

New Non-fiction

Marie Olausen

How to Get Rich in a Year

Hilde Østby

The Big Belly Book



CAPPELEN DAMM AGENCY

Cappelen Damm Agency represents all foreign book rights, as well as rights for TV, film, radio, etc. for most authors published by Cappelen Damm.

We attend all the major international bookfairs, and look forward to speaking to you!

www.cappelendammagency.no/

**BOOKS FROM
NORWAY**



Cappelen Damm 2021
192 pages
Original title: *Hvordan bli rik på et år*
Få orden på økonomien din, ro i sjela og råd til livet du drømmer om
ISBN: 9788202666446

FOREIGN RIGHTS

Cappelen Damm Agency
NO-0055 Oslo
Tel: +47 21 61 65 00
foreignrights@cappelendamm.no
www.cappelendammagency.no

Marie Olaussen

How to Get Rich in a Year

Get your finances in order, peace of mind and be able to afford the life you've been dreaming of

How to Get Rich in a Year is a funny, inspiring, surprising and very useful book about personal finances. Marie Olaussen shows us how we can all change their ways, allowing us to allocate money for exactly what we want to prioritise. She shows how we can cut our consumption while still being able to buy a coffee on the fly, drink wine on Tuesday, invest in our own pension and go on holidays the family will never forget if that is what we want above all. This book contains no financial jargon because it's so tedious the author can't even bring herself to write it.

This is a book about finances with a sad but funny start and a proper happy ending. And from the very first chapter, readers will realise that this book purchase is a real money-saver.

The book went straight to #1 on the Norwegian Bestseller list when it was launched in 2021.

Chapters:

Step 1:

Get an overview of the situation and never fall into the money trap again

Step 2:

Set yourself some goals that will make you richer than you ever imagined

Step 3:

Make a budget with enough room for Prosecco

Step 4:

Knock out your debts

Step 5:

Cut unnecessary costs and find money for things that spark joy.

Step 6:

Allow your savings to grow big

How far did I get in one year?

The road ahead

Great tools for your personal economy



Cappelen Damm Agency

www.cappelendammagency.no/

Marie Olaussen

Marie Olaussen works as an editor in a Norwegian newspaper. She also has a popular Instagram-account where she gives her followers advice on how to manage their private finances.



Cappelen Damm Agency

www.cappelendammagency.no/



Kagge Forlag 2021
165 pages
Original title: *Mageboka*
Sju steg mot å like kroppen din
ISBN: 9788248927631

FOREIGN RIGHTS

Cappelen Damm Agency
NO-0055 Oslo
Tel: +47 21 61 65 00
foreignrights@cappelendamm.no
www.cappelendammagency.no

RIGHTS SOLD TO

[Click here for foreign rights](#)

OTHER TITLES

[Click here for other titles](#)

Hilde Østby

The Big Belly Book *Seven steps towards loving your body*

Why should the belly of women preferably be totally flat, when other body parts can be big and voluptuous? Why should the source of life itself, the home of the uterus and digestion, be invisible? When journalist and historian Hilde Østby turned 45, she understood that she had been hating her belly for exactly 30 years. This is where the hunt for the origin of the self-contempt started – in neurology, psychology, cultural history and in her own life. Can we find the answer to the riddle in our brain? In the clothing industry? In the Male gaze? On the cover of Fashion Magazines or in the social control between Women? Hilde Østby goes looking for solutions and find surprising answers to the riddle. This book is an anti-dieting book. It is a celebration of life and love, and through seven steps it may even help you to love your body more!

Hilde Østby

Hilde Østby (b. 1975) is a historian of ideas, author, journalist and former publishing editor. She made her debut as an author in 2013 with the critically acclaimed novel *Encyclopedia of Longing*. After that she went on to write the international non-fiction bestseller *Adventures in Memory* (2016) with her sister Ylva Østby.



Cappelen Damm Agency

www.cappelendammagency.no/