for Kids

Thea Rytter

Knit a fabulously colourful wardrobe for your children. Children love colours and unicorns - and go for it. You will find it all in Thea Rytter's knitting book for children. *Fun Knitting for Kids* is a playful, colourful, and fun knitting book with patterns for children aged 2-10 years. The primary goal is to make knitting and wearing the clothes enjoyable. Here, the colour palette and the imagination run wild because what child doesn't dream of a sweater with a unicorn on the arm or a cherry sweater?

With the colourful and adventurous design, you get a lot of embroidery techniques so you can make unique and different clothes for the children you care about. The book contains more than 15 instructions, and there is something for both new and experienced knitters.

About the author



Thea Rytter is behind the popular Instagram profile @thea.rytter, with over 31,000 followers. She has published many books and works daily in the media industry. Other books: *Sew* (Turbine 2021), *Knitted Halloween* (Turbine 2021), *Knitted Easter Decorations* (Turbine 2021), *Knitted Christmas Decorations* (Turbine 2020).

Contents

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Fabelagtig børnestræk
200x270, 150pp
Turbine forlaget, 2024

KNITS FOR KIDS

Unique Knits for Kids

Therese Jacobsen

In this book, you will find unique and inspiring instructions for children's knitwear from 0 to 12 years old. The instructions are divided into garments in delicate and nostalgic colours that can be easily combined for everyday life and parties. In addition, you can choose embroidery along with many of the instructions; QR codes provide easy access to videos with step-by-step instructions if you wish.

Most of the 40 instructions are new and exclusive to the book. Therese designs timeless and romantic garments with the most beautiful details. The instructions are easy to follow, and the embroideries allow you to make your garments unique using embroideries from the supplied template or something completely different.

About the author

Therese Jacobsen is behind the SoMe account @knitbyjacobsen on Instagram and designs children's knitwear with optional embroidery patterns. She lives in Bergen with her husband and three children.



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Unik barnestræk
210x270, 240 pp
Frisk Forlag, 2022

PERSONAL KNITS



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- We often knitted and crocheted
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- Knit with children
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- Courage and Strength
- Clover
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Knitting

A warming love story
Sofia Karlsson

Stitch by stitch, round after round, the yarn runs between the fingers. Beautiful and warming garments emerge with a rhythm similar to the heart's beating, but for Sofia Karlsson, knitting is much more than the finished garment.

Through the work of our hands, our thoughts, feelings and dreams are manifested, and we manage the valuable knowledge passed down through generations. This book includes knitting patterns for socks, mittens, hats, sweaters, shawls, cardigans, and more. Step into Sofia's creative world filled with colour and shape, where knitting invites encounters across generations and cultures. Accompanied by a sincere belief that together we can make the world warmer and more peaceful, life becomes a little smoother, one stitch at a time.

Knitting - a warming love story is more than an ordinary knitting book. This book sparks introspection and broadens our perspectives to see the greatness in the simple and small.

About the author



Sofia Karlsson is a trained art historian, photographer and teacher but has been working as a knitting designer for ten years. Through her Instagram account @sofias-ales and YouTube channel Sofia's Tales, she inspires thousands of people to knit and sells her patterns worldwide. Sofia also lectures and organises retreats in Sweden and abroad.

Stickning - en värmande kärlekshistoria
190x255, 170 pp
LB Förlag, 2024

SASHIKO

Mending with Sashiko

Kerstin Neumüller & Momiyama Takao

The Japanese sewing technique sashiko is based on simple stitches and is used to make clothes and textiles in both simple and advanced patterns.

Takao 'Momi' Momiyama, a world-renowned champion in the martial art of iaido, embarked on a transformative journey when he needed to mend his training socks, tabi, in the 1980s. Today, he is equally celebrated for his artful mendings, a testament to the power of passion and dedication.

In *Mending with Sashiko*, you are welcomed into Momi's workshop, where he generously shares his best tips and tricks. You will not only master the different techniques of hitomezashi, moyozashi, and koginsashi but also receive comprehensive instructions on making shirts, jeans, and socks.

We also delve deep into Momi's archives and closely examine garments he has continuously worked on for 40 years. The garments testify to an ongoing cycle of wear and repair, showing that mending can be simple and functional or become a beautiful decoration.

About the authors

Takao Momiyama has received much attention for his work with sashiko, which has been shown in several acclaimed exhibitions at Vandalorum, Fiberspace Gallery, and Helsinki Design Museum, among others. He keeps a sashiko diary from his home in Scania's Glimminge daily, which he shares on his popular Instagram account @momiya-matakao.



Kerstin Neumüller, a passionate crafter, brings her personal touch to *Mending with Sashiko*. She is responsible for the narration but also contributes practical tips, creating a book that feels like a conversation with a friend. Her previous books are *Indigo* (2016), *Patch & Mend* (2018), *Simple Weave* (2021), and *Everyday Craft* (2023).

Laga med sashiko
180x240, 144pp
Natur & Kultur, 2024

Rights sold: WE



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- Foreword
- Takao "Momi" Momiyama
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PLANT DYEING



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Plant Magic

Batik, bundle dye & other techniques for plant dyeing
Karin Bjurström

Learn to create colourful patterns on fabric with natural pigments from our local environment without using strong chemicals. The book combines traditional plant dyeing with contemporary techniques such as batik, bundle dye and botanical prints.

Karin Bjurström goes through the basics of plant dyeing and wants us to discover how easy it is to produce colour on your own. She encourages us to experiment; right or wrong does not exist. Using different techniques, you can create repeating patterns, precise impressions of flowers and leaves, or a more fluid design. Try experimenting with decoctions and impressions, such as squeezing, dipping, and steaming. The results are beautiful and unique organic patterns in all the rainbow colours that can resemble anything from moonscapes and marble to abstract batik or a flower meadow.

The book contains about 20 colour recipes, and Karin shows, among other things, how to dye t-shirts, kimonos and scarves in variegated colours and different patterns.

About the author



Karin Bjurström is a textile artist and fashion designer. After several years in the fashion industry, she chose a more sustainable way of working, where craftsmanship and small scale come first. Karin wants to broaden the image of plant dyeing and show that it is possible to create vibrant colours and patterns without chemicals. In addition to her own production and artistic projects, she holds courses and lectures in plant dyeing.

Plant magic
200x260, 160pp
Natur & Kultur, 2024

PAPER FLOWERS

Paper Flowers

Sofia Vusir Jansson

This book is an inspiring and practical guide to making paper flowers. It is aimed at those who have never made a paper flower before and want to develop their flower-making skills. Sofia Vusir Jansson explains basic techniques and how to transform paper into organic forms, build flowers according to botanical theory, create details such as pistils, and work with different structures and colours.

There are patterns for various flowers in clear step-by-step descriptions, from the simplest beginner flower you can create in a few minutes to the more advanced and time-consuming.

Folk art, folk traditions, and historical crafts are Sofia's sources of inspiration. She appreciates the crooked and unexpected, the idea that the hand can leave traces and that each flower creator can find their unique expression. This personal touch and unique perspective make her book not just a guide but a journey of discovery and self-expression.

About the author

Sofia Vusir Jansson, an artist, designer, and writer, is an expert in the art of paper flower making. Her journey began ten years ago when she created her first paper flower in large format. Since then, paper flowers have become her signature. Her dedication and love for this craft are evident in the thousands of paper flowers she has created for various collections and exhibitions, inspiring and motivating others to explore their creativity in this art form.



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- Introduction
- Tools
- Material & techniques
- Flowers
- Templates
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Pappersblommor
190x240, 160pp
Natur & Kultur, 2024

Rights sold: WE

HOME DECORATION



Contents

- Introduction
- DIY furniture and hacks
- DIYs for decorative details
- Guide to painting
- Tips for personal home decoration

Create a Personal Home

Step-by-step guides to DIY projects, hacks and inspiration
Line Dupont

Line Dupont is a woman who does everything herself, and in this beautiful book, she shares her best DIY tips, tricks and projects, ranging from small changes to large makeover projects. The book is an inspiration and a practical step-by-step guide to help you navigate your projects. From choosing the right tools to mastering the techniques and clever hacks, you will feel like a true craftsman, whether a beginner or experienced.

The book is for those who love personal interior design and want to put a touch on your home. In short, the book is the ultimate guide to transforming your home on a budget - without the great craft experience. The book contains detailed material lists for all projects and guides to tools, planning and design.

About the author



Line Dupont has 211,000 followers on her Instagram profile @linedupont, where she shares tips and tricks about DIY and home decor. Since buying her first apartment at 18, she has built, improved, moved and painted to create a personal home. Today, she is a mother of three and married to Jeppe, and she still loves building and decorating their shared home.

Skab et personligt hjem
190x240, 276pp
Turbine forlaget, 2025

BUILD A SAUNA

Build a Sauna

Step-by-step and inspiration for a free-standing, wood-fired sauna
Lisa Gerholm

Did you also dream of building your sauna but do not know where to start? *Build a Sauna* is a practical guide that takes you through the whole process, from the first hammer blow to the first scoop of water on the stones.

The chapters contain pedagogical step-by-step instructions, including all the aspects of construction, carpentry advice, methods from building maintenance, and precise drawings. You will learn how the essential tools work and how to cast plinths, make a frame and surface panel inspired by Japanese yakisugi, insulate, build a door, lay a roof, boil your paint, carve door handles and renovate windows.

In the inspiration chapter, you learn about other beautiful, exciting, homemade saunas, such as a cone-shaped sauna trolley in Södermanland's forests and a floating sauna in Stockholm. If you already have a sauna, you can still modify the drawings and use them as a basis for garden storage, an outdoor toilet or a shed.

About the author

Lisa Gerholm is a carpenter and sauna bather. The door to traditional crafts was opened during her long journey to China with the East Indiaman Gothenburg. Her interest in wood and history led to a boat-building course in Norway. Today, she is a carpenter at Skansen in Stockholm. She has taught subjects like carpentry, window renovation and sauna construction. *Build a Sauna* is her first book.



