

BONNIER

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**Non-Fiction
Spring 2023**

Jenni Haukio

Untitled Memoir

My Years as the First Lady of Finland

Finland's revered First Lady opens up about her life and work over the past decade.

Jenni Haukio describes her role as the spouse of the President of the Republic of Finland as both an honour and a privilege. For the first time, she opens up about both the visible and invisible service she has engaged in over the past ten years.

Jenni Haukio's prominence has seen her forge friendships with her international counterparts and other notable personages. In this memoir, she uniquely weaves together her societal visions and the causes closest to her heart, inviting readers behind the scenes.

Whilst not a political memoir, Haukio's sensitively attuned and honest narrative will appeal to those interested in gaining deep insights in to the social and political values and traditions that have shaped Finland into a highly successful Nordic democratic republic on the borderline of the West and the East.

Sample translation due March 2023.



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Jenni Haukio (b. 1977) is a published poet and writer, and as the wife of President of the Republic, Sauli Niinistö, First Lady of Finland. Prior to Niinistö's election to office, Haukio worked as head of communications for the National Coalition political party and, during his time in office, she has also been in charge of programming for the Turku Book Fair. Haukio has published three poetry collections and she holds a doctorate in Political Science.

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Elina Grundström

Ukraine's Black Gold

A True Story About the Soil That Was to Have Fed the World

A narrative account of a Nordic investor's ambitious attempt to control Europe's grain wealth.

The protagonist of the story is Joakim Helenius, a Finnish-born investment banker who moved to Estonia in the early 1990s. He is regarded as a visionary who realised, on the collapse of the Soviet Union, that vast areas of highly fertile black soil were about to be left without ownership and that it was possible to scale up the output of former collective farm fields. So, in 2006, as Ukraine sought to foster its agricultural market economy through land reforms, Helenius assembled a group of Finnish heirs, investors, and even rally drivers to found a company called Trigon Agri. They managed to take over nearly 200,000 hectares of black soil fields in Ukraine and Russia. It was a huge swathe of land on a par with the European kingdoms of the Middle Ages, and thirty times the size of Manhattan. Then they lost everything in the financial crisis.

Journalist and writer Elina Grundström recounts the rise and fall of Trigon Agri, interspersing it with the story of the Ukrainian village of Šarivka, where the company's best fields were located, and of the villagers whose lives were changed by the arrival of the company. The book's second protagonist is Natalia Tverdohlib, who is forced by change to give up the teaching job she loves and become a market seller.

Ukraine's 'chernozem' black soil has been both a blessing and a curse for the people of Šarivka, starting with the Stalin-era Holodomor famine of the 1930s that was especially brutal to that area in particular; the perception of the superior fertility of black soil had led the Bolsheviks to set unrealistically high production targets for Ukrainian villages.

This book asks the question of whether hunger is returning to the world as Russia's war of aggression makes visible once and for all the importance of black soil fields for world food security. Its conclusion is hopeful, though, positing that much can still be saved through sustainable farming methods.

'Exciting and compelling...' - *Helsingin Sanomat* newspaper

Elina Grundström is a Finnish award-winning journalist and writer with extensive and varied experience in various media management positions. She has served as editor-in-chief and visiting professor of journalism at the University of Tampere, and published a number of books on global social issues. Grundström is also a columnist and expert on freedom of expression and journalistic ethics. She served as President of the Council of Public Words from 2016 to 2019.



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Mauno Koivisto

The Russian Idea

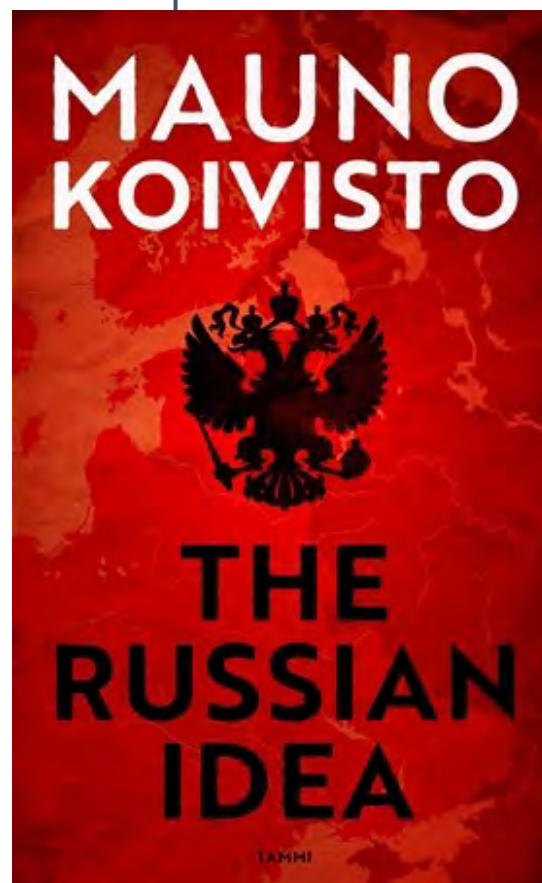
A chillingly timely classic of political history by Finnish statesman Mauno Koivisto.

