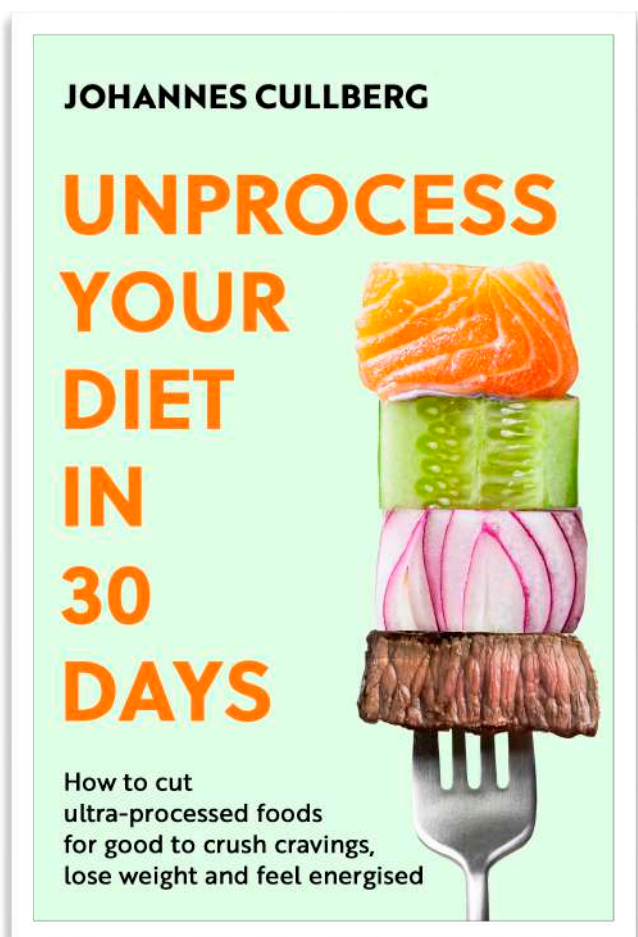
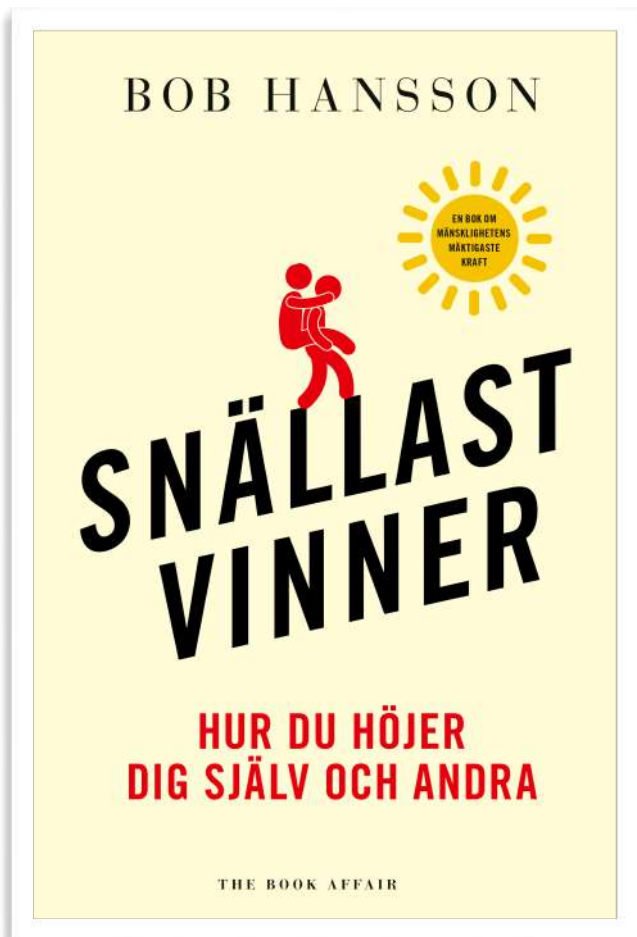