Bygga bastu
180x240, 160pp
Natur & Kultur, 2022

Rights sold: JP



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Bygga bastu
180x240, 160pp
Natur & Kultur, 2022

Rights sold: JP

JOURNALING



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Journaling

Write, create and be happy
Puk Hyllested Hansen

For many people, the mobile phone has become an indispensable tool in everyday life, and many spend several hours on it daily. But our hands are made for much more than pressing a keyboard and scrolling on a screen. Our hands and our brains are connected and communicate with each other using nerve fibres. We strengthen our mental well-being when we use our hands to create something. We can quite raise our self-esteem by creating with our hands.

Journaling does not require any special skills to get started. With a few funds, you can make yourself a box with the necessary materials and be up and running that same afternoon. Soon, you will feel the joy and creativity bubbling when you create something.

This book provides concrete ideas on creating beautiful collages and using your journal as a space for immersion, stress relief, and personal development. You will get a thorough introduction to journaling and inspiration to create your visual diary – whether you are a beginner or have already made collages and diaries.

About the author



Puk Hyllested is a trained craft teacher who works independently to spread craft to promote health and well-being. She has personally and professionally worked with journaling for more than 10 years. Puk is also trained in mindfulness and certified in craft psychology, giving her a unique approach to creativity as an art form and a path to personal development.

COLOURING

Plants and Coffee

Colouring book for adults
Maja-Lisa Bekken

Let your creativity flourish with this unique colouring book for adults, created by the skilled illustrator and tattoo artist Maja-Lisa Bekken. The colouring book takes you on a relaxing and inspiring journey through carefully drawn motifs that combine beautiful plants, delightful coffee moments and exciting everyday objects. Each page offers intricate details and imaginative patterns that everyone can enjoy.

Fill the pictures with your favourite colours and let each work become a personal masterpiece. Perfect for those of you looking for relaxation, mindfulness, and creative expression in everyday life or who want to enjoy the illustrations as they are in their beautiful simplicity!

About the author

Maja-Lisa Bekken is a tattooist, illustrator and artist with a distinct style. She has several years of training in art and textiles and is drawn to making complex motifs look simple and obvious. The motif occurs on the paper, the fabric, the wall and the skin. On weekdays you can find her in the tattoo studio or her garden.



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BRAIDING



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Braiding

Techniques, material, projects
Emma Dahlqvist

Combining traditional braiding techniques with new thinking, Emma Dahlqvist introduces simple and more advanced methods for braiding bags, baskets and accessories.

This book aims to show the different varieties of braiding and inspire more people to braid. It does not matter whether it is with natural material you picked in the forest, purchased material, or recycled material. It is possible to braid with most fibres and most flexible materials. You can use anything that can be bent and shaped in three dimensions.

People have been braiding for tens of thousands of years around the world. Braiding baskets and bags are one of the world's oldest crafts. The techniques are similar regardless of geographical location; only the materials differ. The book shows projects in which you use oblique braiding, straight braiding, seven braiding and hexagon braiding, and various materials, such as twigs, paper, leather, wool, and steel wire.

About the author



Emma Dahlqvist is a designer and artist who combines older craft techniques with experimental techniques and methods. She works as a freelancer with art and design projects. She is located in Östersund, where she gives courses and lectures in crafts and experimental design methods. She has also published the book *Bark*.

CRAFTING WITH KIDS

Crafting with Kids

Easter
Karin Andersson

Crafting with Kids has fun, easy Easter crafts and clear step-by-step descriptions. The crafts are based on Creative Karin's three favourite themes – recycling, beads and nature. The book contains 30 inspiring projects for many creative and cosy crafting moments!

- New craft book series by Sweden's craft queen
- Crafts in the same spirit as the Big Craft book series
- Fun and beautiful crafts based on recycled materials, beads and materials from nature

About the author

Karin Andersson is one of Sweden's biggest DIY and craft profiles, and her Instagram account has over 100,000 followers. She has designed and developed toys and products for children, appeared in several TV productions and is a frequently hired workshop organiser.

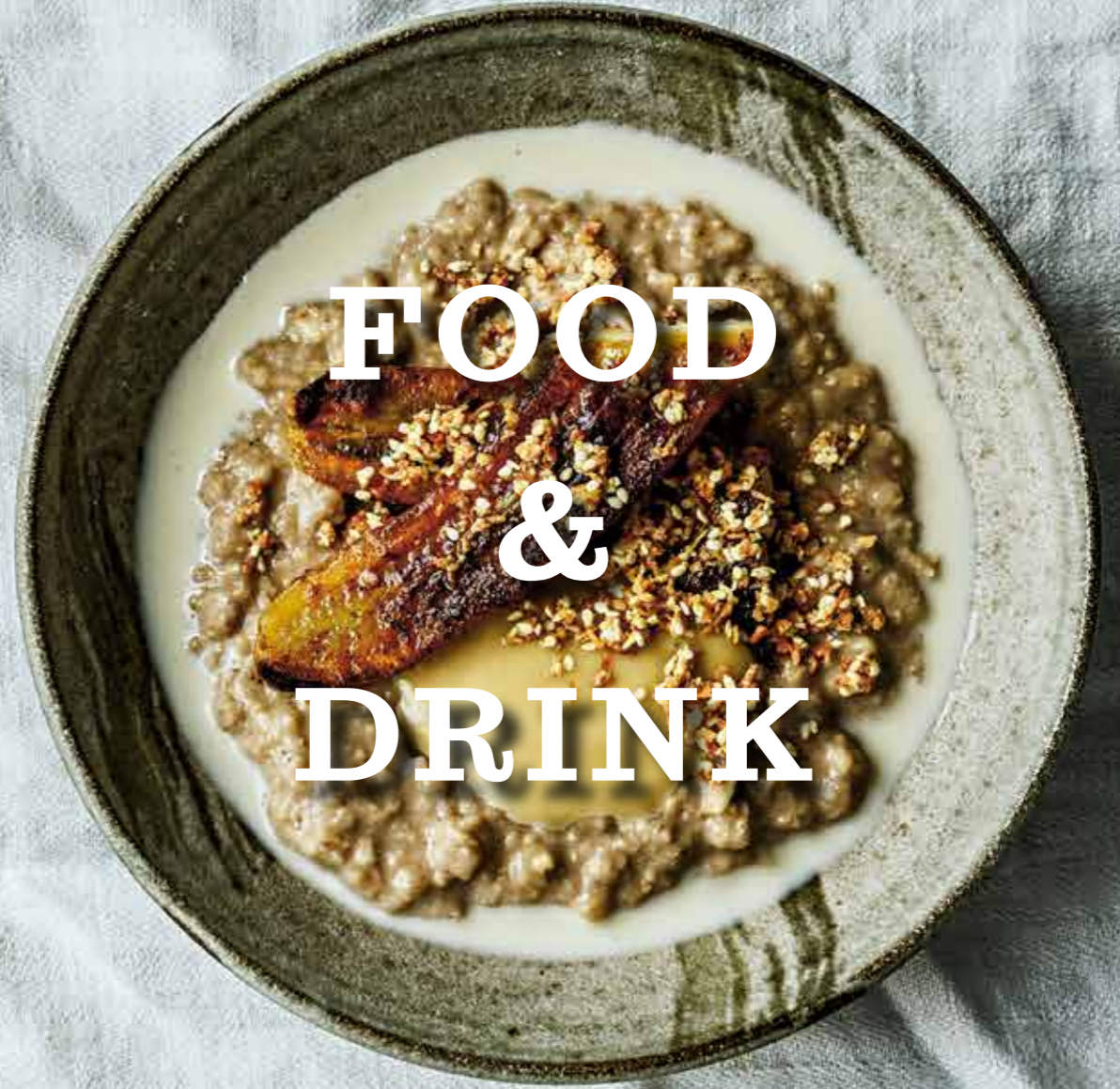


Contents

Easter crafts



FOOD
&
DRINK





Contents

- Let's eat!
- Tools
- In the pantry
- Everyday dishes
- Four small dishes
- Streetfood in Taiwan
- Around the table
- List of recipes

Chopstick Stories

Karin Lei

In *Chopstick Stories*, Karin Lei shares about 50 recipes from her home kitchen, interspersed with stories and tips. There are everyday dishes to use when time is short, such as quick biangbiang noodles and flavourful curry noodles that you can make in 10 minutes. There are also dishes to serve when you want to gather a lot of people around the table and have a little more time in the kitchen.

When Karin was growing up, her parents ran both Japanese and Chinese restaurants, and in the chapter Four Small Dishes, you will find their recipes for classics such as steak with bamboo shoots, fried pork with sweet and sour sauce and chicken with cashew nuts. During her trips to Taiwan, her parent's homeland, Karin has collected a lot of street food favourites that are sold at lively night markets – everything from crispy scallion pancake wraps to grilled corn with chacha sauce, popcorn chicken and candied fruit skewers.

The recipes are mainly based on ingredients from Karin's pantry, and in the book, she goes through which basic ingredients and flavourings are good to have at home to cook Chinese and Taiwanese easily.

About the author



Karin Lei spent much of her childhood at her Taiwanese parents' restaurants in Sweden. She has always been interested in food and shares Chinese and Taiwanese home cooking on social media. Karin created the website chopstickstories.se to document her parents' recipes, as they had not written anything down. Karin is now training to be a tea sommelier and has published the book *Dumplings & Other Dim Sum* (2022).

Chopstick stories
180x240, 169pp
Natur & Kultur, 2025

Rights sold: DK

Dumplings & Other Dim Sum

Karin Lei

Dim sum means "touching the heart" in Chinese, and among the dishes in this book, there is something for everyone - from various stuffed dumplings, fluffy steamed buns and fried spring rolls to egg tarts and soft rice rolls.

