

Spring Rights



Festival



MacLehose Press

**Bringing the very best of foreign literature from
around the world into the English language**

Spring 2021 Rights Guide

CRIME PAGES 2-5

LITERARY and HISTORICAL FICTION PAGES 6-10

NON-FICTION PAGES 11-13

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THE LOST AND THE DAMNED: OLIVIER NOREK

A suspenseful police procedural from a former French police officer and one of the original writers of *Spiral*

"*The Lost and the Damned* hits the ground running and never lets up . . . This impressive debut is slick, sick and not for the faint-hearted . . . It will make you cry out (for more)" - Mark Sanderson, *The Times Crime Book of the Month*



A corpse that wakes up during the autopsy.

A case of spontaneous human combustion.

There is little by the way of violent crime that Capitaine Victor Coste has not encountered in his fifteen years policing France's most notorious suburb – but nothing like this.

As he struggles to find a link between the cases, he receives a pair of anonymous letters highlighting the fates of two women whose deaths were never explained – two more blurred faces among the ranks of the lost and the damned.

Why were their murders not investigated? Coste is not the only one asking that question. Someone out there believes justice is best served on a cold mortuary slab.

HARDBACK 12/11/2020 304 PAGES

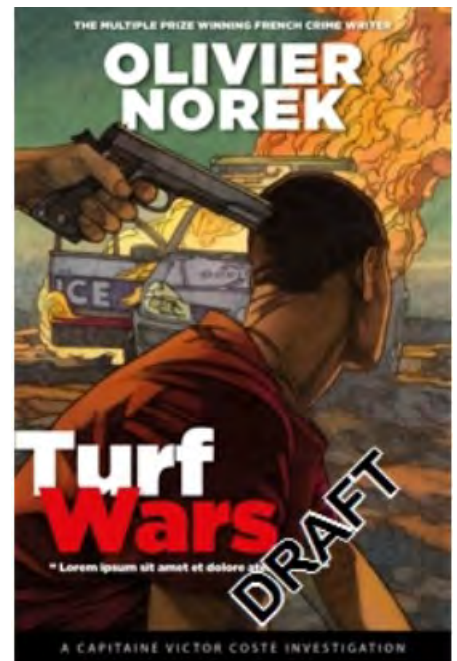
TURF WARS: OLIVIER NOREK

A second blistering crime novel set in France's most notorious suburb, by a police officer turned million-copy bestseller and key writer on *Spiral*

Since Capitaine Coste and his team's last case, calm appears to have returned to the SDPJ93 - but not for long. The summary execution of three young dealers - one them shot in the head in full view of a police surveillance team - is the signal for hell to be unleashed in the suburb of Seine-Saint Denis.

Cocaine stashed in pensioners' apartments; a psychopathic gang leader of just thirteen at large among the high rises; a cult militia recruited from the boxing clubs run by the council; a deputy mayor found tortured to death in his own home. And, if all this wasn't enough to contend with, when a police intervention in a local estate fuels the residents' resentment towards authority, Coste finds himself faced with an army of merciless thugs capable of enacting a genuine revolution.

Translated from the French by Nick Caistor

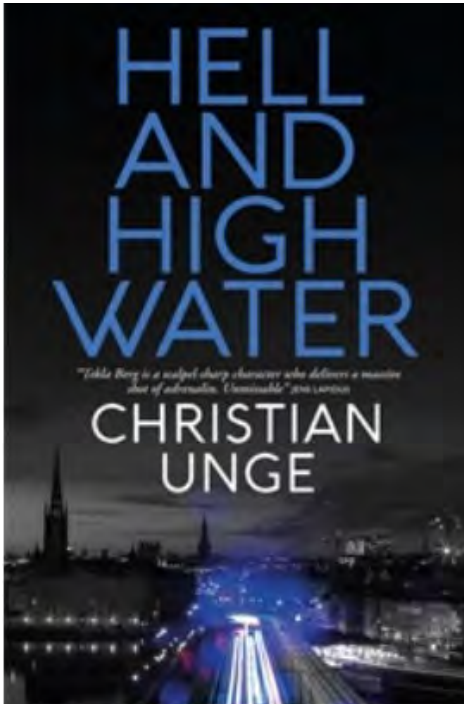


HARDBACK 11/11/2021 320 PAGES

Olivier Norek served as a humanitarian aid worker in the former Yugoslavia, before embarking on a eighteen-year career in the French police, rising to the rank of capitaine in the Seine-Saint-Denis Police Judiciare. He has written six crime novels, which have sold a million copies in France and won a dozen literary prizes.

HELL AND HIGH WATER: CHRISTIAN UNGE

The first in a new Swedish crime series featuring Tekla Berg - a fearless doctor with a remarkable photographic memory



With 85% per cent burns to his body and a 115% risk of dying, it's a miracle the patient is still alive.

