



Kagge Forlag 2019
176 pages
Original title: *Alt jeg ikke lærte på skolen*
ISBN: 9788248924197

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Hans Petter Bakketeig
Tel: +47 47 67 47 59
hanspetter@stilton.no
www.stilton.no

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OTHER TITLES

Walking (2018)
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Erling Kagge

Philosophy for Polar Explorers

The secret to a good life, as seen from the ice, is to keep your joys simple.

Erling Kagge was the first man in history to reach all the Earth's poles by foot -- the North, the South and the summit of Everest. In *Philosophy for Polar Explorers* he brings together the wisdom and expertise he has gained from the expeditions that have taken him to the limits of Earth, and of human endurance. This is the essential guide to the art of exploration. In sixteen meditative but practical lessons -- from cultivating an optimistic outlook, to getting up at the right time, to learning to find focus and comfort in solitude, to setting your own compass -- Erling Kagge reveals what survival in the most extreme conditions can teach us about how to lead a meaningful life. Wherever we may be headed.

Erling Kagge

Erling Kagge has become something of a Renaissance man. A lawyer by training, he studied philosophy after exploring the world, starting his own publishing house, becoming a renowned collector of contemporary art, and latterly an author of slim but thought-provoking tomes. He has written books on exploration, philosophy and art collecting, all international best sellers and widely acclaimed by critics. His books are translated to 38 languages. In his most recent publications -- *Silence in the Age of Noise* (2016) and *Walking: One Step at a Time* (2018) he reflects, in different ways, about the silence we carry inside us. But most importantly for Kagge, both books and *Philosophy for Polar Explorers* are about being in contact with nature.