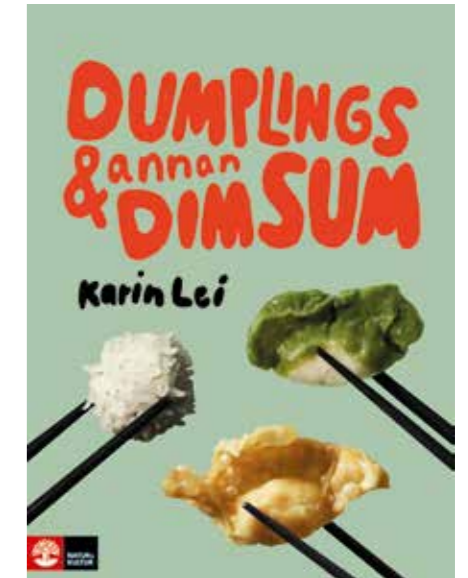
Dim sum is loved all over the world. Cantonese cuisine stands for the most famous varieties, but other regional cuisines and street food favourites have been included over the years. Today, over a thousand dishes can be counted as dim sum.

The book contains 50 recipes for classic and new dishes such as gow (shrimp dumpling), shumai (steamed pork dumpling) and char siu bao (bao with pork filling). You can also read about the dim sum culture, ingredients and tips for cooking at home.

Traditionally, dim sum is served so that you can share and taste many different dishes during the same meal. Still, most of them also work to be eaten separately with rice, noodles or vegetables. In addition, they can often be prepared in advance and frozen.

About the author

Karin Lei spent much of her childhood at her Taiwanese parents' restaurants in Sweden. Her interest in food has always been significant, and she shares Chinese and Taiwanese home cooking and tips on social media, among other things. Karin is also the author of *Chopstick Stories* (2025)



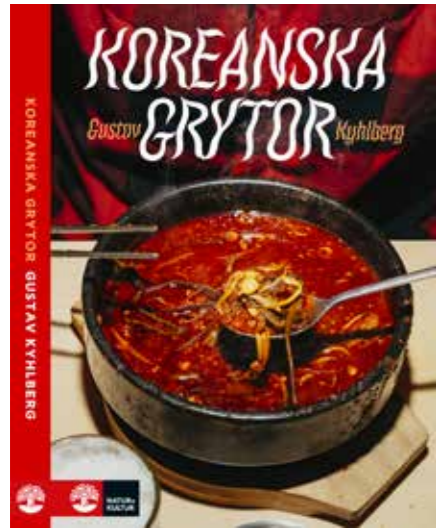
Contents

- Foreword
- Dim sum - close to the heart
- Wisdom & etiquette
- Pantry
- Tools & technique
- Prep & freeze
- Steamed & boiled dim sum
- Fried dim sum
- Larger dishes
- Sweet dim sum
- Drink & brew tea
- Tea types
- Index
- Thanks

Dumplings & annan dim sum
180x235, 160pp
Natur & Kultur, 2022

Rights sold: DK, NL, SP

STEWES



Contents

- Why I love Korean stews
- Ingredients
- Tools
- How to eat Korean stews
- What to drink
- Round up with Bokkeum bap
- Jjigae
- Tang
- Guk
- Banchan
- Namul
- Index

Korean Stews

Gustav Kyhlberg

This is comfort food at its best!

The Korean cuisine is filled with chilli, garlic and heat! It bubbles and mills. Almost all meals have hints of stew or soup and steamed or braised dishes. Some are perfect for lunch or dinner, either as a main course with rice or as a more significant side dish. An essential part of a Korean dinner is to share and eat together, and many of the dishes are perfect for many people, where a large pot is cooked on a gas burner in the middle of the table.

Gustav Kyhlberg is a Swedish chef who, for a few years, spent his days eating at local restaurants in Seoul and then in the evenings trying to cook the dishes at home in his kitchen. He bought cookbooks, searched for information online and asked food-loving Koreans to recreate the unique flavours.

In this book, he presents a new world of guk, tang and jjigae, a total of 40 recipes for kimchichige (stew with kimchi, pork loin and tofu), gamjatang (aromatic potato and pork stew), maeun tang (fish soup with the taste of ginger) and dakgaejang (strong chicken soup with bean sprouts). Many recipes can be prepared quickly; most ingredients are available in regular, well-stocked grocery stores.

Since no Korean meal is complete without kimchi, the book ends with many kimchi recipes and other side dishes. You also get an overview of essential ingredients, tools and equipment that can be fun when you cook Korean stew at home.

About the author



Gustav Kyhlberg is a chef and owner of Madam, a Korean restaurant at Södermalm in Stockholm. In 2012, he moved to Seoul with his family and immediately became fascinated by Korean cuisine. When he returned to Sweden, he missed authentic Korean food so much that he opened his own Korean restaurant.

Koreanska grytor
180x240, 160pp
Natur & Kultur, 2022

CURRIES

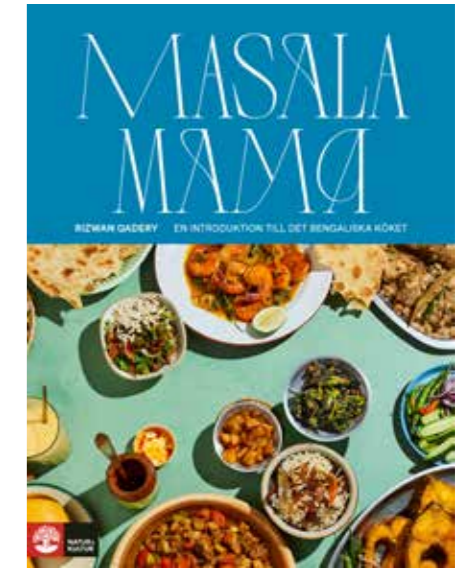
Masala Mama

Rizwan Qadery

This introduction to Bengali cuisine includes 70 personal recipes that work great to cook at home, from near-sumptuous feasts to excellent street food and plenty of reliable everyday heroes. Most dishes are familiar classics, written down just as they are cooked in most homes in Bangladesh.

The author, Rizwan Qadery, also desires that the dishes can be recreated with easy-to-find ingredients without compromising the taste. However, you will soon want to visit a store with South Asian spices to breathe new life into the pantry and acquire some apparent things like mustard oil, ghee and date sugar. The book will teach you more about typical ingredients, cooking techniques, and how to genuinely eat Bengali food.

Contents: Food culture, ingredients and technique | Curry! You eat a lot of curry, right? | Food culture | Rice | Dal | Dried spices | Oils & fats | Fresh aromatics | In the pantry | Fish & shellfish | Meat | Kitchen techniques & hand skills | Recipes | Condiments, sauces, chutneys & pickles | Bread | Street food | Dal & eggs | Fish & shellfish | Meat | Rice dishes | Snacks, mishti & drink



Masala Mama
180x240, 176 pp
Natur & Kultur, 2023

Vego Curry

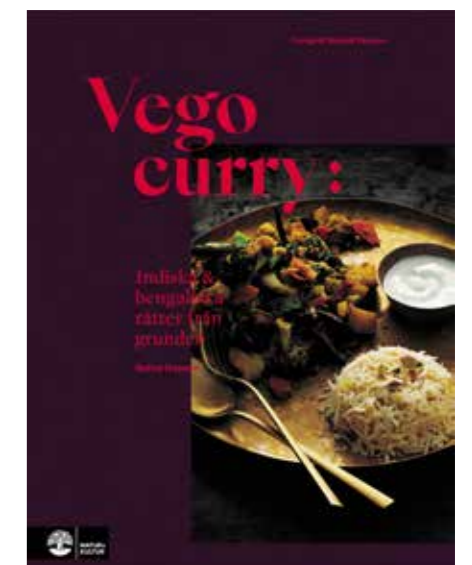
The essentials of Indian & Bengali food

Nahid Hassan

In *Vego Curry*, we are shown the basic principles of vegetarian curry cuisine, precisely how it is done in India and Bangladesh. Among the 60 wonderful recipes in the book are classics such as korma, tikka daal, and many more fantastic dishes – everything from breakfast meals to bread and sweet desserts.

Learn how to mix your spice blends and pastas, cook vegetables and prepare the delicious staple mince palak paneer. With the side dish of *vadji* and a comprehensive selection of sauces, chutneys and raitas, the Stockholm-based restaurateur Nahid Hassan opens the door to a total experience of Bengali food culture. We gain a unique insight into genuine family cooking, how it all works and what we need at home in the larder to quickly prepare vegetarian food that is full of flavour.

Contents: Introduction | Favourite herbs | Salad varieties | Mixing up a salad | Lettuce varieties | Vegetables and fruit | Pasta, potatoes & rice | Dressing & vinaigrette | Root vegetables & cabbage | Classics | Index



Vego curry
180x250, 160pp
Natur & Kultur, 2018

Rights sold: NL, DK

KEBAB



Contents

- Foreword
- My kebab journey
- Basics
- Build a barbecue
- Meat
- Seasoning
- Kebab in doner grill
- Kebab on a barbecue
- Kebab in a frying pan
- Recipes
- Bread & side dishes
- List of recipes

Kebab

Do it yourself
Edvin Bredefeldt

This book is for those who want to make authentic kebabs at home – whether frying homemade kebabs on the stove or assembling a kebab stick for 100 people in a homemade grill.

Homemade kebabs don't have to be complicated. Based on whole cuts of meat, homemade bread, and accessories made from simple but tasty ingredients, kebab enthusiast Edvin Bredefeldt shows you how to make it for a truly successful result.

In Edvin's tribute to the kebab, you will share the lessons he has learned after loving meat served in bread since childhood. Since Edvin and his friends sold banh mi from a cart towed by a moped, his curiosity has been insatiable – constantly searching for the perfect kebab. The result is a solid knowledge of most things to do with kebab.

Kebab – Do it Yourself contains about 30 recipes and drawings for building a kebab grill. Your perfect kebab roll is within reach!