That he made it this far is thanks to Tekla Berg, an emergency physician whose unorthodox methods and photographic memory are often the difference between life and death.

Convinced that the fire was a terrorist attack - and that he was involved - the police are determined to question him. Almost as determined as those who would silence him at any cost. While she battles to keep him breathing, Tekla cannot shake the thought that there is something eerily familiar about him, something that evokes her most private memories.

Already struggling with hospital politics, an amphetamine addiction, and the disappearance of her beloved but prodigal brother, the last thing she needs is to be drawn into a mystery involving corrupt police, a violent biker gang and elements of the Uzbek mafia.

Translated from the Swedish by George Goulding

HARDBACK 19/8/2021 432 PAGES

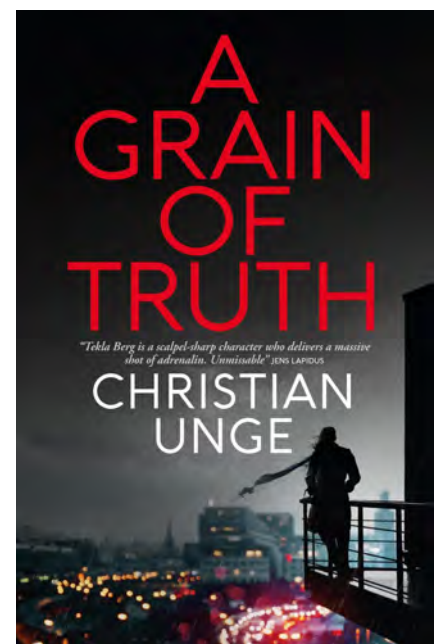
Christian Unge worked until recently as a senior physician at the Karolinska University Hospital in southern Stockholm, specializing in internal medicine. He also runs a popular podcast about medicine, and in spring 2018, *If I Have a Bad Day Someone Might Die* was published, an open-hearted account of his medicinal experience from Africa and Sweden.

Unge writes from his own experience as an emergency physician in Stockholm and rights are now sold in 10 languages.

Hell and High Water is the first in a series starring emergency doctor Tekla Berg.

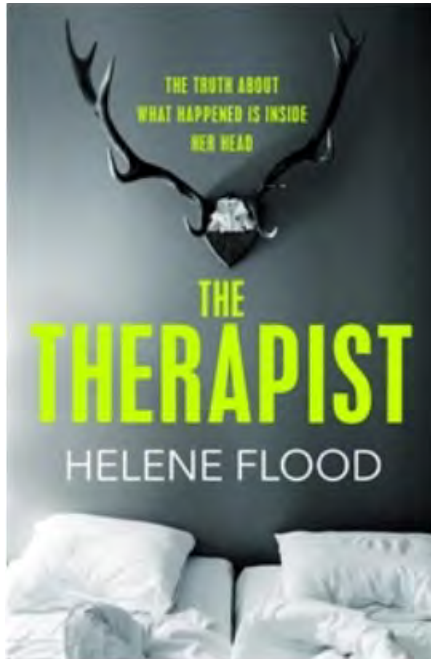
"Watch your blood pressure! A tense and clever thriller" **Lilja Sigurðardóttir**

"Christian Unge describes the hospital environment better than anyone else in Sweden. Tekla is a scalpel-sharp character who delivers a massive shot of adrenaline. Unmissable" **Jens Lapidus**



THE THERAPIST: HELENE FLOOD

Winner of Norway's Best Crime Debut Prize of 2019 * Nominated for 2020 Swedish Book of the Year-Prize and the 2019 Norwegian Bookseller's Prize



From the mind of a psychologist comes a taut and chilling domestic thriller with a double twist that will leave you reeling.

At first it's the lie that hurts.

A voicemail from her husband tells Sara he's arrived at the holiday cabin. Then a call from his friend confirms he never did.

She tries to carry on as normal, teasing out her clients' deepest fears, but as the hours stretch out, her own begin to surface. And when the police finally take an interest, they want to know why Sara deleted that voicemail.

To get to the root of Sigurd's disappearance, Sara must question everything she knows about her relationship.

Could the truth about what happened be inside her head?

Translated from the Norwegian by Alison McCullough

HARDBACK 08/7/2021 336 PAGES

- Film rights bought by Anonymous Content (TRUE DETECTIVE, THE REVENANT, MR ROBOT)
- Rights sold to 28 countries
- "A sharply observed thriller with a plot packed full of psychological suspense. I couldn't put it down"
Sarah Ward, author of *Bitter Chill*
- "Tense and atmospheric, this psychological thriller gets under your skin" **Jo Spain**
- "Masterfully paced and hauntingly written, *The Therapist* creeps up on you and leaves you looking over your shoulder long after you've turned the last page" **Anna Bailey, author of *Tall Bones***

Helene Flood is a psychologist who obtained her doctoral degree on violence, revictimization and trauma-related shame and guilt in 2016. She now works as a psychologist and researcher at the National Centre for Violence and Traumatic Stress. She lives in Oslo with her husband and two children. *The Therapist* is her first adult novel, with two further standalones to come in 2022 and 2024.