Spring 2025

NON-FICTION



ENBERG AGENCY

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WWW.ENBERGAGENCY.SE. VAT NR SE559049-150101

Unprocess Your Diet in 30 Days

Johannes Cullberg

Unprocess Your Diet in 30 Days

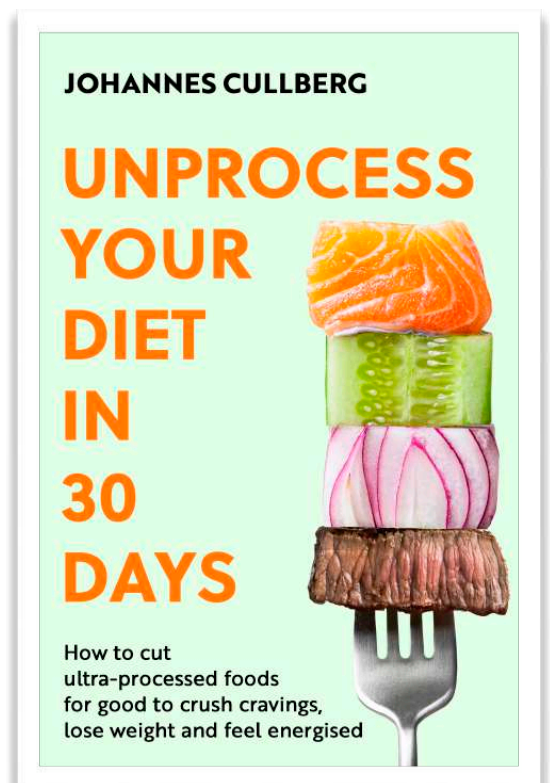
- How to cut ultra-processed foods for good to Crush Cravings, Lose Weight & Feel Energised.

Discover the health benefits of swapping ultra-processed food for real food in a 30-day program to lose weight, crush cravings and live longer. Health expert and best selling author Johannes Cullberg shares over 20 years of experience and lessons learned from the global food industry and as a health coach.

You will learn why our insecurity is extremely profitable and why ultra-processed food is gradually taking over your grocery basket, your brain and ultimately your health.

This book is a practical guide that will give you the knowledge and inspiration to eat as nature intended to start reclaiming your health in only 30 days. The concept has been proven in Scandinavia by thousands of people already.

Through an easily accessible 30 day program the goal is to create a tribe of people who see that this can be applied easily to their lives, it is not a long sacrifice to give it 30 days and you will see results. This, in turn, can increase awareness and then consumer power can have its say on the Big food companies.



Rights sold:

Sweden - The Book Affair

(publication 2024-11-12)

UK (WER) - Piatkus, Little Brown

Netherlands: Kosmos

China: Post & Telecom Press

Info:

Full English available

Black and white illustrations

Inlay is included in the deal

Johannes Cullberg is an Entrepreneur within the food industry. He is also a certified nutrition and health coach. He founded the food chain Paradiset (The Paradise). He also runs one of Sweden's most popular Instagram accounts within diet and health.

After more than two decades of leading positions in the international food and health industry, Johannes Cullberg has a unique insight into these industries. Johannes has a passion for helping people to better health by explaining complex issues in a simple way.

A few years ago while running his food chain Paradiset he urged people to join his boycott for products from Brazil and went against Bolsonaro – his video reached over a million viewers and he is ready to pick up the fight against UPF but this time in his brand new book.