About the author



Edvin Bredefeldt is an actor, chef and kebab enthusiast. He loves kebab, really loves it. Since 2022, Edvin has been running the popular pop-up restaurant Kalmar Kebabservice.

HUMMUS

Hummus

Malin & Nimrod Regev

Why is hummus so tasty? How come this dish that doesn't look much to the world is so incredibly nice and nutritious?

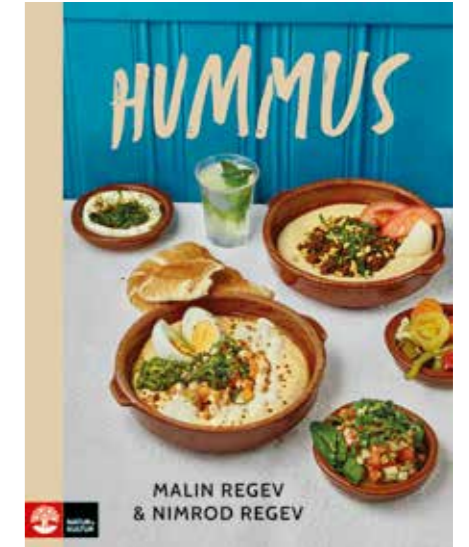
Hummus is so much more than just a dip for vegetables. Hummus is a fantastic base and also an excellent side dish. This is because it so smoothly strengthens a meal with nutrition and taste. In addition, it works for both meat and vegetarian meals.

Our journey and love for hummus began in Israel, where we were spoiled by always having this smooth gold mine available at all meals - from sandwich toppings to part of the feast. Once living in Stockholm, the lack of hummus restaurants became too great, and we then opened our own - a place for people to meet on equal terms and with a common interest in hummus and food culture.

Because hummus has so few ingredients and is so easy to prepare, the small nuances make all the difference. Here, we want to share our thoughts and tips behind some of our favourite recipes for hummus.

About the authors

Malin and **Nimrod Regev** have been running the hummus restaurant Reggev in Stockholm for 15 years. With the common interest in food as a basis, they have brought together two cultures where the Swedish calm meets the crackling energy in the Israeli culture.



Contents

- Foreword
- The hummus belt
- The biology of chickpeas
- To boil chickpeas
- The basic recipe for hummus
- Hummus with topping
- Salatim
- Sides
- Hummus party
- Dips
- Index



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- Foreword
- Pantry
- Noodles
- Rice
- Deep fried
- Fried and grilled
- Stews and soups
- Small dishes
- Ichijuu sansai
- Index

Holy Smoke BBQ

10 years of smoke, fire and meat
Johan Fritzell & Johan Åkerberg

Over the past decade, Holy Smoke BBQ has honed the art of slowly smoking meat to perfection and serving it with excellent side dishes. The new book tells the story of how a few containers in a field in Scania became an international BBQ destination and the background to the American barbecue we love today.

Ten years have passed since the gang on the Kullahalvön peninsula in northwestern Scania showed that making delicious barbecue in places other than Texas is possible. They have hung out in the USA with Texas's best pitmasters and had the BBQ elite on-site at their smokers in Bräcke. In addition to updated recipes for iconic dishes such as brisket, St. Louis cut ribs and pulled pork, the book contains many new recipes for their most popular specials. The revised meat, technique, and equipment sections will teach you the secrets behind wood, fire, smoke, and time. Perhaps most importantly, it shows how barbecue can create an atmosphere. Everyone is drawn to fire.

About the authors



Johan Fritzell is the home smoker who bought a giant smoker after a mid-life crisis without any real plan. This resulted in a BBQ restaurant with associated catering operations, an agency for smokers and a ticket on the flight to Texas.

Johan Åkerberg is a chef educated at the Grythyttan College of Restaurant Management and author of a couple of award-winning cookbooks about sausages and smoking, among other things.

Asado

Argentinian grills
Florencia Abella

In Argentina, asado is not just a form of grilling. It is a national dish, a ritual and a lifestyle. Perhaps it would be an opportunity to gather with family and friends and spend a whole day around the fire.

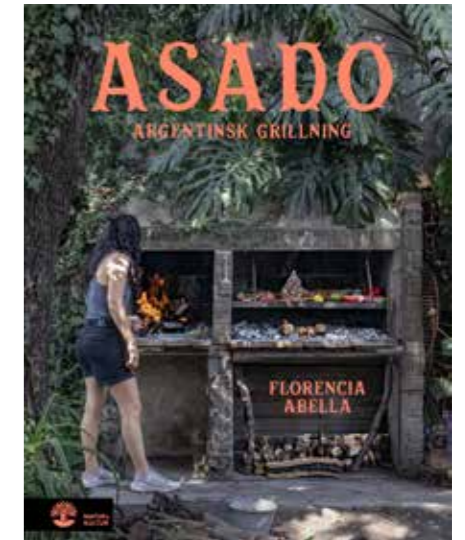
Asado can be made with almost any equipment, from two stones and a lattice in a park to a straight-up and lowerable South American grill, a parilla, in one's backyard. Because you burn wood to glowing coals, the meal always follows the rhythm of the open fire. While the fire is lit, the worst craving is quenched with una picada and finger food. It can be a slice of cheese, escabeche, pickled vegetables and a couple of empanadas.

When the fire is on, you start cooking what goes fastest and needs the most heat: chorizo, blood sausage, veal brisket and vegetables. When the flames have subsided, and the embers are at their hottest, it's time for famous pieces of meat such as tira de asado, ribs, or vacío, flank steak, while the falling embers are best suited for ingredients that need to be cooked a little longer and on low heat, like chicken or whole grilled lamb.

The grilled food is eaten with chimichurri, salad, bread and various small dishes, which are also cooked over the open fire. You drink beer and red wine and do not stop until the last glow has gone out.

About the author

Florencia Abella has her roots in Argentina and has been working as a chef for a few years at the one-star restaurant Ekstedt in Stockholm. She was previously a creative leader and deputy manager at Esperanto and has worked at several prominent restaurants worldwide.



Contents

- Foreword
- Technique
- Argentina & asado
- Asado at home
- Argentinian grills
- Asado with wood
- Asado with charcoal
- Meat details
- Grilling technique
- Asado recipe
- Empanadas
- Pages
- Index

BALKAN GRILL



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Balkan food is life
Grilling
Meat and chicken
Fish and seafood
Vegetables
Salads and side dishes
The dance and the music
Recipes

Balkan Grill

Diana Dontsova

Diana "Diadonna" Dontsova shows in *Balkan Grill* that it is not the men who have a monopoly on the grill and presents many flavours and dishes that include everyone. Food from the Balkans has become increasingly integrated into the Swedish taste palette, and many of us rejoice when meze is served for dinner.

Balkan Grill is filled with recipes that put a golden edge on summer barbecue dinners and contains divinely delicious recipes for grilled vegetable dishes, as well as meat and fish, and lots of salads and stir-fries that you will continue to want to make well into the autumn.

About the author



Diana "Diadonna" Dontsova is an award-winning food creator, writer, photographer and podcaster. In autumn 2021, she debuted as a cookbook author with attention-grabbing and award-winning *Diadonna's Balkan Food*.

Diadonnas balkangrill
195x255, 155 pp
Polaris, 2023

& GRILLING GREENS

Grilling Greens

Linus Kanfall

In a time when we are focusing on eating more vegetables and less meat, this book is a breath of fresh air to the many barbecue cookbooks, where meat still dominates the attention. The reader will be inspired to think of vegetables first the next time the shopping cart needs to be filled.

The book inspires everyone from new barbecuers with a small balcony grill to the grill master with multiple burners and a sizzling function, and it offers the reader an inside look at a world of new, simple, tasty and green barbecue dishes so that you don't just grill the usual classics.

The book contains more than 50 recipes. It is filled with easy everyday dishes for days when time is short and ideas for wow experiences with Christmas cheer, Easter lunch and crayfish feasts when friends and family gather.

About the author

Linus Kanfall has more than 13 years of experience as a chef. He has worked at Michelin-starred restaurants Relæ and Kadeau and has been part of La Banchina, and Øens Have in Copenhagen. He always focuses on vegetables, believing they are just as essential and tasty as meat. He follows the seasons to get the full flavour from his ingredients and to create flavorful and innovative dishes.



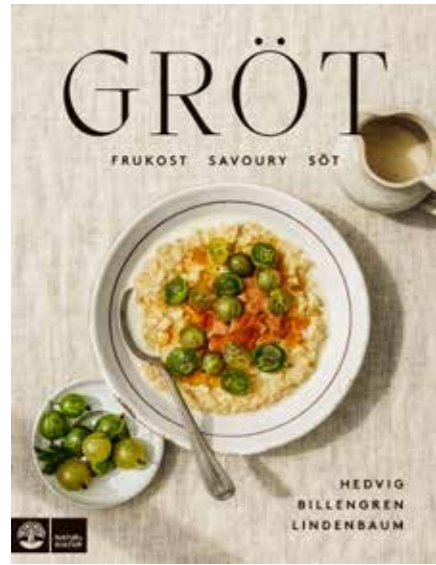
Grønt på grillen
170x240, 200 pp
Muusmann Forlag, 2025



Contents

To come

PORRIDGE



Contents

- Foreword
- About porridge
- Grains & cereals
- To cook porridge
- Basic recipes
- Breakfast
- Savoury
- Sweet
- Toppings
- List of recipes

Porridge

Breakfast, savoury, sweet
Hedvig Billengren Lindenbaum

Porridge is so much more than just an everyday breakfast. This book is for both those who love porridge and those who are sceptics and don't love it – yet. Because there is no better comfort food than a bowl of warm porridge, imagine serving it with something crunchy, fruity, and creamy and then skimmed milk on the side. Or the porridge is broth-salty, covered in a cloud of finely grated cheese and topped with a soft egg. Or it is smooth and vanilla-sweet with crunchy caramelised coconut Tosca. It's time to discover all that porridge can be.