THE WRONG GOODBYE: TOSHIHIKO YAHAGI

A classic slice of Japanese hard-boiled noir paying homage to the master of the genre: Raymond Chandler .

Perfect for fans of *Six Four* by Hideo Yokoyama and *The Devotion of Suspect X* by Keigo Higashino



HARDBACK 24/6/2021 384 PAGES

The Wrong Goodbye pits homicide detective Eiji Futamura against a shady Chinese business empire and U.S. military intelligence in the docklands of recession Japan.

After the frozen corpse of immigrant barman Tran Binh Long washes up in midsummer near Yokosuka U.S. Navy Base, Futamura meets a strange customer from Tran's bar. Vietnam vet pilot Billy Lou Bonney talks Futamura into hauling three suitcases of "goods" to Yokota US Air Base late at night and flies off leaving a dead woman behind.

Thereby implicated in a murder suspect's escape and relieved from active duty, Futamura takes on hack work for the beautiful concert violinist Aileen Hsu, a "boat people" orphan whose Japanese adoption mother has mysteriously gone missing. And now a phone call from a bestselling *yakuza* author, a one-time black marketeer in Saigon, hints at inside information on "former Vietcong mole" Tran and his "old sidekick" Billy Lou, both of whom crossed a triad tycoon who is buying up huge tracts of Mekong Delta marshland for a massive development scheme.

As the loose strands flashback to Vietnam, the string of official lies and mysterious allegiances build into a dark picture of the U.S.-Japan postwar alliance.

Translated from the Japanese by Alfred Birnbaum

- Yahagi offers a Japanese Philip Marlowe chasing deadly fallout from the Vietnam War. Proof Brits and Americans have no monopoly on great crime fiction. - **author of *The Garden of Angels***

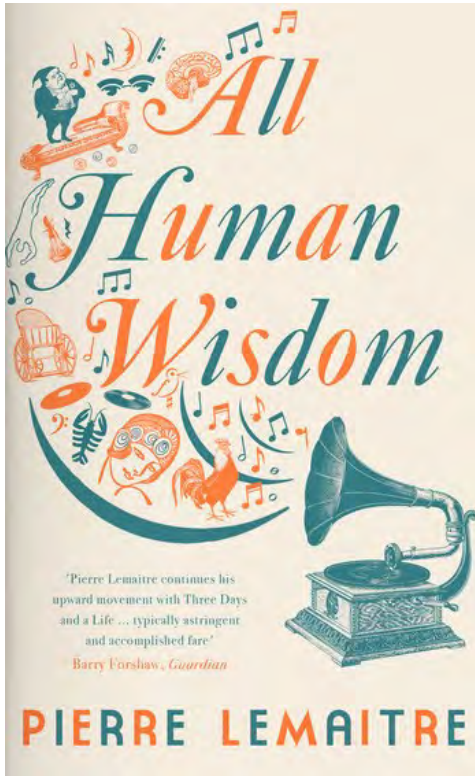
- Toshihiko Yahagi gives us Japan's answer to Philip Marlowe in the form of the heavy drinking lone wolf Eiji Futamura, who finds himself embroiled in a case that pits loyalty and personal friendship against power and political corruption. Shady things are going on in post-war Kanagawa, but nothing can stop Futamura getting to the bottom of it all, no matter the cost. A suspenseful, intriguing read. - **author of *The Cat and the City***

- *The Wrong Goodbye* is a hard-boiled treasure, a Chandleresque elegy to a time of shady deals, femme fatales, and of course, murder. These are tropes with which mystery readers will undoubtedly be familiar. Yet this novel is also a beguiling peephole into a Japanese society that readers will perhaps not know so well; a world of US airbases, black markets, and corrupt ploys. While Toshihiko Yahagi may not be the heavyweight in the Anglo-phone world that he is in Japan, he very much deserves to be. Simply put, *The Wrong Goodbye* is a siren song of poetic noir. - **author of *Blue Light Yokohama***

Manga artist-turned-novelist Toshihiko Yahagi is Japan's premier writer of intellectual noir and political satire, *The Wrong Goodbye*, featuring Detective Futamura, is his first work to be translated into English.

ALL HUMAN WISDOM: PIERRE LEMAITRE

"A really excellent suspense novelist" Stephen King



HARDBACK 10/6/2021 432 PAGES

The second volume of Pierre Lemaitre's enthralling, award-winning between-the-wars trilogy

In 1927, the great and the good of Paris gather at the funeral of the wealthy banker, Marcel Péricourt. His daughter, Madeleine, is poised to take over his financial empire (although, unfortunately, she knows next to nothing about banking). More unfortunately still, certain vultures who have long envied and resented Marcel Péricourt, are beginning to circle, and when Madeleine's seven-year-old son, Paul, tumbles from a second floor window of the Péricourt mansion on the day of his grandfather's funeral, and suffers life-changing injuries, it does not take long for these vultures to hone in on the Péricourt millions, conspiring to reduce Madeleine to destitution and ruin in a matter of months.