Kindest Wins

Bob Hansson

How to elevate yourself and others - An underrated strategy for success

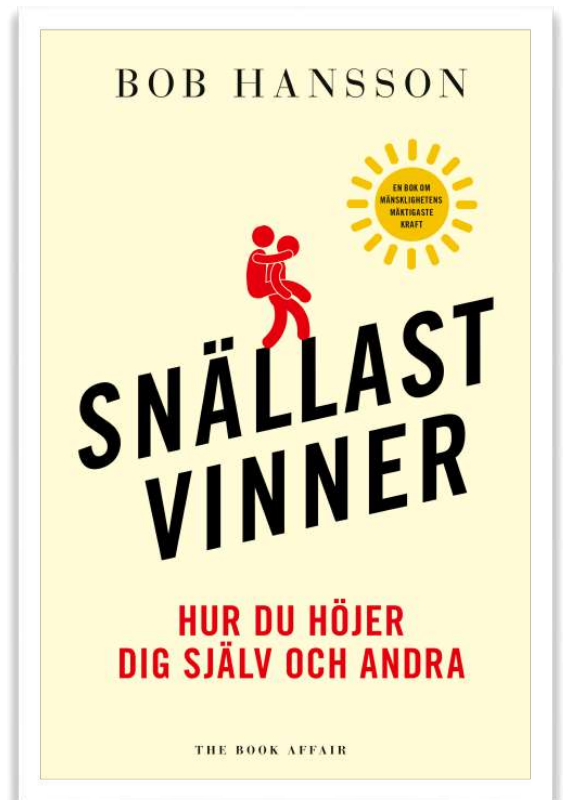
Being kind isn't just cute, it's a winning approach in all areas of life. Unfortunately, it is often confused with fear of conflict, being afraid, naive and to stupidity, but in reality it is the opposite.

Those who are empathetic and generous are happier, more successful and feel more meaningful in life. Hundreds of research studies show that a kind person is better at their job, a better leader, partner and parent. The reason is simple, success requires cooperation and successful cooperation requires kindness. Unfortunately, in our culture there is a deep misconception about how we humans work.

This book wants to change that.

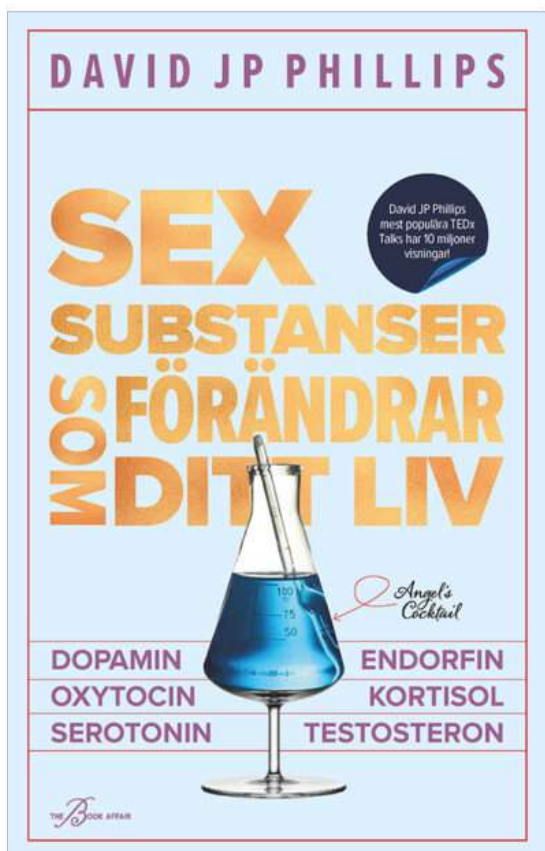
Bob Hansson, author, lecturer and poet, has written an entertaining and well-founded book on the benefits of prosocial behavior and good cooperation. The reader gets tools and insights for a more successful and happier life. His books is filled with modern research and knowledge from experiments and scientific tests. Here each chapter has its base in one of the conclusions from each test's result.

You will leave the reading experience with so much new knowledge about kindness, and you will feel eager to start on a kinder journey in your life.