This book examines Russia from a geographical neighbour's perspective. In *The Russian Idea*, Finland's ex-President sets out to understand Russian thinking through the lens of historical events and to anticipate its influence on Russia's future choices. Following Russia's attack on Ukraine in February 2022, the book is today more topical than ever.

While outlining the key episodes in Russian history, Koivisto explores the essence of what Russia and Russianness stand for. What was the significance of Moscow's self-proclamation as the Third Rome, and how did Russia become an empire? What impact did the existence of that empire have on Finland's independence?

'President Mauno Koivisto's THE RUSSIAN IDEA (2001) was reprinted after decades, when Russia invaded Ukraine in full force and the book's library reservation lists grew.... For Koivisto, the Russian Idea was about trying to take over precious land, spread faith and unite Slavs in Russia's leadership. That sounds familiar.' - **Vesa Sirén, Helsingin Sanomat newspaper**

Mauno Koivisto (1923–2017) served as President of the Republic of Finland for two consecutive terms from 1982 to 1994. Prior to that, he was Prime Minister from 1968 to 1970 and again from 1979 to 1982. Koivisto started studying Russian in the early 1950s, and Russian studies remained a lifelong interest of his.



All rights available

Previous publishers (all reverted)

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Swedish: Atlantis

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Lauri Nummenmaa

Evil: The Dark Side of the Human Mind

Why do people commit acts of evil? This groundbreaking work explains why some of us slip from minor misdeeds to crime and violence.

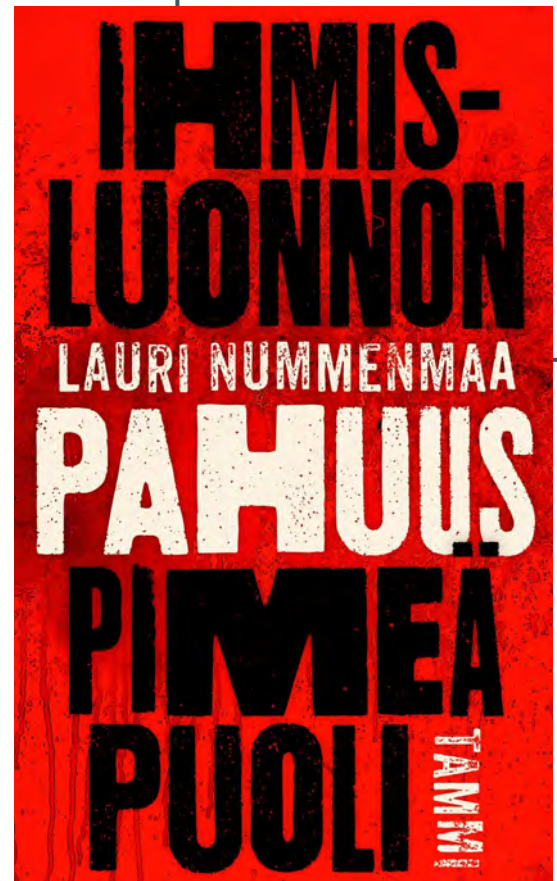
In order to truly understand evil, we have to look it straight in the eye. Only then can we tame the cruelty of the human mind and control its killer instincts, argues leading Finnish psychologist and neurobiology expert, Professor Lauri Nummenmaa.

Human history is full of murder, abuse, enslavement, rape, and crime. In hunter-gatherer times, straying onto another tribe's land was a death-sentence. In the present day, in spite of environmental and societal changes, acts of evil continue to be perpetrated as the human mind is unable to understand the true nature of evil.

Proximity and other people in our lives are of immense importance. Yet conflicts inevitably arise when individuals' goals conflict with those of others'. That's why some of us fight, bully, and pursue their own interests at all costs, sometimes leading to school bullying, racism, domestic violence, rape, and war. And yet, no one admits to being evil themselves, nor do they want anyone else to be evil.

Authoritative, engaging and relevant, Nummenmaa's book opens up the dark side of the human mind to examine the biological, psychological, and moral nature of evil and how the new, technological advancements in neural imaging enable us to look more deeply into the mind.

Lauri Nummenmaa (PhD) is one of Finland's leading brain researchers and an internationally renowned name in emotion research. He works as a professor of medical image processing and modelling at the University of Turku, leading the Human Emotion Systems laboratory and heading up the Psychology department at the university. Nummenmaa has studied emotions for more than 15 years and published more than 130 scientific articles on the psychology and brain mechanisms of emotions and sociality. He is a former Visiting Research Fellow at the University of Cambridge (2007-2008). Nummenmaa is also a licensed psychologist and sought-after lecturer and speaker.