In *Porridge*, there are about 50 recipes for all tastes and occasions. For breakfast: poppy seed porridge with blueberries, lemon curd yoghurt & almond crunch. For dinner: congee with browned butter & trout roe. For dessert: porridge with baked strawberries and fluffy honey cream.

About the author



Hedvig Billengren Lindenbaum works as a food stylist and recipe creator. She has always been interested in cooking and flavours, but during her years in the kitchen at Rose Bakery in London, she realised she wanted to work with food. After almost 30 years as a porridge sceptic, Hedvig suddenly became obsessed with making porridge a few years ago, which resulted in this book.

Gröt
190x240, 136pp
Natur & Kultur, 2025

Rights sold: DK

SALADS

Simply Salad

Lena Djuphammar

This is a salad book for omnivores! Regardless of whether you only eat vegetarian or whether you eat meat and fish. Here are salad recipes that fill you with carbohydrates, protein, and salads as side dishes and light lunches.

Side salads are healthy and tasty. For example, make a good coleslaw for sausages and potatoes or a tomato and avocado salad for a piece of salmon. Or chop up a tabbouleh and serve with grilled chicken. Simple, tasty and filling!

Here are both classic recipes such as Greek salad, Caesar salad and the French classic Salad Niçoise but also chicken salad with mango dressing, Asian cucumber salad, sesame-marinated noodle salad, black cabbage salad with figs, sweet potato salad, pasta salad with pistachio pesto and many other delicious dishes.

About the author

Lena Djuphammar is behind the cookbooks *Snittar & Bubbels*, the five books in the *Student Kitchen* series, *Potatoes*, *Better Health with Beans*, *Simple, tasty* and *Grilled*.



Contents

- Loved salad!
- Happiness in a bowl
- Appetisers and light lunches
- Healthy salads
- Classic salads
- Side salads

Sallad - helt enkelt
195x240, 136 pp
Ordalaget Bokförlag, 2025

COOKING WITH TOFU



Contents

To come

Cooking with Tofu

Trang Thien Lê

Cooking with Tofu is aimed at anyone who needs inspiration to use tofu cooking. Tofu can be used in many ways, such as a small snack or as the protein part of a main meal. The recipes in *Cooking with Tofu* vary widely from ramen to a juicy burger but also include exciting desserts such as creamy chocolate mousse and ice cream.

In addition to inspiration, there is concrete guidance on quick cooking with tofu. The reader gets around 40 delicious recipes that provide a good foundation for the regular use of tofu in the kitchen and for serving new and exciting food in everyday life.

Many people want to eat less meat, but it cannot be easy to develop dishes that satisfy the need for a solid and tasty meal. Tofu is distinguished by its delicate taste and pleasant texture, and in addition, it contributes a complete amino acid composition to a healthy meal. It also fills you up without feeling heavy in the stomach. As a good substitute for meat, tofu also helps reduce the impact on the climate through changing food consumption.

About the author



shows how easy and tasty it can be.

Trang Thien Lê is the only one that produces Danish organic tofu. Trang's motivation for starting her production was that she could not find good quality tofu in Denmark for her Vietnamese street food business. She has posted recipes and discussed the production process for several years via her website and social media. Through countless workshops and with her street food, she

Mad med tofu
170x240, 150 pp
Muusmann Forlag, 2025

BLOOD SUGAR CONTROL

Blood Sugar Magic

Lin Stokstad

Delicious recipes and simple tricks for a stable mood, more energy and better health - for the whole family.

Blood Sugar Magic offers over 80 exuberant recipes that the whole family will love and gives you the tools you need to create a more harmonious and energetic everyday life. What do you say to get rid of sweet cravings, feel more energy, have an even mood, stable weight and hormones in balance? Say goodbye to tired afternoons, a child in a bad mood and mood swings, and discover the magic of a blood sugar-smart diet!

Contents: How blood sugar works | How to obtain good blood sugar levels | Blood sugar tips | Other factors that affect blood sugar | Recipes | Food prepping | Breakfast | Lunch | Dinners | Desserts | List of recipes

Protein

Hannah Grant

Protein is one of the body's most essential nutrients. It helps build and repair muscles and stabilise blood sugar. That's why it's also vital that we get enough protein. People who do many sports know this, but a solid portion of protein is also essential, even if you don't have to perform at the top level but want to lose weight or strengthen your muscles to have a generally strong and healthy body.

Hannah Grant has been a chef for some of the most prominent cyclists during the Tour de France for several years. In this book, she shares her professional knowledge and tells you how to put together meals and training so that you increase your muscle mass and reduce your fat percentage. She has worked for Noma and The Fat Duck in England, among others. The book contains protein-rich recipes that taste excellent - and are easy to make. There are recipes for breakfast, lunch, dinner and snacks. In addition to recipes, there is a guide to protein intake for both men and women, and whether the goal is weight loss or more muscle mass.

Contents: Part 1: Weight loss or more muscle? | Part 2: Protein | Part 3: Training | Part 4: Recipes



Blodsukkermagi
210x250, 224 pp
Frisk Forlag, 2024



Protein
165x240, 224 pp
Lindhardt & Ringhof, 2025

EATING CHEAP



Portionen under tian:
Stora kokboken om billig mat
165x240, 300 pp
Ordfront förlag, 2025

The Big Small Budget Cookbook

Hanna Olvenmark

Hanna Olvenmark, also known as *“Meals under 1 Euro”*, released her first cookbook in 2018, based on the heart’s desire: cheap, good and climate-smart food.

In Hanna’s books, you learn the importance of planning all your meals for the week, how to save big by preparing lunch boxes and snacks, and that picnics are a cosy and innovative way to hang out with friends without breaking the bank.

This compilation is a goldmine of a cookbook for anyone who has a limited budget, is appalled by the rising food prices, or wants to eat more healthily and climate-smartly. In addition, all recipes are vegetarian and climate-friendly.

Contents: Foreword | Pasta with more than ketchup | Soups | Stews | Bean steaks, buns and burgers | Pies, pizzas & pierogies | In the oven | Wok & fried | Small dishes | Bread | At the end

COOKING FOR MANY

Dinners for Friends

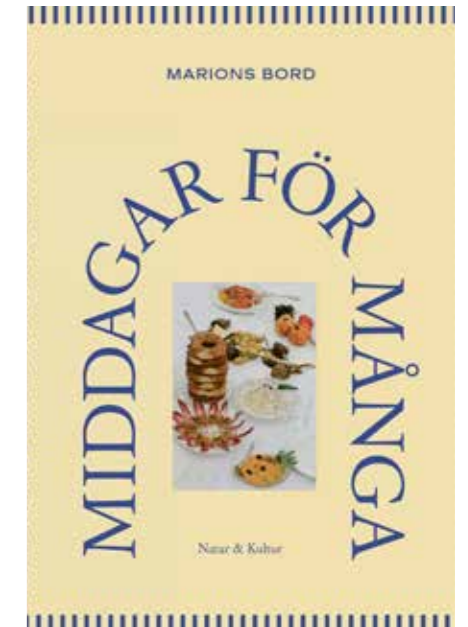
Marion Ringborg

This book is for those who want to invite people to dinners and parties! *Dinners for Friends* has beautiful, inspiring arrangements, table settings and dishes. The food is rustic and simple yet colourful and fun. The recipes come from all corners of the world, but it is impossible to avoid Chef Marion’s extra love for Italian cuisine.

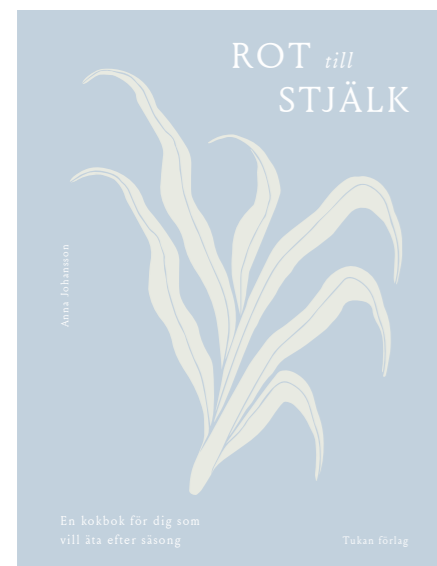
Prepare a dreamy table with sesame pretzels, freshly baked fougasse, smoked chilli paste, and vegetable crudité. In the middle, the real showstopper is a spectacular tower of herb butter. Or be inspired by Marion’s Sicilian excursion, with whole grilled chicken with creamy cocoa beans and grilled tuna with risotto and onion salsa.

Marion is a master at making dinners, snacks, and buffets look fun and creative, whether for five or six people or a large group.

Contents: To come



Middagar för många
190x250, 176pp
Natur & Kultur, 2025



Rot till stjälk
190x255, 160 pp
Tukan Förlag, 2025

Root to Stem

Cooking in season

Anna Johansson

Root to Stem offers around sixty recipes that follow the four seasons. Everything from a harvest tray with snap aioli in the fall to a cold cucumber soup with freshly baked bread in the summer. Or why not a white chocolate mousse with strawberries?

This is served in Villa Valdemarsvik, Anna Johansson’s beautiful turn-of-the-century home by the sea. It is food for lazy days by the pier or on the terrace. For each season, you also get recipes that use the entire ingredient – from root to stem!

Contents: To come

Side Dishes

Camilla Lawes

Side Dishes is designed to inspire and guide you when looking for the perfect side dish. Here, you will find creative ideas to match any main course, whether looking for something crunchy, tangy, rich or light. The goal is to make your cooking even more satisfying – both for yourself and for those you share it with.

Let yourself be inspired and discover how the right side dish can transform any meal into a unique experience. You will soon see that the true magic often lies in the details and that a good side dish is the key to creating a harmonious and memorable plate.