Using all her reserves of ingenuity, resourcefulness, and a burning desire for retribution, Madeleine sets about rebuilding her life. She will be helped by an ex-Communist fixer, a Polish nurse who doesn't speak a word of French, a brainless petty criminal with a talent for sabotage, an exiled German Jewish chemist, a very expensive forger, an opera singer with a handy flair for theatrics, and her own son with ideas for a creative new business to take Paris by storm.

A brilliant, imaginative, free-falling caper through between-the-wars Paris, and a portrait of Europe on the edge of disaster.

Translated from the French by Frank Wynne

PIERRE LEMAITRE was born in Paris in 1951. He worked for many years as a teacher of literature before becoming a novelist. Originally best known for his crime fiction, his novels include the Camille Verhoeven trilogy, *Irène*, *Alex* and *Camille*, and the standalones, *Blood Wedding*, *Inhuman Resources* and *Three Days and a Life*. He has won the Crime Writers' Association International Dagger three times, but in 2013 he turned his pen to historical fiction with his Prix Goncourt-winning historical epic, *The Great Swindle*. The first volume of a trilogy that continues with *All Human Wisdom*, *The Great Swindle* was made into a critically acclaimed French film in 2017, and the trilogy as a whole has sold more than a million copies in France alone.

VIOLETA AMONG THE STARS: DULCE MARIA CARDOSO

Winner of the European Union Literature Prize in 2009



HARDBACK 24/6/2021 400PAGES

Desperate and drunk, Violeta overturns her car on a lonely stretch of late-night motorway. As she lies amid the wreckage of her car, suspended between this world and the next, Violeta's life quite literally flashes before her eyes. Scenes from her past overlap with what happened right before the accident: her upbringing with her distant, critical mother; her troubled relationship with her daughter; her life on the road as she drives between waxing product-selling appointments with breaks at motorway service stations, the abuse from other travellers mocking her size, the terrible service station cafes, the alcohol, the risky encounters with lorry drivers on filthy public toilet floors...

Suspended in this eternity, Violeta examines the thousand daily grievances that add up to a frustrated, thwarted life. She begins to sink into her past. The Carnation Revolution of 1974, the defining historical moment of her life. Love, passion, sex, and the dreams of adolescence sacrificed to failed relationships.

Violeta among the Stars reads like an epic prose poem, weaving memories and feelings as Violeta reflects on her death, her life, her reality and her dreams. An astonishing portrait of a seemingly insignificant life, from one of Portugal's greatest living writers.

This book **does not contain a single full-stop** - because it doesn't need any of them. It has an **irresistible rhythm** all of its own, brilliantly captured by Ángel Gurría-Quintana's translation, which **never misses a beat**.

Translated from the Portuguese by Angel Gurría-Quintana

- A vibrant style, a brilliant novel - *De Standaard*
- Every word is in the right place and the result is pure music - *De Volkskrant*
- A devastating novel - *Matricule des Anges*
- A powerful, moving monologue that weaves intimate voices with the history of contemporary Portugal - *Livre Hebdo*
- Rights sold to ten countries

DULCE MARIA CARDOSO is a Portuguese writer, who spent her childhood in Luanda, Angola after her parents moved there when she was an infant. Her family returned to Portugal following the Angolan War of Independence in 1975. She studied law at the University of Lisbon and worked as a lawyer before becoming a full-time writer. Her first novel, *Campo de Sangue*, won the Grand Prize Acontece de Romance, *Violeta among the Stars* won the EU Prize for Literature and *O Chão dos Pardais* won the Portuguese Pen Club Award.

KOKOSCHKA'S DOLL: AFONSO CRUZ

"A novel par excellence that is destined to become a classic' of almost byzantine splendour . . . At its best worthy of comparison with Gabriel García Márquez" *Irish Times*



A richly imaginative novel inspired by the true story of Oscar Kokoschka and his life-sized doll - Winner of the European Prize for Literature

At the age of forty-two, Bonifaz Vogel begins to hear a voice.

But it doesn't belong to the mice or the woodworm, as he first imagines. Nor is it the voice of God, as he comes to believe. It belongs to young Isaac Dresner, who takes refuge in the cellar of Vogel's bird shop on the run from the soldier who shot his best friend. Soon Vogel comes to rely on it for advice: he cannot make a sale without first bending down to confer with the floorboards.

Thus begins the story of two Dresden families, fractured and displaced by the devastating bombing of the city 1945, their fates not only intertwined, but bound also to that of a life-sized doll commissioned by the artist Oskar Kokoschka in the image of his lost lover.