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Sigríður Sif Gylfadóttir & Satu Rämö

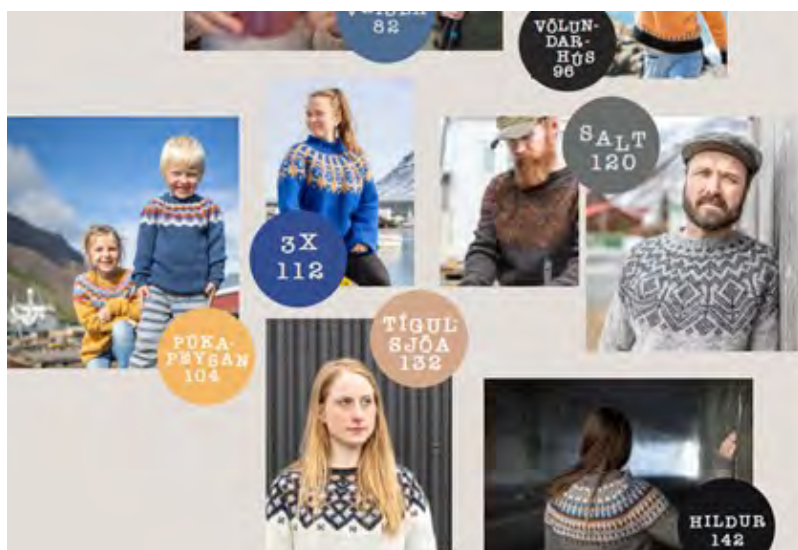
Sigga & Satu's Icelandic Sweaters

Thirteen eye-catching sweater designs honouring Icelandic traditions with a fresh twist.

SIGGA & SATU'S ICELANDIC SWEATERS is a passion-project collaboration between renowned Icelandic knitwear designer, Sigríður Sif 'Sigga' Gylfadóttir and Iceland-based Finnish writer, Satu Rämö in this collection of Icelandic *lopapeysa* sweater designs honouring traditional Icelandic styles and yarns, with a twinkle in the eye.

Straight from the breathtakingly beautiful Icelandic Westfjords, friends Sigga and Satu tap into the knitting boom with thirteen beautiful sweater designs for sizes S-XXL and various colourways using Icelandic Léttlopia, Alafosslopia, Einband, and Plötulopia yarns. Many of the patterns are suitable for beginners, and the pattern adjustment tips will delight the more experienced knitter.

Complementing the uncomplicated pattern instructions and Björgvin Hilmarsson's beautiful photography of the pattern models and breathtaking Icelandic landscapes, Satu Rämö's engaging texts cover topics such as the history of Iceland's national dress (the sweater), the day-to-day lives of sheep farmers, including shearing season, and how the different types of yarn are produced. Also included is a pattern for the 'Hildur' sweater, as featured in Satu's eponymous bestselling crime novel. A vibrant and convivial knitting guide essential for the Nordic knitwear fan!



Sigríður Sif 'Sigga' Gylfadóttir is a multi-talented Icelandic physicist, knitwear designer and founder of the Ívaf knitwear label. It was Sigga who taught Satu Rämö how to knit her first traditional, from-the-bottom-up Icelandic sweater.

Satu Rämö is a Finnish writer, blogger, and influencer who settled in Iceland over fifteen years ago. The author of twenty non-fiction titles, Satu's 2022 debut crime novel, *Hildur*, featuring a knitting Finnish policeman, was an instant best-seller on publication.

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Heikki Kulta

ICEMAN: Kimi Räikkönen's Journey

Special Edition

Finnish sporting legend Kimi Räikkönen boasts a longer racing career than any other driver in F1 history. This definitive biography charts the ice-cool racer's career, from the start grid to finish. Over 20,000 copies sold to date.

Having attended 371 Grand Prix races and witnessed more wins than any other Finnish journalist in living history, Heikki Kulta has an even longer racing career than Räikkönen himself. He's truly seen it all, from Kimi joining F1 in the autumn of 2000 to his Grand Prix and World Championship wins in 2003 and 2007 respectively, through to the impact of the pandemic on F1 racing.

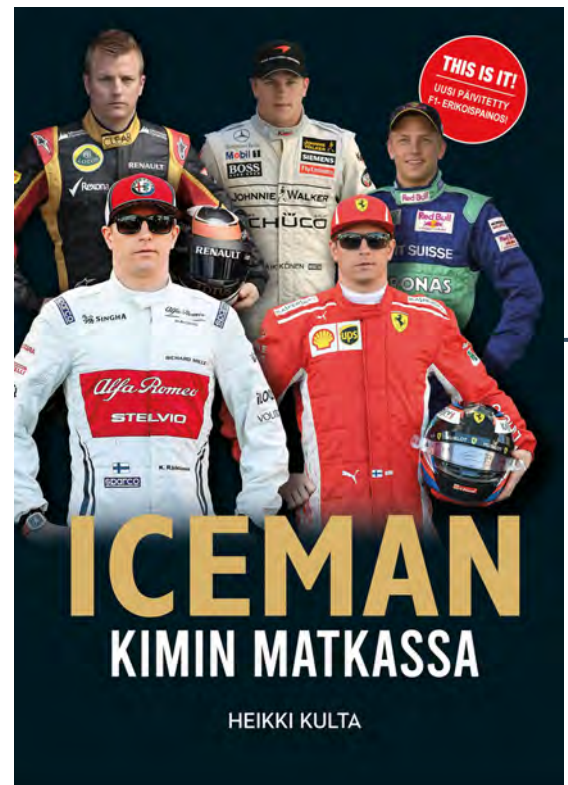
Räikkönen is famed for his dislike of giving interviews to the press, which is what makes Kulta's relationship with the star all the more unique. From his early F1 days, Räikkönen learned to trust Kulta, often allowing him to ask a few questions in Finnish at the end of a press conference. Built on a foundation of trust, the two men have established an exceptional working relationship as well as a genuine friendship that's taken them to races all over the world.

