Dear Publisher

We have the pleasure of presenting our new illustrated non-fiction titles from Bonnier Fakta, Bokförlaget Semic and Bokförlaget Max Ström. Besides our high quality cookbooks, our spring catalogue includes amazing baking books, vegetarian titles, a lot of health information, knitting and gardening. It’s a pleasure working with all our foreign partners and we look forward to another amazing year together with you!
We would be happy to send you reading copies or pdfs so don’t wait, let us know what you are looking for!

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SCREEN TIME

— HOW IT AFFECTS YOUR BRAIN

Mental health problems are becoming the largest health threat of our times. A high tempo, constant stress and a digital lifestyle with constant connection affects our brains. No matter how much you like scrolling through Instagram, checking the news on your smartphone or watching movies on your tablet, your brain is not adjusted to it.

But that doesn’t mean that you are powerless, and that there are no solutions — with more knowledge about how the brain works you can now learn what the brain really needs. The human brain was created in completely different times and maybe we should show it more consideration. In Screen Time you will get a completely new view of what is happening in your head!

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**ORIG. TITLE** Skärmhjärnan
**AUTHOR** Anders Hansen
**FORMAT** 148x210 mm, 208 pages
THE NEW GREEN PROTEIN

If you would like to eat more vegetables but worry that you might not get all the nutrients you need, then The new green protein is the perfect book for you. It’s a handbook that teaches you everything you need to know about all the essential nutrients, especially protein, and answers questions such as what the 20 best sources of protein are, how much protein you need to eat in order to stay healthy and how to cook plant-based dishes that are delicious, exciting and nutritional.

This book is bursting with facts and really tasty recipes for breakfast, lunches, dinners and desserts. Learn how to prepare carrot muffins with lingonberries, chickpea crispbread, a green hummus bowl, celeriac soup with crispy green cabbage and banana bread with coconut yoghurt. A feast for your eyes and your taste buds!
Eat Good is the cookery book that helps you to save the world in your very own kitchen. It presents 60 recipes using ingredients that are healthy and sustainable. The recipes are Nordic inspired with a Mediterranean twist—and with selected ingredients from Asia and South America. All ingredients included in the recipes are environmentally smart—and the meals are guaranteed delicious!

Award-winning professor, Johan Rockström, and chef Malin Landqvist are behind the book. Researcher Victoria Bignet authored the texts, and Gunhild Stordalen, founder of the Eat Foundation, wrote the introduction. You’ll also find a comprehensive Q&A addressing the most common questions about food production and consumption. This is a lavish, inspirational, and important cookbook that can genuinely help you to make a difference.

ORIG. TITLE Eat Good
AUTHOR Johan Rockström
FORMAT 210x255 mm, 224 pages
RIGHTS SOLD Dutch, German
ZEINA'S KITCHEN

Zeina Mourtada is the name behind Zeina's Kitchen – the highly popular recipe blog that has received multiple awards from all across the globe. In this book, Zeina concentrates on food from the Middle East and its surrounding countries, the recipes are usually hard to find outside the Middle East and they are eagerly awaited by her followers.

Zeina’s Kitchen contains a collection of 80 recipes including dolmas, kebabs, mezes, soups, salads, drinks and desserts. All recipes are full of genuine aromas and tastes, and many of them are vegetarian! Most of them are quick to make, making this book a must for everyone who loves cooking. Zeina uses ingredients such as parsley, saffron, pistachio nuts, chilli, mint and lemon and many more, creating food full of colour and flavours.

ORIG. TITLE Zeina's kitchen
AUTHOR Zeina Mourtada
FORMAT 195x260 mm, 184 pages
FIRE SMOKE GREENS

This book will teach you how to cook vegetables over a fire; char the food properly and enjoy the deep flavors. The onion gets really sweet, the eggplant will get a smoky touch and the Jerusalem artichoke develops beautifully rusted tones.

There is so much more to cooking vegetables over fire than just putting them on the grill. Some can be put directly onto live coals, chili peppers can be grilled in an ordinary colander, and you can even use the grill to smoke cheese! Fire Smoke Greens will guide you through different techniques, with recipes for rich, simple and refined vegetarian meals.

With a unique sense for food as well as photography, Martin Nordin has created a sequel to the globally successful book Green Burgers.