Based on a curious true story, *Kokoschka's Doll* is an imaginative and playful novel that transports the reader to Dresden, Paris, Lagos and Marrakesh, introducing them to an unforgettable cast of characters along the way.

Translated from the Portuguese by Rahul Bery

PAPERBACK 21/1/2021 288 PAGES

"What truly distinguishes Cruz is how he can combine philosophical thinking with surprising writing, rich with imagery." *Time Out*

"Highly recommended for its imaginative, playful character, though it tells many tales of sad love." *Publico*

"Afonso Cruz is one of the strongest voices in contemporary Portuguese literature" Antonio Saez Delgado, *El Pais*

AFONSO CRUZ was born in Figueira da Foz in 1971. He works as a director of animation movies, an illustrator, a musician and a writer. Cruz studied at the Ant3nio Arroio Arts High School in Lisbon, at the College of Fine Arts of Lisbon and at the Madeira Institute of Plastic Arts. His animation career includes several movies and series. In 2007, he recorded an album with his blues/roots band, The Soaked Lamb, for which he composed the original songs, wrote the lyrics, sang and played the guitar, the banjo, the harmonica and the ukulele. He started his career as a fiction writer in 2008 with the novel *A Carne de Deus* (The Flesh of God).

THE CANVAS OF THE WORLD : ANTONIN VARENNE

The Final Volume in Antonin Varenne's epic historical trilogy



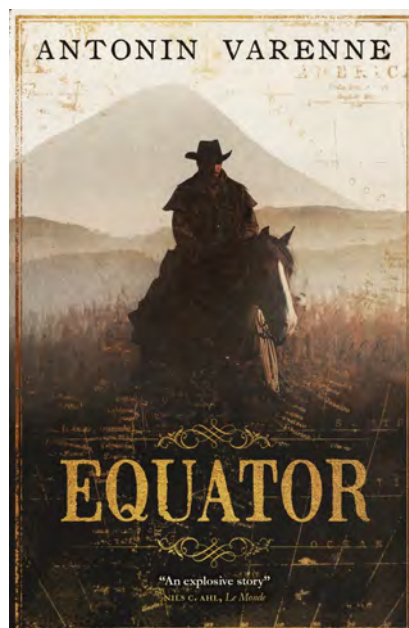
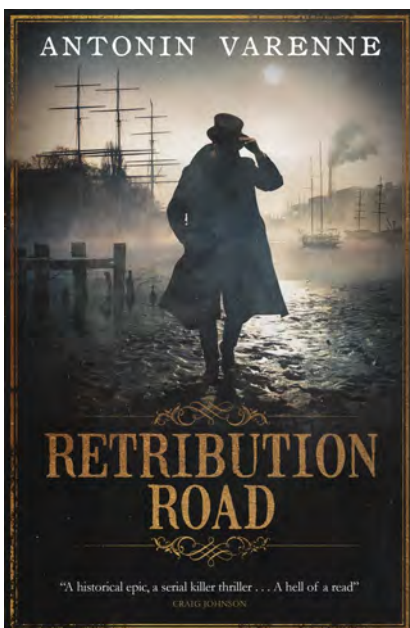
Arriving at the Paris Exposition of 1900, Aileen Bowman is an unusual woman. A journalist in her mid-thirties, unmarried, independent, she has been sent to cover the event for the New York Tribune, but the arrival of this woman who is unafraid to speak her mind, liberated from constraints of her gender and class, soon creates a stir in the city of lights.

Over the course of a story that immerses us in the heart of the city under construction, from the emerging metropolis to neighbourhood brothels frequented by artists and bohemians, the singular personality of Aileen merges with this city that suddenly finds itself at the heart of the world. But even as Aileen revels in the sights and wonders of the Exposition, it seems the life she left behind on the distant Nevada plains may have followed her across the Atlantic, and before long she finds herself caught in a deadly tussle between the old world and the new.

Translated from the French by Sam Taylor

ANTONIN VARENNE was awarded the Prix Michel Lebrun and the Grand Prix du Jury Sang d'encre for *Bed of Nails*, his first novel to be translated into English. His second, *Loser's Corner* was awarded the Prix des Lecteurs Quais du polar and the Prix du Meilleur Polar Francophone. *The Canvas of the World* is the final volume in a thrilling 19th century historical trilogy that began with *Retribution Road*.