Drawing on many decades worth of memories, as well as hundreds of hours of interviews with Räikkönen—recorded on cassette tapes and in notebooks—Kulta tells Räikkönen's story from a perspective that no one else could.

The *Iceman: This Is It!* special edition published in October 2021 features additional material on Kimi's story to date, and his feelings after making the final decision to retire.

'... a fantastic book, written by someone who knows practically everything there is to know about Kimi. [...] Not only does this book offer readers rare insight into Kimi's world, but also into the world of F1 journalism.' — Marja Aarnipuro, *Apu* magazine

Heikki Kulta (b. 1955) is Finland's leading F1 journalist whose career as a sports writer began at *Turun Sanomat* in the 1970s. He followed Kimi Räikkönen's career from the start, establishing a firm friendship with the sports star. Kulta has achieved international notoriety for his expertise on racing, having written for *Autosports* and *F1 Racing*. In 1994 he was named 'Editor of the Year' by the Association of Sports Journalists. To date, he has attended 371 Grand Prix races.



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Pirkko Kotirinta

In Search of Hilma af Klint

An Artist of Spiritualism, Modern Science, and the Natural World

A Nordic expert on Hilma af Klint charts the trajectory of the secretive artist— from anonymity to the cultural treasure loved by so many today.

Hilma af Klint was an abstract artist before the term existed, a trailblazing figure who—inspired by spiritualism, modern science, and the natural world—began in 1906 to paint huge, colourful works without precedent in painting, years before Wassily Kandinsky.

The subject of a recent record-breaking retrospective at New York's Guggenheim and Halina Dyrschka's hit documentary, *Beyond the Visible*, af Klint was an all-but-forgotten figure in art historical discourse for years.

Today, taking af Klint's 1988 first Helsinki exhibition as her launch pad, Kotirinta charts af Klint's rise to cult figure-like status today to Hilma's temple plans, which were the focus of the recent exhibition on Ven island.

Drawing on decades of archival materials—as well as many hours of interviews with art historians and those with ties to af Klint—Kotirinta tells af Klint's story from a new perspective. Uncovering fascinating details about af Klint's involvement with the Edelweiss Society, how Theosophy and Rosicrucianism inspired her, and the controversy surrounding Olof Sundström and the cataloguing of her oeuvre, Kotirinta shines a light on one of art's most mysterious and now beloved figures.

'IN SEARCH OF HILMA AF KLINT captures the sense of mystery surrounding the artist through its structure, a combination of a travelogue and detective story... The book is grounded in incredibly thorough research. The longstanding culture journalist's professionalism and genuine enthusiasm for the topic shines through.'

— **Helsingin Sanomat** newspaper

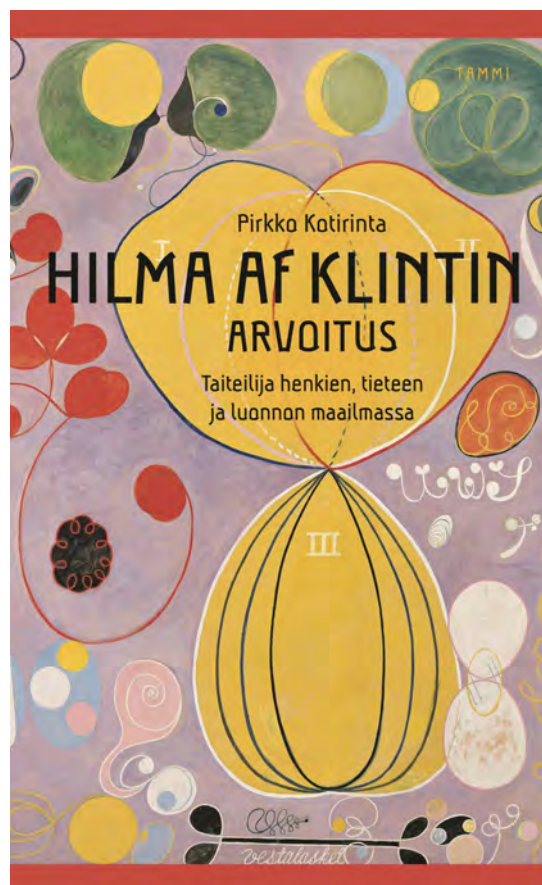
'Kotirinta has done a thorough job in solving the riddle of Hilma af Klint insofar as sources and research allow.' 4 out of 5 stars

— **Kulttuuritoimitus**

'Certainly of international interest...' — **Suomen Kuvalehti** magazine

'The book fully met my expectations. It succeeded in presenting the reader with an authentic human from bygone times and, above all, giving context to af Klint's experiences to that particular place and time.' 5 out of 5 stars — **Seura** magazine

Pirkko Kotirinta (b. 1958) is a well-known and respected Finnish cultural journalist. She has covered art and music for almost forty years in her role as Culture Editor for *Helsingin Sanomat*, Finland's leading broadsheet. Kotirinta has been interested in Hilma af Klint for three decades, since her debut exhibition at the Suomenlinna sea fortress in 1988. This is her first book.



