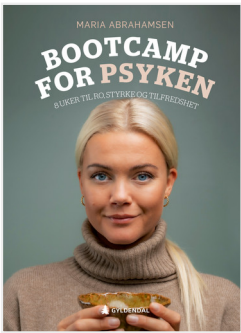


Stilton Literary Agency



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

Original title: Bootcamp for psyken
Publisher: Gyldendal Norsk Forlag 2023
Non Fiction / Psychology, self-help
29931 Words
Norwegian PDF and English sample chapters

Join psychologist Maria Abrahamsen's eight-week bootcamp and strengthen your own mental health!

The body and psyche are closely linked and are affected by various factors. Everything you do to stay physically fit helps to protect your mental health. That is why it is important to look at the whole person when we are not feeling well. What tools can you use to strengthen your health, and how can you get rid of bad habits and thought patterns? How can you grow as a person, build a safer foundation and find motivation to dare to change course?

Over the course of eight weeks, Maria goes through the major themes in life, such as the functions of the emotions, the life of the soul, belonging, movement and nutrition. With the help of what Maria calls Raw Mind thinking - going back to the starting point and peeling away everything superfluous - you get help to analyze your life and examine which areas of life benefit from adjustments - and tips on how to do it. The book is concretely laid out with psychological training exercises, strength training for the soul and practical tools and tips.

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

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

Psych Yourself Up. What's Really Going on Inside? (2021)