



Cappelen Damm 2020
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Annicken R. Day

Fly, Butterfly

Maya Williams is an ambitious, hardworking New York Business Woman, stymied on her way up the corporate ladder by sexist, male executives. But when she is sent to a conference in Hawaii and expected to lie on stage, she does the unthinkable – she tells the truth. After the event she has a break down on the beach, and then decides to stay in Kauai'i for a few days. After all: she was just fired. In Kauai'i she meets people who open her eyes to different ways of thinking and being, she begins to see life, work, love – and her self – in a whole new light. All of a sudden she has a vision of wanting a life that might be totally different from what she thought.

When Maya returns to the corporate world as an executive, can she implement her new philosophies and still succeed? And will her personal and professional metamorphosis ultimately bring her the happiness and freedom that she dreams of?

Fly, Butterfly is a page turner that draws you in and makes you nod furiously, laugh deeply and then sob with empathy. This is a powerful novel that has the energy to inspire change.

- Amy Brann - Author of *Engaged*, *Make Your Brain Work* and *Neuroscience for Coaches*.

Annicken R. Day has a gift for transforming bureaucrazies into businesses that buzz with creativity and joy. With her debut novel, she shows that she also has a knack for crafting stories about transforming ourselves.

- Adam Grant - New York Times bestselling author of *Originals* and *Give and Take*.

Annicken R. Day

Annicken R. Day has worked with corporate culture for more than 20 years, i.e. as President of Culture at Norwegian Tandberg, and Cisco. Since 2012, she has been running her own company, Corporate Spring, where she leads her team in helping leaders and teams all over the world in building great places of employments and engaged corporate cultures. She is also a globally renowned public speaker, having written articles for Huffington Post and Business Insider, and co-authored the book *Creative Superpowers*.



Her first novel, *Fly, Butterfly*, is a story that in many ways reflect Annicken's own experiences, philosophy of life and personal choices: Choosing the heart over the head, trust over fear, and keeping the courage to live one's own life on one's own terms.



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When Annicken is not travelling, she splits her time between Norway and California.



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