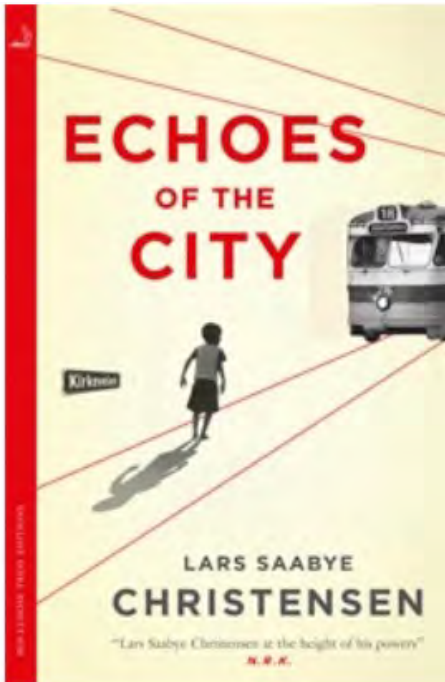
PAPERBACK 28/10/2021 420 PAGES



ECHOES OF THE CITY: LARS SAABYE CHRISTENSEN

A jewel of modern Norwegian literature now hailed as Lars Saabye Christensen's crowning achievement - an intricate and utterly compelling narrative.

"With its tonal nuance and quietly amusing melancholy, *Echoes of the City* confirms him as one of Norway's finest writers" *Guardian*



TRADE PAPERBACK 03/10/19

As Oslo slowly emerges from a period of crippling austerity, *Echoes of the City* shows how small, almost imperceptible acts of kindness and compassion, and tiny shifts in fortune, can change the lives of many.

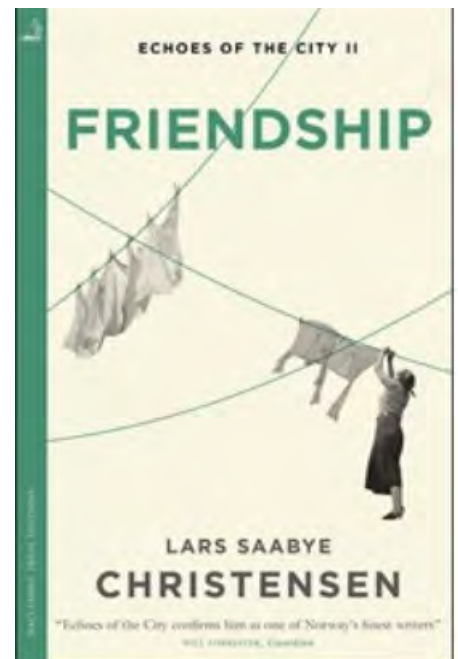
At the centre of the novel are Maj and Ewald Kristoffersen and their son Jesper, their lives closely entwined and overlapping with their neighbours' on Kirkeveien. When the butcher's son Jostein is knocked down in a traffic accident and loses his hearing, Jesper promises to be his ears in the world. The arrival of a long-awaited telephone is a major event for Maj and Ewald, and meanwhile their neighbour, recently widowed Fru Vik, tentatively takes up with the owner of the bookshop near the cemetery. The bar at Hotel Bristol becomes a meeting place for all of them - for Ewald and his advertising colleagues, for Fru Vik and her suitor, to the piano playing of hapless Enzo Zanetti, an immigrant down on his luck, who enables Jesper to discover his true passion.

The minutes of the local Red Cross meetings give an architecture to the narrative of so many lives and tell a story in themselves, bearing witness to the steady recovery of the community. *Echoes of the City* is a remarkably tender observation of the rhythms and passions of a city, and a particular salute to the resilience of its women.

FRIENDSHIP: LARS SAABYE CHRISTENSEN

In this second volume we are back in Kirkeveien, Oslo, in the year 1956. Forty-year-old Maj is worn down by being a homemaker and single mother, and to the indignation of the Red Cross ladies, she cautiously frees herself from the role she has otherwise fulfilled to the letter. She finds a job that she turns out to be more than good at, and some kind of love, too. Her friend Margrethe is sick of her marriage to the antiquarian bookseller, Olaf Hall, but cannot think of divorce. Jesper gets a girlfriend who opens the door to a new, more liberated environment of vegetarianism and politics. And his best friend Jostein realises that his talent for making money will allow him access to a world that is larger and richer than that of the Oslo slaughterhouse.

Friendship is a beautifully orchestrated story about people and their dreams, about social conventions, personal constraints and what it takes to have the courage to realise oneself. In this book brimming with human insight, as in *Echoes of the City*, in each of these characters we recognise something of ourselves.



TRADE PAPERBACK 28/10/2021

Translated from the Norwegian by Don Bartlett

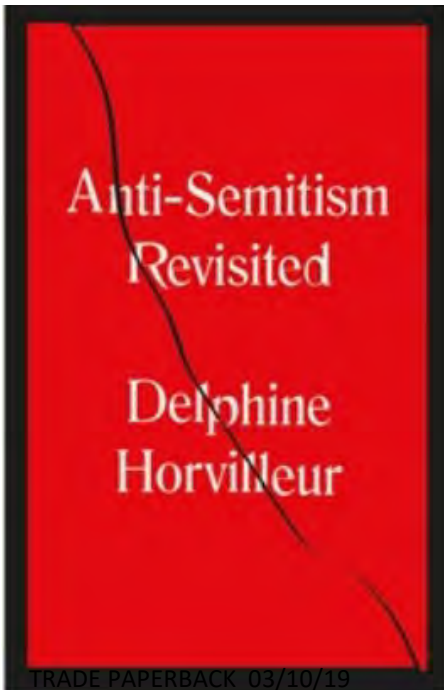
LARS SAABYE CHRISTENSEN has published a number of novels, poetry and short story collections, his breakthrough coming in 1984 with *Beatles*, one of Norway's bestselling books still. He received the Nordic Council Literature Prize for *The Half Brother* in 2001. He has also received the Riverton Prize, the Critics' Prize, the Brage Prize, the Norwegian Booksellers' Prize, the Dobloug Prize and the Norwegian Reader's Prize. His novels have now been published in 36 countries.