ORIG. TITLE Eld rök grönt
AUTHOR Martin Nordin
FORMAT 195x260 mm, 192 pages
BBQ MORE!

Cook your entire dinner on the grill! In this new smoking hot barbecue book, you will learn far more than just grilling a piece of meat to perfection. The book also contains vegetable dishes, classics like beer can chicken, smokey casseroles, Louisiana inspired sauces and much more – and you can make it all on your grill!

So gather around the fire, put on some music and get everything that you like on the grill. Anything can be barbecued, and combined any way you want, it’s all up to you!
THE BIG BOOK ABOUT CHILDREN AND FOOD

This inspiring book presents the latest research about children and food, with information on a range of topics including nutrition, allergies, physical eating disorders, and what children between 0-5 can and should eat.

The book also has information and recipes on what to eat during pregnancy, as well as what is important for babies during their first months without solid food.

It might seem natural that children would prefer to eat pancakes, pasta, pizza, burgers and sweets rather than broccoli and beans, but this is actually something that we have taught them. But it can be changed, and this book has a clear message: All food is for children – try everything!

ANN FERNHOLM, acclaimed science journalist with a PhD in molecular biology, has written the book together with speech therapist KAJSA LAMM who is one of Sweden’s foremost experts within children and eating disorders.

ORIG. TITLE Stora boken om barn och mat
AUTHORS Kajsa Lamm & Ann Fernholm
FORMAT 170x240 mm, 272 pages
MANDELMANN'S SWEETS

Sweets and desserts have a natural place at the self-sufficient Djupadal farm of the Mandelmann's. As with all their food, the sweets follow the seasons and celebrations of the year, with borlotti cake and thumbprint cookies in the fall, saffron waffles for Christmas, and much more.

How can you embrace the constant sugar cravings in a society where we are increasingly stuck in front of screens, while our entire organism is really made for movement and physical challenges? We believe that the answer is to use wholesome foods as much as possible. Rather than having truckloads of boring pastries with artificial butter, aromas and sweetness, which not even pigs would eat, it is better to eat one really tasty thumbprint cookie or cinnamon roll made from wholesome foods.

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**ORIG. TITLE** Mandelmanns söta  
**AUTHORS** Gustav & Marie Mandelmann  
**FORMAT** 170x220 mm, 192 pages
CHEESECAKES AND STICKY CHOCOLATE CAKES

Cheesecakes and sticky chocolate cakes are great desserts, and this book will give you recipes for all sorts of cheesecakes – classic as well as No-Bake, frozen, fast ones, and ice cube tray cheesecakes. The sticky chocolate cakes recipes include truffle style cakes, sticky apple pie, muffins, white chocolate cakes, chick pea cakes and much more. The cakes are flavoured using berries, chocolate, candy, Nutella, popcorn, dulce de leche and much more!

Lena Söderström is a master at creating tasty, fun and original recipes, with incredibly inspiring images.
DINNER IN 15 MINUTES

Good and nourishing food for your entire family in a flash!

In this book, freelance food writer and food stylist Maria Zilhammou shows you how to cook good and simple food in no time at all. You'll find simple recipes with rich tastes made from wholesome foods, along with tricks for saving time.

Maria has written several acclaimed cookbooks, showing the dinner table as a place of connection, her multicultural background and inspiration from her travels adds spices and flavor to your dinner table!

ORIG. TITLE Middag på 15 minuter
AUTHOR Maria Zilhammou
FORMAT 170x240 mm, 112 pages
FRESH START WITH ULRIKA’S LUNCH BOXES

In this cookbook you’ll find recipes for breakfasts, smoothies, soups, salads, warm and cold dishes as well as nourishing snacks. They all fit into a lunch box, making it easier than ever for you to eat good and healthy food in your everyday life!