**Rights sold:
Sweden - The Book Affair**

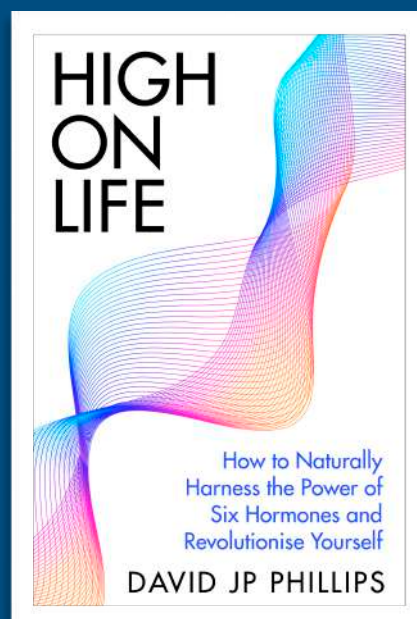
Six Substances That Will Change Your Life



80 000 copies sold in Sweden
40 000 copies sold in Finland
34 Publishers has acquired the rights!

Full English Manuscript available

The Mood Manual that will transform your life. Discover how to use six neurochemicals naturally produced by your body to activate your best self and feel high on life, naturally



OPTIMIZE YOUR BRAIN

Hormones and signaling substances affect how we feel and our well-being. Learn to optimize the body's chemical factory and achieve lasting effects in your life. How would you like to try an Angel's cocktail with the signaling substances dopamine, serotonin and endorphin? Or maybe you prefer a Devil's cocktail with cortisol as the main ingredient? Think carefully. Our neurotransmitters are critical to becoming our best mental selves. This book is about how to lead yourself towards the future you desire. For everyone who longs to feel high on life for real.

Amazon No 1 bestseller!

'useful for anyone wishing to brighten up their lives' –
The Sunday Times

Rights Sold

Albania: Pema Publishing
Arabic: Jarir Bookstore
Bulgaria: ERA
Brazil: Sextante
China: Citic
Czech Republic: BETA
Denmark: Gutkind
Estonia: Pegasus
Finland: Minerva
France: Hugo
Germany: Droemer Knauer
Greece: Papasotiriou
Hungary: Central Mediasoport
Italy: Vallardi
Israel: Kinneret
Japan: Shinchosha
Latvia: Zvaigzne
Lithuania: Obuolys
Norway: Bonnier Norsk
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Poland: Filia
Portugal: Lua de Papel
Romania: Litera
Serbia: Kalipso
Slovakia: Ikar
Sweden: The Book Affair
South Korea: Will Books
Spain: Planeta
Taiwan: Ping
Turkey: Diyojen
UK (WER): Michael Joseph
US: Pegasus Books
Vietnam: Tre

David JP Phillips

David JP Phillips is an international lecturer with roots in Sweden. He works at the top level in the US for some of the world's most influential companies such as Google, Microsoft, Dell, Oracle, HP and many more Fortune 500 companies. He has been named by Global Gurus as number 8 in the world in communication and his 4 TEDx talks are some of the absolute biggest in their niches with 14 million views. David JP Phillips has a social media platform that generates more than 100 million views. He owns one of the world's most comprehensive digital platforms for communication training HeadGain.com. David JP Phillips also owns the world's largest domain in storytelling: Storytelling.com.

The unique angle David JP Phillips has in "genuine self-leadership" is his 19-year-long depression, which he learned to break through with the help of in-depth knowledge of man's ability to communicate with himself. That breakthrough became the basis for the WOW course, Sweden's by far the most booked course on the subject.