All rights available

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Maaret Kallio

Resolutely Kind

A Nordic approach to finding your path to resilience and self-care

From the world's happiest nation*, a practical and compassionate approach to personal development — over 100,000 copies sold.

RESOLUTELY KIND is not your usual self-improvement concept: *'I'm not promising you instant happiness, a new, better version of yourself or a great life. Instead, I'll give you insight and concrete tools to start working slowly towards something stronger and permanent.'*

Taking a calm yet resolute approach to self-improvement, Kallio shares her professional insights into self-reflection together with practical examples and tools for the reader. Analyzing our own lives will make us realize what brings us happiness, and only then we can start working towards achieving fulfilment in our daily life. Allowing ourselves to experience a full range of emotions— joy, sorrow, enthusiasm, disappointment etc— is the only way towards finding happiness.

RESOLUTELY KIND has steadily grown into a series of bestselling books. This popular psychology/wellbeing concept includes an illustrated workbook and a journal for the readers to fill in. Sales of the series in Finland have surpassed **100,000 copies** across all editions and formats.

*according to the United Nations World Happiness Report 2022 conducted by Gallup and the OECD's Better Life Index #WHR2021

AWARDS & PRAISE

WSOY Literary Foundation Special Acknowledgement Award, 2021

'A counterbalance to today's deluge of 'life skills' guides.

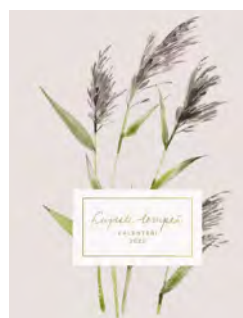
Resolutely Kind is more of a thinking guide providing the reader with a framework for reflection and for finding their own truth.

Maaret Kallio does not hand out ready-made answers; instead she enables her readers to find their own solutions.'

— Lukulamppu literary blog

Maaret Kallio (b. 1977), is Finland's leading cognitive analytic psychotherapist, mindfulness coach, couples therapist and sexual counselling specialist. Author of ten non-fiction books on topics ranging from self-compassion to early child development, she is also the writer of a popular column on being resolutely kind for *Helsingin Sanomat*, Finland's leading daily newspaper with a weekly reach of 2 million readers. During the pandemic, the newspaper offered readers a Facebook live with the author, discussing resilience, uncertainty, feeling invisible, good life and hope amid the unprecedented times.

Also a lecturer and a inspirational speaker, Maaret Kallio wants to help us to recognize the strength and hope that lies within each one of us, which through our everyday actions can be utilised to build a better world. Kallio holds a BA in Social Services and is an active ambassador of charities such as World Vision Finland and The Association of Friends of the University Children's Hospitals In Helsinki. maaretkallio.com



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Reviews

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Maaret Kallio

The Power of Hope

A Nordic approach to perseverance and looking ahead

An instructive and timely guide to harnessing the power of hope in the face of uncertainty by Maaret Kallio, the bestselling author of *Resolutely Kind*. 50,000 copies sold.

As the world around us changes and we adapt to new ways of life, Finland's most read psychotherapist Maaret Kallio offers empathetic, timely, and practical advice on harnessing the power of hope in the face of adversity.

There's no point expending energy on things that are outside of our control. Instead, Kallio suggests, we need to reflect on our lives as a whole, lean into the things that give us hope, and actively focus on seeking out the good. We're more resilient than we think we are.

Combining practical examples with scientific source literature, Kallio's distinctively Nordic take on self-care guides readers through everyday situations and equips them with the tools they need to stop striving for perfection and focus only on the things within their control—a highly prescient book in these uncertain times.

The book addresses questions including:

- Why striving for perfection leads to the trap of inadequacy
- Why daring to fail is important
- Why feeling helpless is a natural part of life
- Recognising when we need to give ourselves time to recover
- How to be there for yourself and others
- How to stop taking the good you have for granted

'Kallio substantiates her arguments convincingly, using both practical examples and source literature. Her book even talks about the moments in life that require us to develop a different understanding of what hope is. For example, however much we hope it may, an incurable disease won't just vanish. In times like these, we can draw hope from accepting the situation and focussing on the things we actually have the power to influence.' — *Hyvä terveys magazine*

Maaret Kallio (b. 1977) is Finland's leading cognitive analytic psychotherapist, sexual counselling specialist, couples therapist, and mindfulness coach. During the coronavirus pandemic, Maaret has hosted a weekly live broadcast for *Hel-singin Sanomat* with the aim of supporting Finnish people's mental health. This broadcast reaches a staggering 250,000 viewers per episode. Maaret often appears on television as a leading expert and she has published nine non-fiction books. Her 2016 non-fiction book, *Resolutely Kind* (*Lujasti lempeä*, WSOY 2016) became an immediate bestseller in Finland. maaretkallio.com



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Maaret Kallio

The Power of Two

Knowing, Feeling, and Validating a Good Relationship

A strong emotional connection is the the cornerstone to any secure relationship, posits Finland's bestselling psychotherapist and couples counsellor in her latest book. 15,000 copies sold.