There are several benefits with bringing your own food – you know exactly what it contains, you don’t have to spend time deciding what to eat, or to go out and get something, you save money, and you use less unnecessary packaging – so put the lid on and enjoy your fresh and healthy lunch box!
TASTY AND SIMPLE BUFFETS
— THROUGHOUT THE YEAR

Maud Onnermark, writer of several acclaimed cookbooks, presents easy-to-make buffets that are delicious as well as simple and quick to make. The recipes include an Italian buffet, vegetarian buffet, soup buffet, and a prepared buffet to keep in your freezer. You will find suggestions for complete buffets, but it is also easy to pick and choose among the delicate dishes and desserts, to create your perfect buffet for any celebration.
VEGETARIAN AND VEGAN FEAST

Fantastic vegetarian and vegan party food from the popular garden cafe at the Ulriksdal castle garden. Finger food, tasty bread and spreads, soups, salads and more, made with tastes from all around the world. There are recipes for any occasion, and they can be combined as you wish, for a celebratory meal or as a generous buffet for a larger party.

This is an inspiring book, full of delicious food and lovely images from the beautiful environment.
ECO LIVING

This inspiring book contains 100 concrete tips on what we as individuals can do for a more sustainable future. It focuses on the opportunities we have in everyday life to create a better world - in the kitchen and in the bathroom, on the daily travel and summer vacation, at home and at work.

As an added bonus, almost everything that’s good for the environment is also good for the wallet!
YOGA, SCIENCE AND FACTS
— WHY IT WORKS

How deep does the wellbeing from yoga go? Could practicing yoga actually change our health? According to new research, yoga can reduce the impact of stress, help with anxiety and depression, and also decrease the risk of cardiovascular diseases.

Yoga, Science and Facts includes physical activity but also recovery for stress reduction and mental efficiency, creating a cascade of positive physiological reactions in the body from the very first movements. Yoga will let your muscles relax and cause your heart to beat at a slower pace, lowering the pulse. Warming up with increasingly advanced yoga movements, your blood pressure and pulse will rise again, while the final restoration makes you calm and gets you recovered.

Whether you are not very active or whether you are very experienced, the effect of a yoga workout will remain long after the session ends!
52 WAYS TO COMPASSION

Compassion - awareness of one's own as well as other's suffering, and a desire to reduce it - helps us to see the human in ourselves and others. As compassion also increases our positive emotions and protects us from stress and exhaustion, there is good reason to practice it.

This book contains 52 concrete exercises, divided into the three categories mindfulness, friendliness, and compassion. The exercises build on each other – to really be compassionate, it is necessary to be both present and have a friendly approach.

Exercise 1: Today I shall be kind to myself and other people I meet no matter what!
SLEEP, SLEEP, SLEEP

Exercise and healthy food are all very well, but sleep is just as important for your health. In fact it affects your weight and mental well-being and reduces the risk of everything from colds to cancer. Sleep. Sleep. Sleep teaches you everything you need to know about this very important subject, which is highly relevant now when stress, sedentary lifestyles and smart phones have a negative affect on how well you sleep.

Together with journalist Minna Tunberger, sleep researcher Christian Benedict shares his exciting research into how a lack of sleep increases your appetite and how exposure to daylight improves your sleep and helps you to recover more quickly from serious illnesses.

He writes about the digital revolution and how exposure to blue light interferes with sleep, creating stress and causing an entire generation to suffer from chronic sleep deprivation. The book also tells you about how REM sleep improves your understanding of your own and others’ feelings and contributes towards improved mental health. And as if that’s not enough, you will also find out how the all-important state of deep sleep strengthens your immune system and helps you to solve problems, recharge your brain’s battery and improve your declarative memory.

A combination of interesting facts and inspirational tips and advice for those of you that want to improve your sleep and become happier, healthier, smarter and slimmer.

CHRISTIAN BENEDICT is an associate professor of neuroscience at Uppsala University, Sweden. He has published over 100 scientific research studies and his research has been featured in numerous media outlets, including The Guardian, The Boston Globe, Scientific American, and CNN Health. Christian has received several prestigious awards for his research.

MINNA TUNBERGER is a journalist and an author. She has been covering the subject of health for two decades for several news agencies and she has been editor in chief for many various health magazines.

2. Resan genom de fyra sömnfaserna

(For Swedish subscribers, please note that this extract is in Swedish and will not be translated)
THE END OF DIETING

Weight loss is a struggle shared by many, and it can result in a feeling of failure and self-criticism. In *The End of Dieting*, researcher Erik Hemmingsson shows that failing to lose weight is not your own fault. Losing and gaining weight is connected to our different physiologies, meaning that our mental wellbeing and events throughout our lives all have an effect on what, how and why we eat. Our bodies signals of feeling full or hunger are hard for many to recognize, but with *The End of Dieting* we can learn more about those signals.