ANTI-SEMITISM REVISITED: DELPHINE HORVILLEUR

An original, challenging approach to analysing anti-semitism by a leading female rabbi

“Provides illuminating insights into exegetical discussions of the rabbinical tradition” - *Zeit*

“Tackles the issue [of anti-Semitism] from the perspective of a country where its manifestations have been more vicious and deadly” - *Financial Times*



Rabbi Delphine Horvilleur analyses the phenomenon of anti-semitism as it is viewed by those who endure it and who, through narration and literature, succeed in overcoming it. Jewish texts are replete with treatments of anti-semitism, of this endlessly paradoxical hatred, and of the ways in which Jews are perceived by others. But here, the focus is inverted: *Anti-Semitism Revisited* explores the hatred of Jews as seen through the lens of the sacred texts, rabbinical tradition and Jewish lore.

Delphine Horvilleur gives a voice to those who are too often deprived of one, examining resilience in the face of adversity and the legacy of an ancient hatred that is often misunderstood. An engaging, hopeful and very original examination of anti-semitism: what it means, where it comes from, what are the ancient myths and tropes that are weaponised against Jewish people, and how do we take them apart.

Translated from the French by David Bellos

IN EVE'S ATTIRE: DELPHINE HORVILLEUR

Women, modesty and Judaism reexamined by France's leading female rabbi

Current fundamentalist religious discourse expresses a growing obsession with the modesty of women. Reduced to those parts of her body that arouse desire, women are effectively "genitalised". Should we cover her nakedness? It is her destiny to be veiled?

Delphine Horvilleur analyses the meaning of modesty and nudity, societal and religious obsession with the female body and its representation as "being official" to suggest another interpretation of religious tradition. She unpicks readings that make the woman a temptress, and modesty the instrument of her oppression. She shows us how nakedness as expressed by Adam, Eve or Noah, refers to a culture of desire and not a wish to kill desire. How the veil is originally intended: not to reject, but to approach the other.

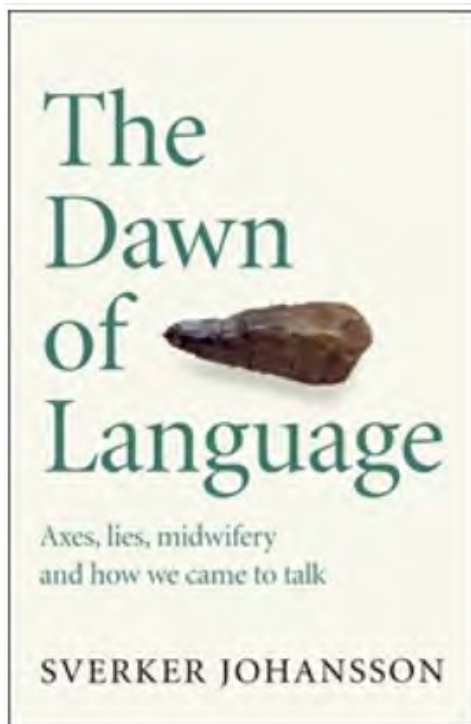
Translated from the French by Ruth Diver

DELPHINE HORVILLEUR is one of the few female Rabbis in France. She was ordained in America, as there was no possibility to study in France as a woman, and belongs to the Mouvement juif libéral de France. She drew media attention in the wake of the rise of antisemitic attacks and vandalism in France for her consistently compelling case for laicity and her strong feminist stance on social justice issues. She has written for the *Washington Post* and *Haaretz*, and is the author of *En tenue d'Eve : féminin, pudeur et judaïsme*, and *Comment les rabbins font des enfants*, both published by Grasset.

THE DAWN OF LANGUAGE: SVERKER JOHANSSON

Axes, lies, midwifery and how we came to talk

An erudite, tightly woven and beautifully written account of one of humanity's greatest mysteries - the origins of language.



Why do we speak the way we do? Why we speak at all? *The Dawn of Language* examines these questions in three parts - language, origin and origin of language - and is packed with colourful examples.

Part 1 - Language as an isolated phenomenon - How do languages develop, what are the differences and similarities between the languages spoken around the world? Chapters on the origin and use of grammar.

