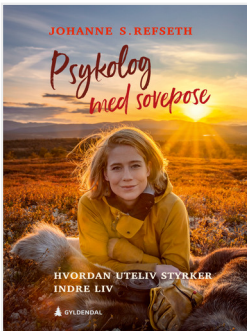


Stilton Literary Agency



A Psychologist with a Sleeping bag

Original title: Psykolog med sovepose
Publisher: Gyldendal Norsk Forlag 2022
Non Fiction / Psychology, self-help
Norwegian PDF and English sample chapters

This is the story of how a psychologist cured her own heartbreak by becoming a real outdoor enthusiast, with a penchant for making coffee over a bonfire in the middle of the woods

We follow Johanne Refseth living an outdoor life, beginning in the nearby woods of Nordmarka to long-distance trips on the vast expanses of Norway, while she talks about the psychology behind being human. About why emotions turn into stomach aches, inner turmoil, headaches and concentration problems and how we then begin to avoid our inner signals by criticizing ourselves, putting things off, not daring to be happy or scrolling away from our feelings.

Through bonfires, sunrises and freshly caught trout, Johanne Refseth shows us how to get rid of physical problems by getting to know your feelings, how to overcome destructive thoughts and habits and become a whole person again.

Foreign rights

Lindhardt & Ringhof, Denmark

Johanne S. Refseth

Johanne S. Refseth, is a trained psychologist and she graduated in 2011. She is currently in the process of completing her specialist training in social and general psychology with specialization in guidance for other professional groups.

She has also delved into the therapy method called emotion-focused dynamic therapy (better known as ISTDP). In connection with this, she has worked for a year with Allan Abbass, one of the best-known researchers and clinicians in the area. She still works with Abbass as a supervisor.