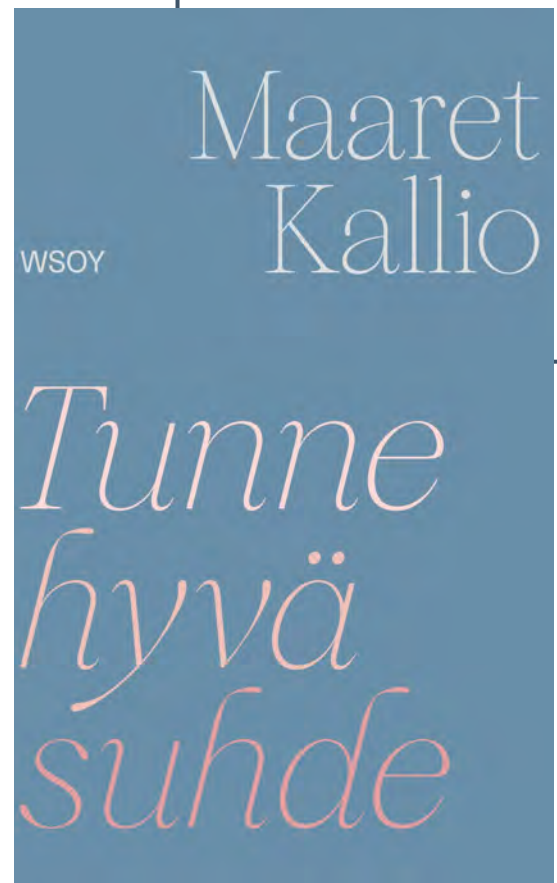
"A strong relationship is like a seat belt, embracing you and keeping you in place when you hit bumps in the road", says Maaret Kallio. In THE POWER OF TWO, she looks at how to recognize a good emotional connection with your partner; how you can deepen the relationship ever closer; and what kind of solutions can be used to repair a broken connection.

An emotional connection with your partner is the most important factor in maintaining a good and safe relationship. With the help of the book, we can learn to understand the state of a relationship, think about your intimacy on an emotional level, and observe the many factors affecting the relationship. Even a good relationship features cracks and fissures, but the ways to detect, deal with and repair them vary greatly from one couple to the next. Relationship skills can be learned both alone and together with a partner.

THE POWER OF TWO offers many pointers for that. Kallio covers the many facets in understanding relationships, talking about intimacy, sexuality, and safe separation. In a good relationship, there is optimism, disputes to be resolved and a shared vision for the future. The book contains concrete exercises to do both alone and together. And this is not by any means exclusively for romantic couples—it can also apply to platonic friendships in equal measure!

'The experienced relationship counsellor offers gold nuggets in this book that young people as well as those of retirement age need in their shared realities. Excellent.' — Jounin kirjablogi, blog

Maaret Kallio (b. 1977) is Finland's leading cognitive analytic psychotherapist, sexual counselling specialist, couples therapist, and mindfulness coach. During the coronavirus pandemic, Maaret hosted a weekly live broadcast for *Helsingin Sanomat* with the aim of supporting Finnish people's mental health and reaching a staggering 250,000 viewers per episode. Maaret often appears on television as a leading expert and has published nine non-fiction books to date. Her 2016 title, *Resolutely Kind* (*Lujasti lempeä*, WSOY 2016) became an immediate bestseller in Finland, selling over 100,000 copies to date and was followed by *The Power of Hope* (*Voimana toivo*) in 2020, selling over 50,000 copies to date. maaretkallio.com



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Marja Kihlström

Tell It Like It Is

A Nordic Guide to Sex Education

A frank, no-nonsense sex education guide for parents by the bestselling author of *The Big O: The Scandinavian Guide to Female Pleasure*.

If your children aren't learning about sex from you, then who are they learning from? This much-needed sex education book provides essential guidance on establishing a healthy relationship with sex, giving you the tools you need to talk openly with your children about the real life issues they're likely to come up against.

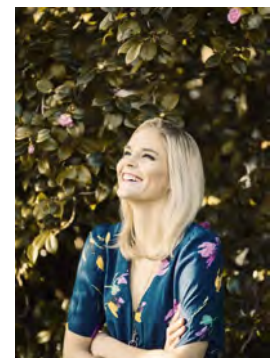
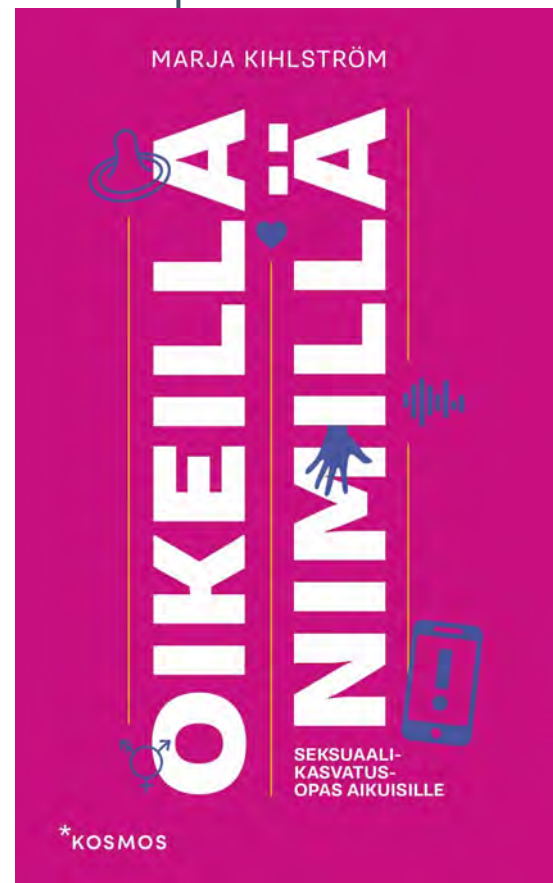
Nowadays children are younger than ever when they learn about sex and, in the world of smartphones, they're expected to navigate the world of sexting and pornography from a young age. In the modern world, teaching children the birds and the bees no longer cuts it.