14+ million views on his Ted Talks

100 million views on his social media channels in the last 18 months

David JP Phillips has 200 000 followers on YouTube

David JP Phillips has 2,5 Million followers on TikTok

David JP Phillips has 346 000 followers on Instagram

David JP Phillips has 25 000 followers on LinkedIn

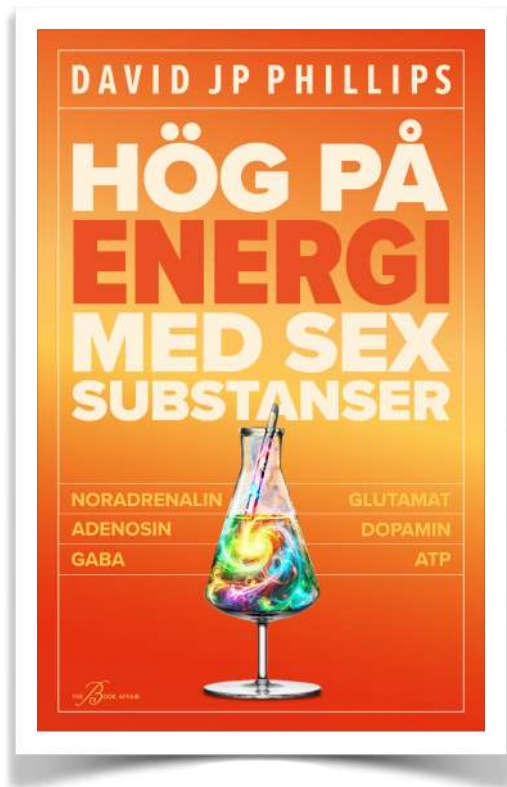
High on Energy - Six Substances That Will Give you Instant Energy

How would you feel if you had 10%, 25% or 50% more energy? Here is the book that teaches you and gives you the practical tools to maximize your six hormones and substances!

It is our energy that gives us life and who doesn't want to live life to the fullest? Think about it, what would you do without your energy? Would money, travel, achievements and more matter if you had no energy? Maybe energy is our most important currency? In this book, you will learn how to strengthen your basic energy and maximize your energy potential. Because who doesn't want more energy? In the book you get practical and simple tools that have direct tangible effects.

In the sequel to the bestselling book *Six Substances That Will Change Your Life (High on Life)*, inspirational speaker David JP Phillips guides you through knowledge and tools to give you the best conditions to be alert, smart and happy. You will learn how to take control of your cells' ability to form the substance ATP, the body's base energy and how you can then use Glutamate to increase your mental energy followed by tools for boosting your dopamine and thus creating an unstoppable force forward, preferably accompanied by Norepinephrine that gives you turbo energy when you need it. The last two substances in the book, GABA and Adenosine, give you invaluable practical tools to be able to unwind on command when you feel you need it.

The book also includes an effective 6-week program to change your diet, exercise and mental habits to maximize your energy. Once you realize the importance of maximizing your life energy, you will learn all about base energy, energy boosters and energy brakes.



Author note: When the readers read David's first book they said "Okay now I know how to hack my depression, but how do I find the energy to do all I want?" here is the answer to that. When working on this book it became clear that 1 out of 4 people consider themselves constantly tired. So while this cover looks similar to the first book the content is completely different. This one talks about our metabolism and how to troubleshoot your constant low state in order to shift to a higher one.

You will get:

- Troubleshooting schedule
- Six-week program
- Exercises with immediate effect
- Smart tools
- Base energy
- Energy boosters
- Energy brakes

Rights Sold (for option publishers see book 1)

