



Mikkel Soya Bølstad

Out *The Art of Living a Simple and* *Adventurous Life Without Harming the* *Planet*

Skald 2020
232 pages
Original title: *Ut*
Kunsten å leve et enkelt og eventyrlig liv uten å ta knekken på kloden
ISBN: 9788279593201

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Skald forlag
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In *Out*, we meet a family of four who decide to cross Norway four times – by bike, by water, on foot and on skis. They pack the bare necessities, fill their backpacks with food, cut the umbilical cord to everyday life and live like vagabonds. Not forever, but long enough for the inherent logic of travel to become normal for a while. Long enough for questions about ourselves and the society we live in to arise. Is it our own biology that makes it so difficult to live sustainably? And is it precisely our biological heritage that saves us from the environmental crisis?

In the book, outdoor life, biology, psychology and philosophy merge into an inspiring declaration of love for the simple life. A separate fact section gives you useful tips on the art of going on a long trip and living a simple and adventurous life – without breaking the planet.

Mikkel Soya Bølstad writes easily and engagingly, and with great knowledge.

- Sigmund Krøvel-Velle, Hallingdølen

The world needs this book!

- Miriam Lilliana, norwegian bookstagrammer

A book that is thought-provoking, inspiring and an example.

- Sigmund Krøvel-Velle, Hallingdølen

Mikkel Soya Bølstad

Mikkel Soya Bølstad (b. 1973) is a qualified associate professor in biology and works as an author, freelance journalist and lecturer with nature, environment and outdoor life as his field of work. He has written four books, freelances regularly for A-magasinet and other publications and has his own column on the topic of touring cycling in the magazine *Terrengsykket*.

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