Contents: To come



Side dishes
170x240, 120 pp
Muusmann Forlag, 2025

ONE POT



Contents

- All in one pot
- All in one pan
- All on one plate
- List of recipes

One Pot Meal

Louisa Lorang

Louisa Lorang is the chef who has taught the Danes how to cook good everyday food packed with flavours. And this book is perfect for busy weekdays.

Louisa's *One Pot Meal* is for all those who love homemade food but hate washing up. Many dishes can be prepared in advance, so just put them in the oven or put the whole mole in a pot just before mealtime and enjoy a delicious, home-made meal.

The book includes recipes for gnocchi with mushrooms, frittata with asparagus and parmesan, upside-down onion pie, fajita chicken, Asian style one pot, one pan tandoori chicken with coconut, green lasagna and Spanish chicken with paprika and olives and many other delicious meals.

About the author



Louisa Lorang is the author of several cookbooks. She is often the chef on Go' morgen and develops recipes for Søndag.

Alt i en
200x260, 160 pp
Lindhardt & Ringhof, 2025

MEALS

Under Pressure

Jan Ivar Nykvist

Is everyday life busy? Is there never time to cook what you want for dinner? The solution is simple: Use a pressure cooker! This way, you save time on cooking without compromising quality and taste.

When you cook under pressure, the cooking time is reduced considerably. The risotto for dinner is ready in ten minutes, and the fish soup as well. The large meat stew is cooked perfectly tender in under an hour. You save time and energy, take good care of taste and nutrients, and get new possibilities in the kitchen.

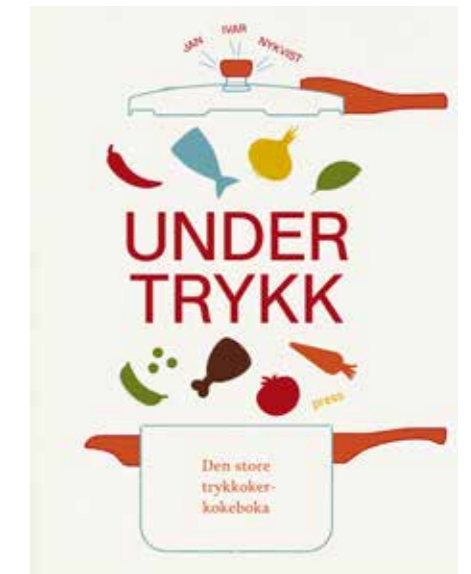
In *Under Pressure*, Jan Ivar Nykvist shows how, with a pressure cooker, you can take simple ingredients and classic dishes to new heights – in record time! The pressure cooker is brilliant if you want to make quick, tasty meals for everyday life. *Under Pressure* is a rich collection of recipes and an inspiring guide for anyone who wants to master the art of pressure cooking in their kitchen.

About the author

Jan Ivar Nykvist is a trained chef and an active food communicator passionate about exploring and sharing exciting food experiences. He has previously published four cookbooks.



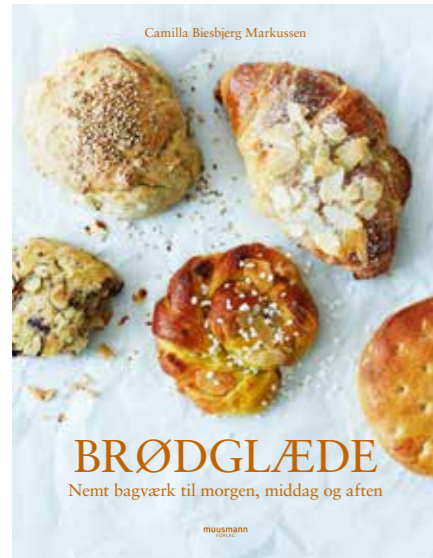
Under trykk
x, 220 pp
Forlaget Press, 2024



Contents

- Foreword
- Ten good reasons for using a pressure cooker
- Perfect for the pressure cooker
- The history of the pressure cooker
- How to use a pressure cooker
- My advice when choosing a pressure cooker
- How to clean a pressure cooker
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BAKING



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My best baking tips
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Bread for dinner
Pastry and sweet bread for special occasions
Filling
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Notes

Baking Joy

Bread for breakfast, lunch and dinner
Camilla Biesbjerg Markussen

Baking Joy is a book for everyone who loves to eat and serve delicious bread and who wants to bake bread at home in an easy, cosy and manageable way. Sourdough, chemistry and mathematical baking formulas are entirely excluded. In return, the book offers simple methods and thoroughly tested recipes that are easy to follow for both children and adults.

The book contains simple baking lessons, helpful baking tips, and over 50 easy recipes for the good and tasty bread we eat and serve each other in the morning, noon, and evening: warm bread and buns for the golden morning hours. Exciting lunch and packed lunch bread. Succulent bread for dinner or guest dinner. And, of course, all the sweet and savoury pastries that are part of special occasions.

The result is delicious pastries that bring the family together. That is precisely what homemade bread can do; it sends a wonderful scent into the house and contributes with little moments of enjoyment!

About the author



Camilla Biesbjerg Markussen is a food writer for some of Denmark's most prominent food magazines and weeklies, including Spis bedre, Femina and BoligLiv, Camilla Biesbjerg Markussen has, over the past many years, developed hundreds of recipes for everything from easy everyday dishes and weekly menus to guest meals, cakes and desserts. She has lived in Copenhagen since 2001, where she works as a freelance food and cake writer, recipe developer, and food stylist. Read more at Camillabiesbjerg.dk, or follow @biesbjerg_markussen on Instagram.

GLUTEN-FREE BAKING

Gluten-Free Baking

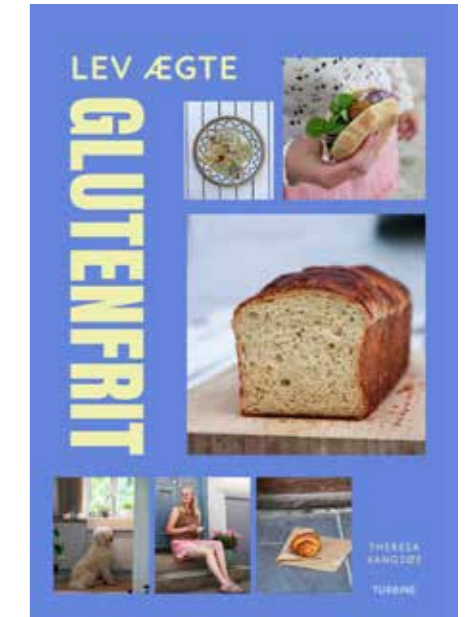
Theresa Vangsøe

Gluten-Free Baking is a welcome help for everyone who, out of desire or necessity, choose to live without gluten. The book contains 80 recipes, and the book's recipes can be baked repeatedly - all the beloved favourites are included, just baked completely without gluten. There are carefully described methods and all the information the reader needs about the many gluten-free ingredients that ensure your baked goods are as good as possible.

These are gluten-free recipes, exclusively with natural, gluten-free flours in Theresa's blends, to ensure airy, light and flavourful baked goods. The hardest part of baking and living gluten-free is made simple in *Gluten-Free Baking*.

About the author

Theresa Vangsøe debuted as an author in 2018 with *Ægte Glutenfri* and has published four more cookbooks. Theresa holds sold-out courses in baking gluten-free pastries and putting together meals of the day entirely without gluten.



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Baking without gluten
The road to gluten-free baking success
Know your gluten-free ingredients
Baking with sourdough
Why are my bakes not working?
Bread
Dinner
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GOOEY CAKES



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Not Just Cake

Nicole Mørck

In *Not Just Cake*, the reader gets 30 cake recipes created around the “Southern Jutland Coffee Table” theme. Each cake can be made with or without milk and gluten, but you still get the same taste experience.

The book intends to unite people and strengthen the community regardless of allergies and intolerances. The book is for cake lovers. It is perfect if you love baking and have someone in your circle with one of the above intolerances/allergies or suffer from it yourself.

The book differs from other books on the market with cake recipes because it is broad and deals with many people’s everyday problems. If you do not have an allergy or intolerance, you will still be able to use the book and bake with milk and gluten. Similar books are not available on the market.

About the author



Nicole Mørck participated in “The Great Baking Contest” in 2023. Since then, her passion for baking has escalated. Back in 2018, she found out that she is intolerant of gluten and milk. She quickly realised how difficult it was for those around her to deal with this. She was often met with: “What can you eat?” or “Can’t you bring something yourself?” Instead of being part of the community, she often had to bring her own—the visibility of being different hit home. The book is about much more than just cake. The common thread is the sense of community.

Mere end bare kage
170x280, 129 pp
Muusmann Forlag, 2025

CRUNCHY COOKIES

Cookies & Crumbs

Kaja Hengstenberg

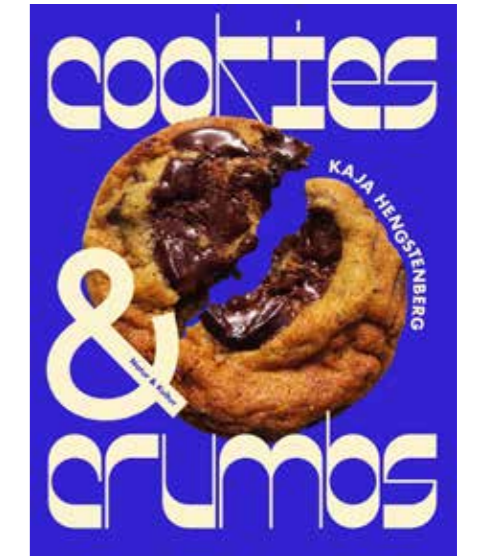
Anyone can make a perfect cookie with the proper knowledge! *Cookies & Crumbs* is a guide to soft, gooey, sometimes chunky, and occasionally chewy cookies.

The book contains around 30 recipes divided according to the texture of the cookies, such as chunky & gooey, soft & gooey and chewy & soft. The cookies are a bit bigger and taller, but most importantly, they are soft in the middle and slightly crunchy outside. Most with a little twist, like crumbled long pepper on a chocolate chip cookie, pistachio dukkha on an apricot cake or a thicker cake filled with strawberry jam or roasted nuts.