Albania: Pema
Estonia: Pegasus
Finland: Docendo
Slovakia: IKAR

Sweden: The Book Affair

Publication day: November 18th 2024

Cat Power

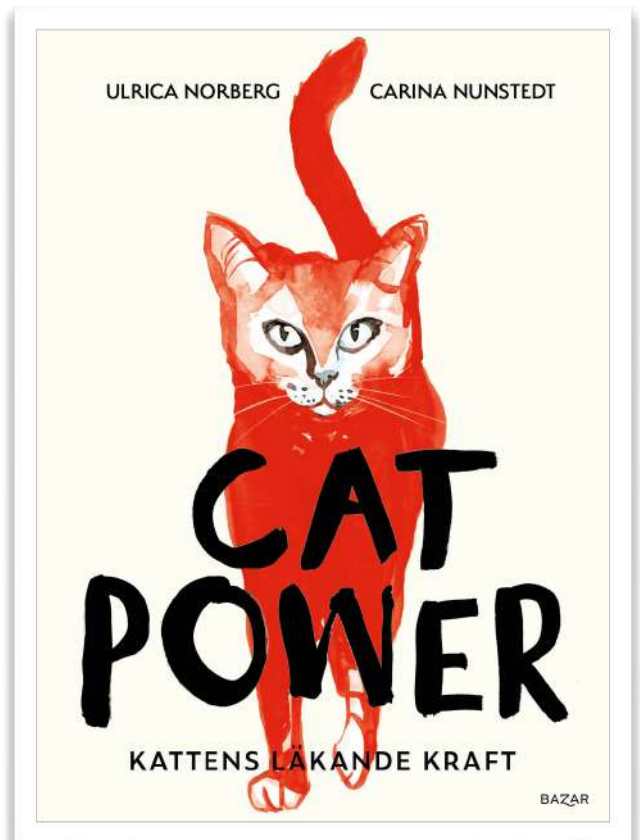
Carina Nunstedt & Ulrica Norberg

The Healing Power of the Cat

A cat's presence in a home reduces stress and anxiety. When the cat purrs, oxytocin is released, and the vibrations produce a number of documented health benefits: lower blood pressure and reduced risk of cardiovascular disease. A cat can help with both loneliness and various forms of mental illness.

In *Cat Power*, the authors explore what cats have meant throughout history and why many people feel so good when owning a cat. Both authors have had long periods of illness in the family and have clearly experienced how the cats have shown the way to more peace, play and recovery. Cats bring out the most beautiful in us.

Inspired by the cat's 9 lives, you can learn to protect your privacy, enjoy more, and clear the way to make room for more play and joy.



Full English Manuscript available

Rights sold:

Sweden - Bazar
Finland - Into Kustannus
Egypt - Sefsafa (Arabic language)
Estonia - Eesti Raamat
Italy - Salani
Japan - Shincho-Sha
Serbia- Blum
Norway - Bonnier Norsk Forlag
Malaysia: Biblio Press
Poland - Wielka Litera
Turkey - Koridor
The Netherlands - HarperCollins Holland
Vietnam - Tue Tri Techonolgy & Culture Jsc.
UK (WER) - August Books



The Impact of Silence



The value of reducing noise

Everyday noise is six times louder today than a century ago. The greatly increased noise and light pollution causes unnecessary stress and emotional imbalance. In an increasingly noisy and reactive world, we must begin to recognize the importance of taking valuable breaks.

Researchers show that listening to silence makes us feel better. That it increases cell growth, strengthens the brain, increases emotional intelligence and reduces stress, tension and heart disease.

More of us seek out silent retreats to listen to our inner self, dispel distractions and get in touch with new ideas that we didn't have before.

Ulrica shares here her insightful experiences of silence and the value of reflection training, which provides increased mental sharpness, physical and spiritual balance and a richer life.

144 Pages

Rights sold:

Sweden: Bazar

Ulrica Norberg is a renowned yoga instructor, breath coach, writer and journalist. She has published a number of books, both in Swedish and English, including *Breathe* and *Nomad*.

And books about Yoga such as - *Hatha Yoga*, *Power Yoga*, and *Yin Yoga*. One of only nine western yoga practitioners to be awarded the title of *Yogiraj*, an honor bestowed upon the most advance yogis, she also lectures on yoga, leadership, personal growth and creativity and travels around the world giving workshops, retreats and training. She is based in Sweden.



Breathe & Curious

***Breathe* - A revolutionary, new approach to health and wellbeing combining ancient yogic wisdom and cutting-edge neurological research.**

The breath: our most vital bodily function is so often overlooked and neglected. In our hectic modern lives, our breathing has become ragged, shallow and fast and has been linked to a host of ailments and deficiencies. Using findings from the latest, cutting-edge research on the brain to demonstrate how the chemical balance in the body is shaped by the breath, leading yogamaster Ulrica Norberg travels back in time to the ancient yogic precept of *prana* (Sanskrit for breathing), describing the four stages of the breath and how these impact the mind and body.