This book provides you with tools for understanding yourself and your eating behaviour better, as well as long-term strategies and a look at which food is the better choice.
ICE BATHS

In this inspiring health book, with strong and beautiful images and a creative design, you will learn all about the health benefits that come with all year round outdoor baths.

Ice baths are good for our health in many ways, by strengthening the immune system, reducing stress levels, improving sleep, lowering blood pressure, and improving metabolism. And the exceptional thing is that you can get a result from something as simple as taking a bath – a quick fix that works! This book takes the reader closer to nature, giving inspiration to an experience for both body and mind.

ORIG. TITLE Kalla bad
AUTHORS Linda Ahlgren & Linda Vagnelind
FORMAT 220x235 mm, 160 pages
KIMCHI AND KOMBUCHA

Have we wasted a lot of time, energy and money on medication, psychologists and therapists when a simple faecal transplant could have been the solution? Because it turns out that bacteria don’t just play an essential role in our immune system, but also in Alzheimer’s, Parkinson’s, MS, ADHD, autism, anxiety, depression, stress and chronic pain.

The connection between the gut and the brain is a groundbreaking discovery, and perhaps the most exciting one within medical research today. In this book, Soki Choi presents the microbiotic revolution and the latest breakthroughs in research into gut-brain axis, which can affect your brain and psychological health in a fascinating way. Soki Choi also offers proven tips on how food can contribute with good bacteria and in turn affect your immune system and brain health. And to kick start your brain she reveals her best recipes for kimchi and kombucha, all bursting with good bacteria.

ORIG. TITLE Kimchi och Kombucha
AUTHOR Soki Choi
FORMAT 195x240 mm, 208 pages
RIGHTS SOLD English, Finnish, Polish
MACRAMÉ

Macramé is both fun and trendy – and there is no limit to the beautiful things you can make for your home with these knots. In this book you will learn how to make curtains, stylish lamps and wall decorations, but also charming hanging pots and decoration for things you already have at home. The thick macramé yarn can also be used for crocheting, and soon you can make baskets, cushions and bags come together.

Making macramé is restful, with one knot adding to the next, as your fingers create projects small and big. The basic knots are easy to learn, and as you get more skilled, you can take on more advanced projects. Soon you will be able to improvise and find new patterns and ways to make the knots!

**ORIG. TITLE** Makramé  
**AUTHORS** Sania Hedengren & Susanna Zacke  
**FORMAT** 195x224 mm, 112 pages
WARM AND PATTERNED KNITS

This book contains over 20 patterns for warm garments that are both fun to knit and soft on the skin, including multi-coloured mittens with different patterns, elegant collars, well-fitting socks made from hand-dyed yarn, hats and sweaters - all inspired by the Scandinavian landscape and traditions.

ERIKA ÅBERG has a passion for knitting and in this book she generously shares her expertise on the subject, along with materials, techniques, colours and designs. There is something for everyone, whether you are a beginner or a more advanced knitter, whether you are looking for a quick project or something that takes a little longer to create. Erika also gives advice on how to choose the right material and how to care for your garment so that it will last a lifetime.
THIRTY-FIVE MITTENS

Few things can warm you up on a cold day like a cosy pair of wool mittens — and all the better if you’ve made them yourself. Knitting mittens is fun and doesn’t take very long, so once you’ve decided which pair to knit, you’ll soon be wearing beautiful works of art that are bound to receive plenty of admiration!

In this book, knitwear designer and writer Maja Karlsson presents 35 patterns for mittens and wrist warmers (with and without flip tops) ranging from easy to more intricate and from traditional to modern. There are animal and nature motifs, thicker multi-coloured knits and plain lace and thinner plain cable and lace knits.

All the patterns and diagrams are clear and easy to follow and at the end of the book there is a section that describes the techniques that require that little bit extra attention.
100 PLANTS FOR YOUR KITCHEN GARDEN

This practical guide is for beginners and more experienced vegetable growers alike. It contains information on how to begin, as well as what to expect from the first year growing vegetables. The second part of the book is a guide to several different vegetables, herbs, berries and edible flowers.

Growing vegetables is for everyone! You don’t need a large garden – planting boxes, a bucket on your balcony, or pots in your kitchen window also works. Vegetables that have grown more slowly have a richer taste, and if you grow them organically, they will also be much healthier!

