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Original title: Å se og bli sett
Ta vare på flokken din
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Bjørk Matheasdatter

Seeing and Being Seen *A gift for everyone you care about!*

This is the third inspiring, wise and thought-provoking book by the author.

Good, close relationships are the most important things for our health and happiness in life. But how do we best build and take care of these relationships throughout life? In this book, author Bjørk Matheasdatter pours out experiences and insights after twenty-five years as a couples and relationship therapist. She also shares stories and examples from her own and others' lives.

She herself lives in a large family house with her husband, daughters, sons-in-law, grandchildren, dogs and cats.

Seeing and Being Seen is an inspiring book about how you can build good relationships between generations – with family and friends – with everyone who matters to you. It is not enough just to feel that we love each other, we also have to show it, so it's noticed by others. We must actively take care of each other and what we have together. Because love is not just something we feel it's also something we do.

The book is beautifully illustrated by the Stian Hole.

Bjørk Matheasdatter

Bjørk Matheasdatter is a couples and relationship therapist and lecturer.

For twenty five years, she has conveyed knowledge about love and provided tools and inspiration to take care of love, through countless couple courses and lectures.

Matheasdatter has also been a regular columnist in the Norwegian newspaper: Dagbladet Magasinet.



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