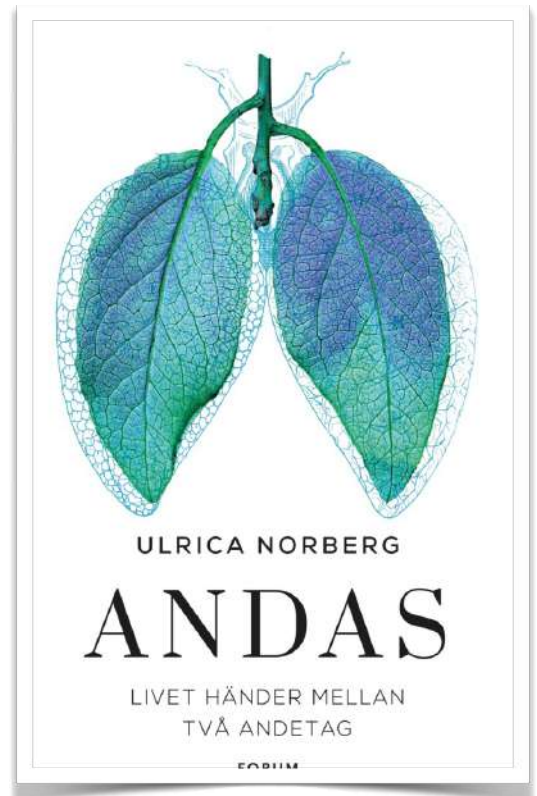
Tapping into medical research and the demands of the work-life balance, Norberg brings us a revolutionary and practical approach to using the breath as a tool to improving all aspects of our health. *Breathe* is a practical and highly-accessible book underpinned by scientific research and decades-long experience for anyone and everyone. Live your best life by discovering the transformative power of the breath on your wellbeing by one of Sweden's leading intersectional experts on yoga and meditation and neurological research.

Awaken your inner genius!

With inspiration from science, philosophy, culture and social psychology, author Ulrica Norberg takes a new look at humanity's most important trait--*Curiosity*. Being curious is an ability that can grow, be harvested, trained and strengthened in order to boost creativity and innovation.

An untrained curiosity is like a Ferrari without a competent driver. It will drive over hill and deal until it crashes. If you train your curiosity it will give you the mentally strong "muscles" not to mention increased joy, focus and concentration.

Curiosity has never been more important as we face a time of difficulties and huge challenges. We need new tips and tricks and with help from our essential nature we can tackle anything and improve our own and the public's health.



275 Pages

Rights for Breathe sold to:

Sweden: Bazar

Hungary: Scolar



190 Pages

Rights for Curious sold to:

Sweden: Bazar

Maria Borelius



Maria Borelius is an award-winning science journalist, biologist, mother of four and author of a range of books. *Health Revolution – Finding happiness and health through an anti-inflammatory lifestyle* (2018) became an immediate success and is on the Amazon bestseller list. It has been released in, amongst other countries, Sweden, the US, the UK, Australia, Germany, the Netherlands, Italy and Norway.

Maria Borelius is furthermore a columnist in Sweden's leading financial newspaper *Dagens industri*, founder of the Ester Foundation and a communications consultant to scientific institutions, pharmaceutical companies and tech organisations globally.

She holds a bachelor's degree in Biology, Physics and Mathematics from the University of Lund, a master's degree in science journalism from New York University and has also studied genetic engineering and bioethics at Oxford University. She's the recipient of numerous awards (the Cancer Foundation's journalist prize, Health Inspirer of the Year, Health Hero of the Year, Social Entrepreneur of the Year) and has held scholarships at both the Swedish Union of Journalist and the Swedish Scientific Research Institute.