Kaja Hengstenberg worked for several years developing the recipes at the same time as she opened a small cookie shop. She aims to make the tastiest cookies you can imagine using different techniques, textures and flavour combinations.

About the author

Kaja Hengstenberg worked as a political consultant in Brussels, but her thoughts were constantly on food and what she should eat or bake next. After her father died, she resigned and followed her passion for food. She moved to Stockholm and started working in a bakery while also holding courses in sourdough baking. In 2020, she started Krümel from her home kitchen. Kaja has a small place, The Krümel Shop, in Stockholm today.



Contents

To start a cookie business
Equipment
Ingredients & technique
Gooey & chunky cookies
Gooey & soft cookies
Chewy & soft cookies
Vegan & gluten-free cookies
Leftover cookies
Index

Cookies & Crumbs
185x240, 144 pp
Natur & Kultur, 2023

Rights sold: WE, NL

ICE CREAM



Contents

- Foreword
- Introduction
- Our Bornholm adventure
- Recipes
- Toppings
- Thanks
- List of ingredients

Vegan Ice Cream

Jonas Bohn & Vibeke Bengtson

Vegan Ice Cream offers more than 40 recipes for ice cream created solely from plant-based ingredients. Here, you will find classic ice cream favourites such as vanilla ice cream, nougat ice cream, and raspberry sorbet, as well as new, exciting variants such as lavender, saffron, and rose hips. What they all have in common is a creaminess and taste that makes it difficult to tell the difference from traditional ice cream. Recipes for delicious accessories from crunch to sauces are also included.

With servings in a refreshing and innovative design, atmospheric stories, and beautiful pictures from Bornholm, where the two authors run Bornholms Ismejeri, there is plenty of inspiration and great enjoyment in the plant-based ice cream universe.

About the authors



Jonas Bohn grew up in Svaneke on Bornholm. He met his wife, Vibeke Bengtson, in Copenhagen, where he worked as an IT entrepreneur, but the couple moved to Jonas's birthplace, the sunny island in the Baltic Sea, in 2006. Since 2008, they have passionately run an ice cream dairy and produced natural ice cream with local ingredients.

Vibeke Bengtson grew up in Hareskov north of Copenhagen. She met her husband, Jonas Bohn, in Copenhagen, but the couple moved to Jonas's birthplace, the sunny island in the Baltic Sea, in 2006. Since 2008, they have been passionately running an ice cream dairy and producing natural ice cream with local ingredients. Vibeke has a background as a sign painter and graphic designer and has worked at several advertising agencies in Copenhagen.

Plantebaseret is
210x280, 129 pp
Muusmann Forlag, 2024

MARMELADE

The Jam Shop

Sanna Fyring Liedgren

With the help of *The Jam Shop*, you will learn how to process fruit and berries sustainably. Pickling and juicing are old preservation skills that were once a necessity but are still relevant today – it is rewarding in many ways to try to live more in season and to pick and buy fruit and berries when they are at their best.

After over 20 years of cooking, Sanna shares her best recipes for marmalade, jelly, jam, puree, and drinks such as juice, lemonade, fruit, and berry liqueur. And don't forget that you can also pickle, dry and preserve fruit and berries. In the book, you will find the essential recipes you can't do without and Sanna's favourites, such as rowanberry jelly with calvados, rhubarb marmalade with lemon and almonds, home-cooked rosehip soup and lingonberry pears. There are also recipes for toast and brioche to serve with the marmalades.

In addition to the recipes, you will learn the basics of preserving based on the fruit's magical pectin - the substance that creates the perfect consistency.

About the author

An old house with a mature garden full of fruit trees and berry bushes started **Sanna Fyring Liedgren's** great interest in processing fruit and berries. Sanna has attended restaurant school in London and is also a trained sommelier. After taking courses in food craftsmanship at Eldrimner and as a member of the Pickling Society, things have been bubbling intensely in the kitchen – and the result is her first book, *The Jam Shop*.



Marmeladeriet
170x230, 224pp
Natur & Kultur, 2025



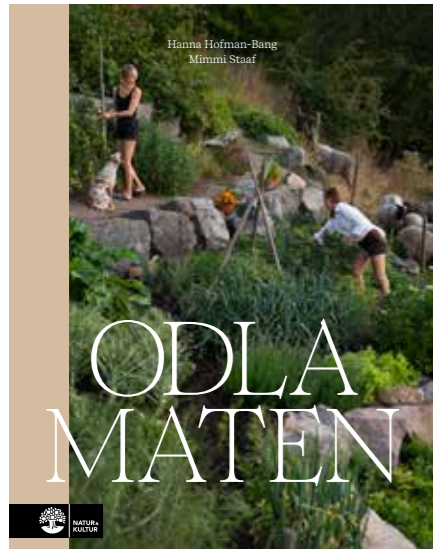
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GARDEN & LIFESTYLE



GREEN PANTRY



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- Vackebol Gärd
- Mimmi
- Lagnö Gärd
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- To germinate
- Moving outdoors
- Take root
- Harvest
- Moving indoors

Grow Food

Hanna Hofman-Bang & Mimmi Staaf

Going out into your garden and harvesting a carrot, tomato, or peach is 100 per cent food joy. Once you have discovered what a treasure and wealth it is to grow your food, there is a risk that you will never want to buy vegetables in a regular grocery store again. Everything tastes better when you know where it has grown!

The great thing about growing and gardening is that there are no right or wrong ways. You can do it in many ways, and it will still turn out well. The worst that can happen is that it does not sprout, and you can always sow again. With *Grow Food*, Hanna Hofman-Bang and Mimmi Staaf want to provide knowledge about and inspire you to dare to sow and grow your vegetables and see the garden as your pantry.

Among other things, you will learn how to sow and pre-cultivate, read about the love of the soil and your best friend, compost, how to take care of your garden and get vegetables that want to grow big, how to water wisely, squeeze cabbage larvae and scoop potatoes.

In the book, you will follow Hanna and Mimmi during a season on their farms at Vackebol Gärd and Lagnö Gärd in Sörmland, where they grow food for their household. Much of what they eat yearly comes from their gardens or nature.

About the authors

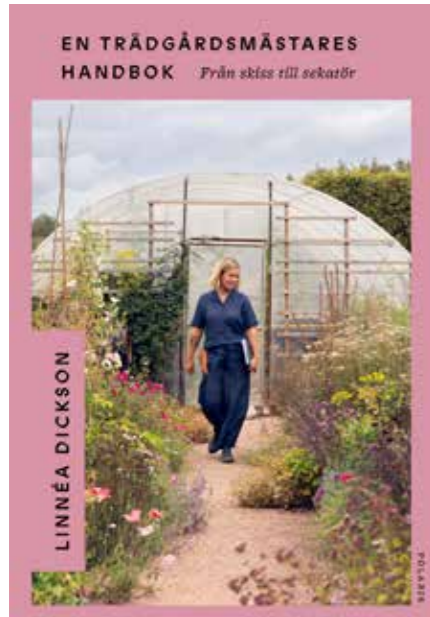


Hanna Hofman-Bang is a gardener with many growing seasons under her belt. She runs the company Ekobang where she holds courses and lectures. Hanna designs, plans and builds gardens for others – and always sneaks in a few edible plants.

Mimmi Staaf has previously run her own business as a furniture upholsterer and curated crafts and design. She now works with curtains, has found herself in the middle of the countryside in Sörmland and is in her fourth growing season.



PLANNING



A Gardener's Handbook

Linnéa Dickson

What are your garden dreams? Is it a Mediterranean garden with stately olive trees and cloud-shaped lavender bushes? Or perhaps a place for cultivation and creativity? Are there several of you in the family who will share the space? What does the garden already offer, and what can be developed? You will be helped to find the answers to all these questions, and many more, in *A Gardener's Handbook*.

A Gardener's Handbook functions as a garden consultation in book form. The book is aimed at beginners and more experienced garden enthusiasts who want help adapting the garden to their needs and circumstances. You will be helped to understand how to get started with your garden, how to think and plan, and also lots of inspiration, building blocks, and suggestions for solutions.

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Conditions, wishes and needs
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What are the conditions like?
How do you move around in the garden?
How much time can you spend in the garden?
Inspiration, building blocks and solutions
Design & ideas
Inhabitants of the plant kingdom
Concrete solutions

About the author

Linnéa Dickson is a gardener, garden designer and presenter. She has many years of experience helping others realise their garden dreams and is currently working on the second season of SVT's program *Drömträdgården*. *A Gardener's Handbook* is her second book, and in 2022, she published the acclaimed *Fun DIY for the Garden and Balcony*. Linnéa's whole life revolves around gardening, cultivation and crafts, and she often gives courses and lectures. Linnéa lives on a farm in northern Skåne with her husband and animals.



En trädgårdsmästares handbok
180x250, 156pp
Polaris, 2025

YOUR GARDEN

Fun DIY for the Garden and Balcony

Linnéa Dickson

Fun *DIY for the Garden and Balcony* is an ambitious, personal, inspiring book that awakens the desire and courage to start carpentry, especially for beginners.

How do you start carpentry projects for the garden and balcony? Which tools should you have, and which materials and surface treatments are best for what? And above all, which construction projects can lift your garden and balcony to new heights?

Fun DIY for the Garden and Balcony presents creative building projects for the garden and balcony for those who may not have built much since woodworking at school. Here are blueprints for creating everything, from gates to innovative garden accessories, a lying bench, and a giant owl nest! Learning about the materials you use and handling tools makes you strong. No one else decides how you should build your projects. The important thing is that you know why you are making your choices and that you dare to try!

About the author

Linnéa Dickson is the responsible gardener at the Slottsträdgården in Malmö. Her life revolves around gardening, cultivation and crafts, and she often gives courses and lectures. Linnéa lives on a farm with her husband and animals. Here, she likes to develop creative and ingenious solutions for the garden. She has also published *A Gardener's Handbook* (2025).