Part 2 - Evolution of man - Intellectual development (from Neanderthal to social guru), but also physiological changes in evolution (e.g. brain capacity compared to apes) that have a bearing on our ability to develop language. "Nature versus nurture" is also discussed; to what extent is language development dependent on genes and environment? Both play a role, but perhaps have less impact than initially you think.

Part 3 - Origin of language - How language has evolved; who was "the first speaker", what was his/her first message? How has language developed further, and how is it changing now? How globalization has influenced language? How does programming language relate to "normal" language development? Which aspects of language ensure that robots are not yet intelligent enough to handle the complex issues or reconstruct language development?

HARDBACK 02/09/2021 432 PAGES

Whereas Harari's *Sapiens* perhaps uses different theories to speculate how certain developments came about, Johansson's is approach to language is analytical and research-based. The result is a full picture of language development, a refreshing addition in an area in which theories of "linguist king" Noam Chomsky have predominated for years. *The Dawn of Language* is for the general reader and student alike.

Sverker Johansson's claim to fame otherwise is to have invented the LSJBot, which has written 8% of all articles on Swedish Wikipedia, covering everything from fungi to municipalities in the Philippines. He is also a physicist, has conducted research at CERN and participated in EVOLANG, a leading international research conference on language.

SVERKER JOHANSSON, Doctor of Philosophy in Physics and Master of Philosophy in Linguistics, was born 1961 in Lund in the southern parts of Sweden. He is a senior advisor at Dalarna University, has conducted research at CERN in Switzerland and participated in EVOLANG, the leading international conference for research on the origins and evolution of language, since 2006.

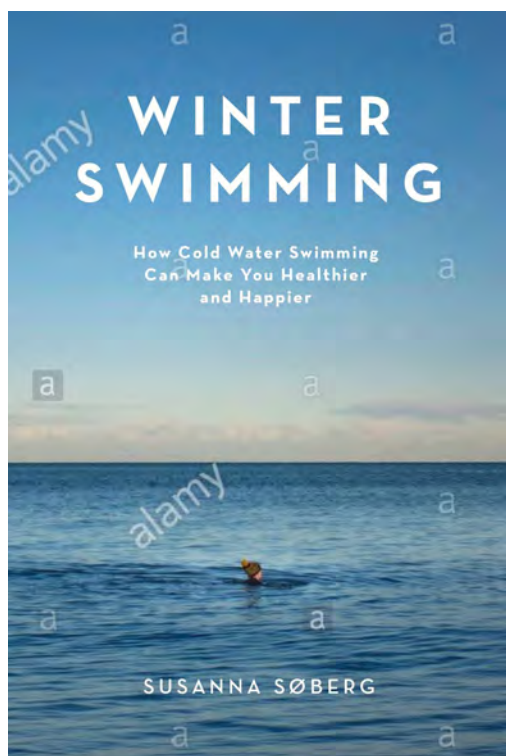
The Dawn of Language was published in Sweden by Natur och Kultur, in Spain by Editorial Planeta/Ariel, in Netherlands by Meulenhoff, in Hungary by Európa Könyvkiadó Kft. Editions in Italian, Greek, Romanian, and Turkish are also in the pipeline.

WINTER SWIMMING: Susanna Sørberg

How cold-water swimming can make us healthier and happier

A beautifully illustrated exploration of cold-water traditions in Scandinavia and around the world, and a thorough account of why it provides such a boost to body and soul.

HARDBACK 29/09/2022 256 PAGES



Whether in lake, lido, river or sea, we know the benefits of swimming outdoors and in nature - environmentally friendly and accessible, it can influence our happiness, our energy and our inner tranquility. *Winter Swimming* takes this one step further, as contact with cold water all year round can also have a significant positive impact on our physical health, confidence and well-being.

Danish scientist Susanna Sørberg leads us step by step into the icy water and explains the "cold-shock response", the massive endorphin rush as our body reacts and adapts. Not only do our circulation, heart, lungs and skin respond positively, but our immune system and metabolism too. Most specifically she explains how our "brown fat" is activated to benefit multiple health conditions.

Winter Swimming is both a beautifully illustrated exploration of cold-water traditions in Scandinavia and around the world, and a thorough account of why it provides such a boost to body and soul.

With four-colour photographs throughout.

Translated from the Danish by Elizabeth de Noma

- There are numerous books on wild swimming, but no other specifically on cold-water swimming and its proven health benefits
- Sold in ten territories to date
- Hits a sweet spot between *The Wim Hof Method*, *Wild Swimming* and *Gut* by Julia Enders - there is no other book in English specifically on cold-water or ice-water swimming and its benefits.

Susanna Sørberg (1982) earned her PhD researching metabolism and has worked for many years designing and conducting clinical studies. Her most recent research and the background for this book have been on fat reduction through winter swimming at the Tryg Foundation's Center for Physical Activity, Denmark. *Winter Swimming*, to be published in more than ten languages, is her first book.