The Nordics are known for their openness when it comes to both sex education and parenting. In this approachable and informative book, renowned Finnish sexual therapist Marja Kihlström offers up modern psychological and practical advice for parents when it comes to talking about sex with their children: from how to approach conversations about gender and sexual orientation, body image and adolescence, sexual health and pregnancy to advice on navigating the mass of misinformation about sex online.

In addition to the author's own teachings, readers get the chance to gain insight into real life problems experienced by other parents, how sex education has changed over the years, and how adjusting your own attitude can help your children develop a healthy attitude towards sex and sexuality. Key areas that are addressed include:

- **Why sex education is so important**
- **How to talk about gender and sexual orientation**
- **How to approach conversations about sex with your child**
- **Why being open is vital when it comes to sexual health**
- **How to navigate misinformation about sex online**

Marja Kihlström (b. 1986) is a NACS-qualified sexual therapist with her own practice in Helsinki, Finland. She has a well-established media platform boasting thousands of readers and followers. Over the past four years, she has reached a significant audience through her Puhumuru blog as well as her weekly podcast. Marja's debut non-fiction book *THE BIG O: THE SCANDINAVIAN GUIDE TO FEMALE PLEASURE* (Kosmos Publishing, 2018) was a bestseller in Finland, selling 11,000 copies. Kihlström is currently hosting *Sex Tapes Finland*, a TV series broadcast by major Finnish TV network Nelonen. @puhumuru



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Marja Kihlström

The Big O

The Scandinavian Guide to Female Pleasure

A modern, clarion call for more and better orgasms for women, by Scandinavia's answer to Esther Perel. 17,000 copies sold.

"Everyone knows how the typical Hollywood movie sex scene goes. A man and a woman melt into each other, losing themselves in a frenzied passion. Bypassing all foreplay, the man thrusts himself into the impassioned woman and, after a couple of minutes they come together with a big moan."

Throughout history women's sexuality has been suppressed, denied, and treated as some kind of a disease. Many adult women do not consider their own orgasms as important as their partners do theirs - women in heterosexual relationships in particular. But the female orgasm is an issue of equality, which is something that needs to be talked about. The female orgasm is a wonderful thing.

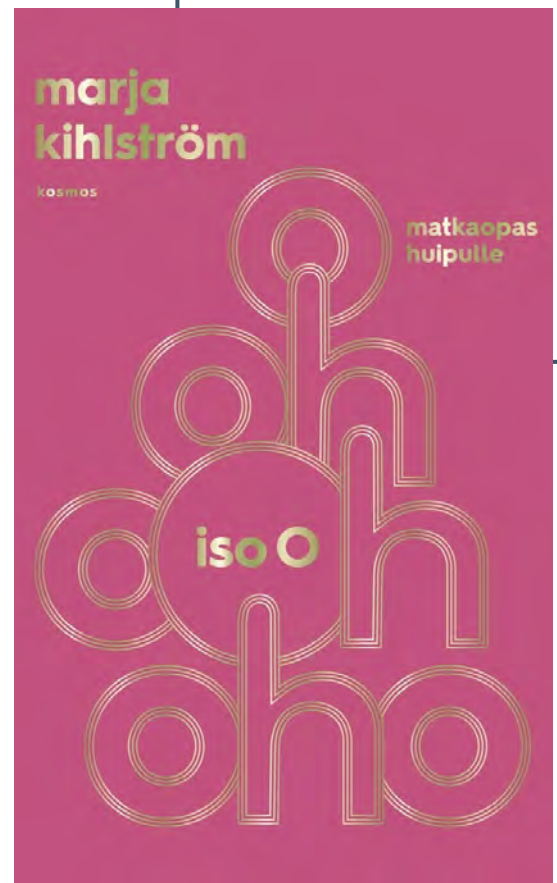
Disregarding movie scenes, the reality is that a woman's orgasm is rarely achieved with such little effort. At some stage in their lives, many women will suffer from difficulty in climaxing; it might elude them or not even come close. There's no one way to get to the top but, fortunately, it is achievable.

The Nordic countries are renowned for their strong women and their relationships to their physical bodies. In this approachable yet professional, fresh yet serious, and tender yet confident book, renowned Finnish sex therapist Marja Kihlström offers up modern psychological and practical advice and guidance for women to tackle the obstacles standing in their way to their pleasure. In addition to the author's words and knowledge, readers gain insights into others' experiences of common problems, how other women themselves perceive their own orgasms, and how your partner can help you to reach more and better orgasms.

A companion workbook is also available.