From the contents

Dare to saw!
Material
Tool
Surface treatment
Tricks and tricks
Plant support for climbers and flowers
Table
Gates
Swing
Owl nest
Compost bin
Bench
Potting table
Drying
Wind protection
Trolleys
Toolbox
Thanks

Snickarglädje i trädgården
180x250, 156pp
Polaris Fakta, 2022

GARDENING



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Summer
Autumn
Winter
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Gardening Hacks

70 smart recycling tips for the garden
Filip Johansson

Gardening Hacks is the book for those who want new inspiration, find clever shortcuts, have aha experiences and have fun in the garden while recycling, saving money and thinking sustainably. In the book, you will find over 70 simple hacks to succeed in cultivation, gardening and a sustainable garden.

Filip Johansson dropped out of a career in the IT industry to move to a farm in the country. His richly illustrated book *Gardening Hacks* presents smart things to do throughout the gardening year! It's easy and fun, and there are clear step-by-step instructions.

About the author



Filip Johansson is behind the app and Instagram account *gardenr*. On his Instagram account, he shares short hacks daily in videos to make gardening more accessible and fun.

Trädgårdshacks
180x250, 183pp
Polaris, 2021

Rights sold: WE, EST

HACKS & TIPS

The Budget Garden

Filip Johansson

Don't buy expensive soil, tools, greenhouses, or overpriced plants. Be inspired by Filip Johansson instead, and create a beautiful, sustainable and personal garden.

The Budget Garden contains tips on intelligent solutions that will save you money and maximise your cultivation. For example, you get many tips on mixing your soil, making different kinds of compost, using tools and nutrition, warding off pests, fixing climbing supports, and dividing plants.

Not only will you save money, but you will also put a unique touch on your garden and become more creative.

Filip Johansson is always looking for ingenious, inexpensive solutions and is passionate about helping experienced and inexperienced gardeners.

About the author

Filip Johansson is an IT entrepreneur who left city life for the country and now devotes himself full-time to cultivation and sustainability. He created the Gardenr app and associated an Instagram account where small, short hacks are shared daily in video format to make gardening more accessible and fun. He has previously written the acclaimed and best-selling book *Gardening Hacks* (2022).



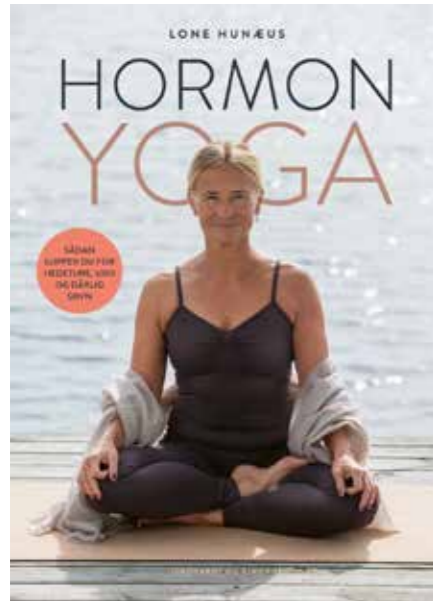
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Budgetträdgården
180x250, 183pp
Polaris, 2024

Rights sold: EST

YOGA



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When the hormones kick in
My way to hormone yoga
The time of change
The changed quality of life
When hormone levels drop
Hormone yoga
How to get started
Basic techniques
Warm-up exercises
Hormone yoga series
Meditations
Symptom chart
Training schedule
Exercise summary

Hormone Yoga

How to avoid restlessness, poor sleep and hot flashes
Lone Hunæus

80 % of all women suffer from restlessness, poor sleep and hot flashes at the age of transition. But there is no reason to suffer in silence. There's help to be had and much you can do yourself.

This book allows you to be free from headaches, mood swings, inner turmoil and poor sleep with yoga exercises that stimulate hormone production so that hormone levels fall more slowly instead of drastically when menopause sets in. This way, the body can get used to the new situation, and menopause becomes more bearable.

In a light and straightforward tone, yoga teacher Lone Hunæus reviews the causes of menopause. She guides you step by step through seven exercises, 14 yoga exercises and four meditation exercises. The exercises are richly illustrated and straightforward. They are relatively easy and do not require any prior knowledge of yoga. Once you have learned them, the entire series can be done in approx. 30 minutes.

The book can also be used for women with other hormonal imbalances, such as irregular menstruation, menstrual cramps, PCOS and low sex drive.

About the author



Lone Hunæus is a yoga teacher and trained in hormone yoga in Brazil. She has a background as a director in an advertising firm, but a few years ago, she put her career life on the shelf in favour of a life as a yoga teacher. Since then, she has specialised in hormone yoga.

SKINCARE

Your Skin

And how to look after it
Lina Livian

The ultimate handbook on skincare!

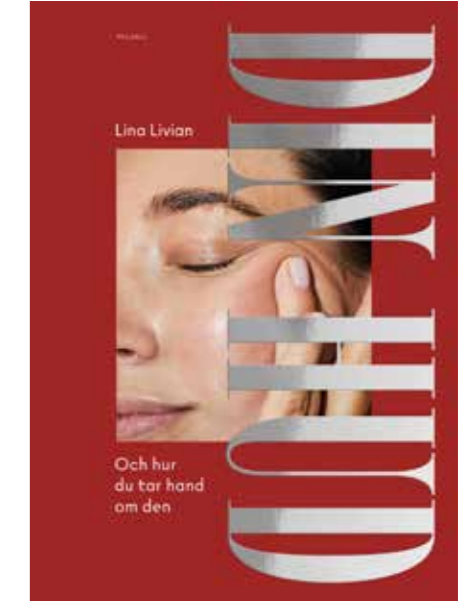
The skin is our largest organ, and its main task is to protect us. It functions as our first defence against viruses, pollution and harmful sunlight. It regulates body temperature and affects not only our physical well-being but also our mental health.

In Lina Livian's debut book, *Your Skin*, she guides us through the fascinating skincare world, constantly attracting more people. How do you adapt the routine to your skin type? How does the skin change through the seasons of the year and life? How do you manage the most common skin problems? What are the most common mistakes people make? How important is the price for quality skincare? And how do you fix the perfect glow?

Based on research and expertise, Lina Livian helps you understand and do the best for your skin at all stages of life. She dispels long-held myths and gives practical and inspiring tips to everyone who wants to give their skin the care it deserves.

About the author

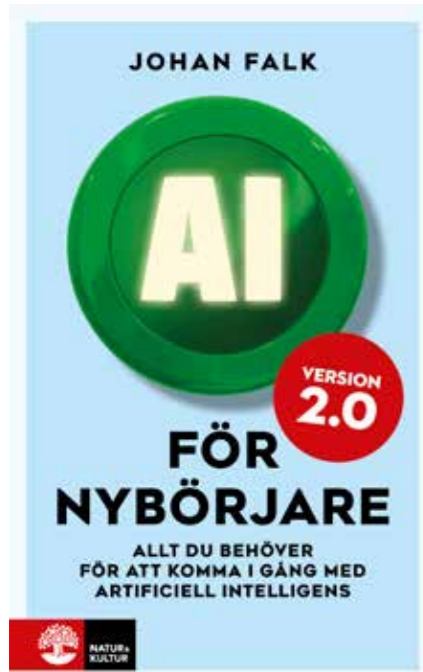
Lina Livian is Sweden's leading skincare influencer and runs the Instagram account @glowaddictions with close to 70,000 followers. Her debut book, *Your Skin*, guides us through the fascinating skincare world, constantly attracting more people.



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AI FOR BEGINNERS



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AI för nybörjare 2.0
120x190, 140pp
Natur & Kultur, 2025

AI for Beginners 2.0

Johan Falk

It has been two years since ChatGPT was launched, and artificial intelligence is on the agenda in world politics, business, and finance more than ever. But it is also present in everyday life, from working methods at work to our children's phones.

How do we understand what AI is, how technology affects society, and how can we use it ourselves? AI for beginners contains current analyses of technological developments, how society and the labour market are affected, new legislation on AI and what we can expect in the coming years. The book begins with a practical guide to using AI with judgment and an educational overview of how the technology works. AI has become ten times more powerful every year for over a decade.

In 2019, language models could barely count to ten to four years later; they passed exams with high marks. The multi-billion dollar investments of the technology giants are driving a revolution shaping our entire future. We are all beginners, but the knowledge you gain in *AI for Beginners 2.0* will make you understand it better.

About the author



Johan Falk runs Falk AI and is a former science journalist, teacher and web developer. From 2023 to 2024, he led the Swedish National Agency for Education's work in AI and education. He has previously written *AI and School 1.0* (January 2023), *AI and School 2.0* (June 2023), *AI for Beginners* (December 2023) and is co-author of *Our Artificial Future* (September 2024).

THE STORY OF YOUR LIFE

Tell Me the Story of Your Life: Mother, Father, Grandmother, Grandfather

Invaluable fill-in books

Tell Me the Story of Your Life is a series of gift books that are perfect to give to a family member or relative to preserve precious memories together for the future.

Through a collection of creative and interesting questions, you can preserve an entire life story here with the help of your family member's answers. Learn more than you thought possible about one of the most important people in your life by asking about everything from their childhood to their future plans. The book is divided into three parts that cover your family members' lives, with questions covering everything from growing up and school to their parenting, career, and life in the fall of age.

Tell us of your life is the perfect gift. Its unique content makes it a treasure that can follow you throughout your life and be saved for future generations.



Berätta om ditt liv: mamma, pappa, mormor, farmor, morfar, farfar
135x210, 151pp
Bookmark, 2024



Contents

- Your family
- Childhood memories
- Life in school
- Your teens
- Love and feelings
- Parenthood
- Everyday life
- Dreams and goals
- Love and relationships
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