

KRISTIN FLOOD

«Drevet av en eksistensiell lengsel viser Kristin sin vei mot et annet nivå av nærværing som handler om å bli klar over hvem vi er innest inne, og hvordan vi kan leve våre liv ut fra denne erkjennelsen.»
MICHAEL DE VRIE, LEE



NÆRVÆR

Hvordan jeg fant min indre hvileplass

CAPPLEN DAMM

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Cappelen Damm Agency
Contact: ingvild.haugland@cappelendamm.no
m: +4741410647
www.cappelendammagency.no

OTHER TITLES

Silence (2014)
Amor Fati (2011)

Kristin Flood

The Big How *How I found my inner restingplace*

In this engaging book, Kristin Flood describes how becoming more aware and mindful is the first step towards something more than inner peace and harmony. It leads the way to a precious kind of intimacy, to empathy, tolerance, patience – important qualities in our time – and the liberating feeling of coming home to yourself.

By sharing from her own personal search, she inspires us to be curious and inquisitive about our own lives and invites us to let go of the tendency of efforting to achieve, and rather look for resting places where true presence can arise.

Kristin Flood

Kristin Flood is a journalist and author. She is currently living in Venice where she is working as a freelance journalist for the Norwegian and Scandinavian press.



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