

Stilton Literary Agency



Psych Yourself Up. What's Really Going on Inside?

Original title: Psykt deg. Hva er det egentlig som foregår på innsida?
Publisher: Frisk Forlag 2021
non Fiction / Health
24800 Words
Norwegian PDF

It's not always easy to know how to handle things that are painful or difficult, but this book will give you answers.

Maria Abrahamsen (Østhassel) started the social media account @psyktdeg during the pandemic with the aim of helping young people with their mental health. In this book, she shares her best psychological lifehacks and tons of useful tools that can help teens, parents, and everyone else face very normal challenges that we are not alone in experiencing.

The book covers the following topics:

- A bit about you – your feelings and your personality
- Self-esteem – I don't like that dumbass in the mirror
- So freaking anxious – scared, stressed, and normal?
- Depressed – with and without a particular reason
- Sex, love, and brutal heartbreak
- With and without friends – loneliness, jealousy, and gossip
- Food, sleep, and exercise – those habits that adults go on about, but that adults aren't even all that good at themselves
- Addiction – sex, porn, exercise, screens, painkillers, and intoxication

Maria Abrahamsen is a psychologist and author, and runs the popular account @psyktdeg on social media.

Foreign rights

Noordboek, Netherlands

Maria Abrahamsen

Maria Abrahamsen (Østhassel) is the psychologist behind the popular social media account @psyktdeg, where she educates and discusses various topics within mental health with an accessible and humorous style. Maria started the account during the pandemic with the aim of reaching young people with tips and advice for taking care of their own mental health. This work won her the prestigious Åse Gruda Skard Prize in 2020. The prize is awarded to one or more psychologists who help make psychological knowledge

Other titles

Bootcamp for your Mental Health-Eight weeks of peace, strength and satisfaction (2023)