Marja Kihlström is a NACS-qualified sex therapist with a practice in Helsinki, Finland. She has a well-established platform in the media with a significant following. Over the past four years, she has gained a significant readership with her blog, a weekly podcast, and hosted the syndicated series *Sex Tape Finland*.

Through her practice and writing, her fresh and direct, yet sensitive and understanding, approach in talking openly about sexuality has helped countless individuals and couples of any and every sexual orientation, and inspired readers to love their bodies more. She has also published a companion workbook to *The Big O* (Kosmos, 2019) and a sex education guide, *Tell It Like It Is* (Kosmos, 2020). She lives in Helsinki with her husband and three children.



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Kaija Puura

How to Raise the World's Happiest Children

From the world's happiest country* a practical, empathetic and concise guide sharing the secrets of Nordic parenting, akin to Philippa Perry's *The Book You Wish Your Parents Had Read* and Hedvig Montgomery's *Parental Magic*.

They say money can't buy you happiness. Although Finland is an affluent country with enviable PISA ratings, what is its qualitative secret to achieving consistent high rankings on the global happiness indexes?

"In order to grow up into a well-adjusted adult, a child needs love and boundaries, emotional skills, and appreciation," says Finnish child psychiatry expert and senior physician, Kaija Puura. Puura defines a happy, well-adjusted child as: independent; has healthy self-esteem; can adapt their feelings and behaviour to a situation; flexible-minded; collaborative; able to create positive relationships; has empathy and helps those who need it.

Puura shares insights into the child's world, giving real examples of different scenarios from everyday life. Her indispensable book equips parents with practical and non-judgmental tips and encouragement where their behaviour can have a positive impact on their child's growth and happiness, forming good habits with their children, and how to keep their cool when a tantrum strikes! The contents include invaluable guidance on the following, for example:

- **How to survive toddler meltdowns**
- **Why giving choices is a decision-making dilemma for your child**
- **What to do when your child plays the "no" game**
- **How to make mealtimes bearable for everyone**
- **Making routines for mealtimes, bedtimes, and homegoing time**
- **Making time for free play is the best way to develop creativity**

* according to the UN Sustainable Development Solutions Network World Happiness Report 2022—for the fifth year running!

Kaija Puura (b. 1961) MD., Ph.D is Professor of Child Psychiatry and Head of Child Psychiatry at the teaching hospital at Tampere University in Finland. With a career spanning over thirty years, her extensive research and work on the assessment and treatment of young children has been widely published in national and international peer reviewed journals. She is currently an Associate Editor of the *Infant Mental Health Journal*. Kaija is also Executive Director of the World Association for Infant Mental Health and Vice President of the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP). This is her first trade book.



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Emilia Vuorisalmi

The Science of Love Hormones

A Nordic Approach to Balanced Health and Happiness

A practical and instructive guide to achieving hormone balance that helps readers of all ages find increased energy, resilience, vitality, and creativity in their lives, by Dr. Emilia Vuorisalmi, the Finnish bestselling author of *Crazy For Love*. 15,000 copies sold in Finland alone.

When Emilia Vuorisalmi found herself single and on the other side of a painful divorce, she decided enough was enough. A former 'love addict', she knew how good being in the attachment phase of love made her feel and decided to embark upon a one woman mission to reap the benefits of love—learning to balance dopamine, serotonin, and oxytocin—without necessarily being in a relationship.

Bringing together ground-breaking research from around the world, the wisdom of ancient Greek philosophers and her own learnings from a rich career as a medical professional, Emilia presents a simple 12-step formula designed to bring out the best version of you. You will find clarity and calm and learn to balance love hormones to take control of your addictions, physical ailments, and emotional traumas. You'll be a happier and healthier version of you.

Through self-reflective exercises, lifestyle tips, and anecdotes from Emilia's own inspiring story, *THE SCIENCE OF LOVE HORMONES* is all you need to make natural, lasting changes to your life. The book addresses questions including:

- How a steady release of dopamine can support empowerment
- How to eliminate stress by channelling serotonin
- How to use touch and gratitude to increase oxytocin
- Why developing healthy eating habits and sleep patterns actually matters

'This is a thoroughly researched book, full of practical, easily applied tips, which we could all use right now.' – Jean Smith, author of *Flirtology*

'Holistically authentic and intuitively precise, The Science of Love Hormones, reconnects us to the source of our innate power.' – Dr. Susan Winter, bestselling author and relationship expert

'A rock-star speaker meets the expertise of a medical doctor in this very timely book on love. Just what the doctor ordered!' – Dr. Pekka Himanen, bestselling author of *The Hacker Ethic*

Emilia Vuorisalmi (b. 1979) M.D., is a qualified doctor as well as a television personality, public lecturer, entrepreneur, and Finland's leading writer on the science of love and author of two non-fiction titles. With her well-established media platform with thousands of readers, listeners, and followers, Emilia has reached a significant audience through her columns in *Voi Hyvin* and *Ilta Sanomat*, her blog, and her weekly *Health360* podcast. In 2014 Emilia hosted the weekly tv show *Hehku* ['Glow'] on YLE2. Her 2016 non-fiction debut, *Crazy For Love* (*Sekasin LOVEsta*, Otava 2016) became an immediate bestseller in Finland. Emilia lives in Helsinki with her two children. @docemilia.com

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