ORIG. TITLE 100 växter till din köksträdgård
AUTHOR Susanna Rosén
FORMAT 195x224 mm, 112 pages
BEAUTIFUL FLOWERBEDS

This book will teach you in a both simple and inspiring way to plan, compose and maintain beautiful, thriving and colorful flowerbeds! These flowerbeds will create outdoor spaces and set a style as well as attract butterflies, bees and birds. A well-composed flowerbed allows the plants to work in harmony to create a unique style, and you can achieve this by choosing the right plants for the specific location in terms of sunlight and soil, whether you have an entire hectare at your disposal, or a tiny garden.

Garden journalist Ellen Forsström shows you how to plan and compose the flowerbeds of your dreams, to fit your garden's particular requirements. Learn to use form, colours, and all your senses to create your own beautiful and green spot.

ORIG. TITLE Vackra rabatter
AUTHOR Ellen Forsström
FORMAT 195x224 mm, 112 pages
MORE FINGERS GREEN

Would you like to start growing your own vegetables but aren’t sure how to? That won’t be a problem when you have the help of this beautifully illustrated guide. This book contains all the help you need to succeed – from seed to harvest – with tips on how to get the most out of your gardening, whether it is on a window sill, in a greenhouse, or outside.

The book presents 36 different vegetables and provides pedagogical step-by-step instructions for how to succeed growing them, resulting in pride and happiness in the form of plants! There is also advice on seeds, soil and fertilisers, and how to grow all year round. Those with more experience will not be left empty-handed, as there is plenty of information on how to solve problems and improve harvests.

More Fingers Green includes different and exciting vegetables, such as sweet potato, parsley root, melon, kailan and ramson.

ORIG. TITLE Flöra fingrar gröna
AUTHORS Johannes Wätterbäck & Theres Lundén
FORMAT 140x210 mm, 352 pages
GROWING VEGETABLES IN GARDEN BOXES
— MAXIMIZE YOUR HARVEST

This book will help you to maximise the harvest from you planting box! Using a planting box to grow vegetables is more convenient in several ways – it is easier to clear weeds and to fertilise, no heavy digging is needed, you can start the growing season earlier in the spring, and it is easy to make a small greenhouse. In addition, it works just as well on the balcony as in an urban patio or a large garden.

This book by Eva Robild, author of several successful books on gardening, takes you deep into the soil to provide useful information for beginners as well as those who want to improve their growing. It is an inspiring and practical book about how to get the most from your gardening.

ORIG. TITLE Maxad skörd i din pallkrage
AUTHOR Eva Robild
FORMAT 170x240 mm, 128 pages
NORDIC BUTTERFLIES

Nordic Butterflies is a comprehensive field guide to all the species of butterflies in the Nordic countries. This new edition contains comprehensive descriptions over all the 145 species of butterflies and burnet moths.

There are over 600 pedagogical photographs, and all butterflies are shown in their natural environment. The wings are showed from both sides, and the male and female are both shown when they are different.

The distribution maps show the current habitat of each species, and there are graphs for the flight periods of the different species. Nordic Butterflies is a standard reference for anyone interested in learning more about our beautiful, fascinating, but also endangered butterflies.

ORIG. TITLE Nordens fjärilar
AUTHOR Bo Söderström
FORMAT 149x210 mm, 272 pages
NATURALLY!
— BIODIVERSITY IN YOUR OWN GARDEN

Invite more plants and animals into your garden. That will help the wild nature, and create an oasis where many different species thrive. At the same time, you will get a richer, healthier and more manageable garden.

More and more species are being driven away by our use of nature. To change this, a large-scale approach is needed, but smaller contributions are also important. A normal garden can make a difference for biodiversity.

Naturally! will provide knowledge and practical advice on how to create a natural garden that can be enjoyed by both you and animals.

JUSTINE LAGACHE has long been strongly involved in animal and environmental issues and has worked with the WWF, the World Wildlife Fund, for many years. She is an art director and graphic designer for the profession. Naturally! is a sequel to the globally successful book Good Soil.

**ORIG. TITLE** Naturligvis!
**AUTHOR** Justine Lagache
**FORMAT** 195x260 mm, 176 pages