Maria's heart beats for new scientific research, holistic health, nutrition and exercise.

Bibliography:

2023- *Health Revolution - the cookbook*

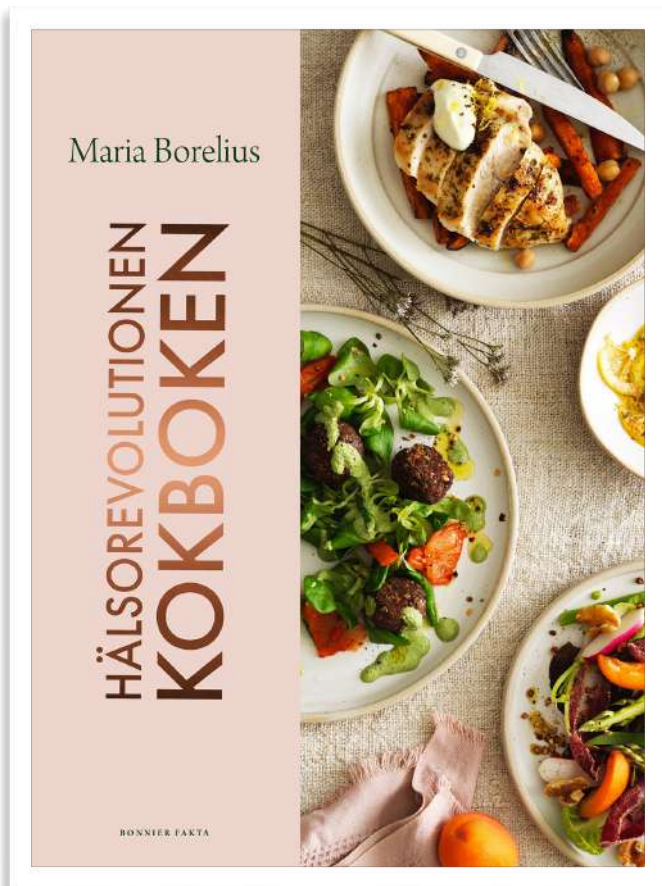
2021- *GLOW - Your Ultimate Guide to an Anti Inflammatory Lifestyle*- Co-author Rita Catalino

2020 - *Awe* (Förundran)

2019 - *Bliss*

2018 - *Health Revolution* (Hälsorevolutionen)

Health Revolution - The cookbook



Rights sold
Sweden - Bonnier Fakta
Norway - Bonnier Norsk

Do you also want to fill your meals with nutrition, plenty of vegetables, good proteins, satiating fats, tasty spices and delicious sauces? Maria Borelius - science journalist, biologist and author of several best-selling health books, has great passion for how life in the kitchen can be both wonderful and life-affirming, while providing balanced, healthy food.

Health Revolution: The Cookbook contains over 60 recipes that support the anti-inflammatory lifestyle, keep blood sugar stable and fill you with energy. There is also an updated food pyramid that makes it easy to build healthy meals. For those who are looking for concrete guidance, there is a complete meal plan for six weeks with shopping lists for each week.

In this top listed anti-inflammatory cookbook Maria Borelius offers a new innovative take on the classic food pyramid we have become accustomed to but is out of date with the new science on health and food intake.

She has divided the recipes into mood categories so to make it easy to pick which meal to make. It's simple recipes that will fulfill your life just as it has hers and it's joyful, encouraging, nutrition packed, flavorful and all based on science.

Review

"Maria Borelius has previously published several books on the topic of health and healthy food. In this cookbook, she gives a description of the background to each recipe, e.g. a story about a person or place. In addition, she explains why certain ingredients were chosen and how these affect the body in a positive way...I really appreciate the recipes in this book. They are quite numerous in number and far from standard, which makes the book useful both as inspiration and as an aid in meal planning." BTJ

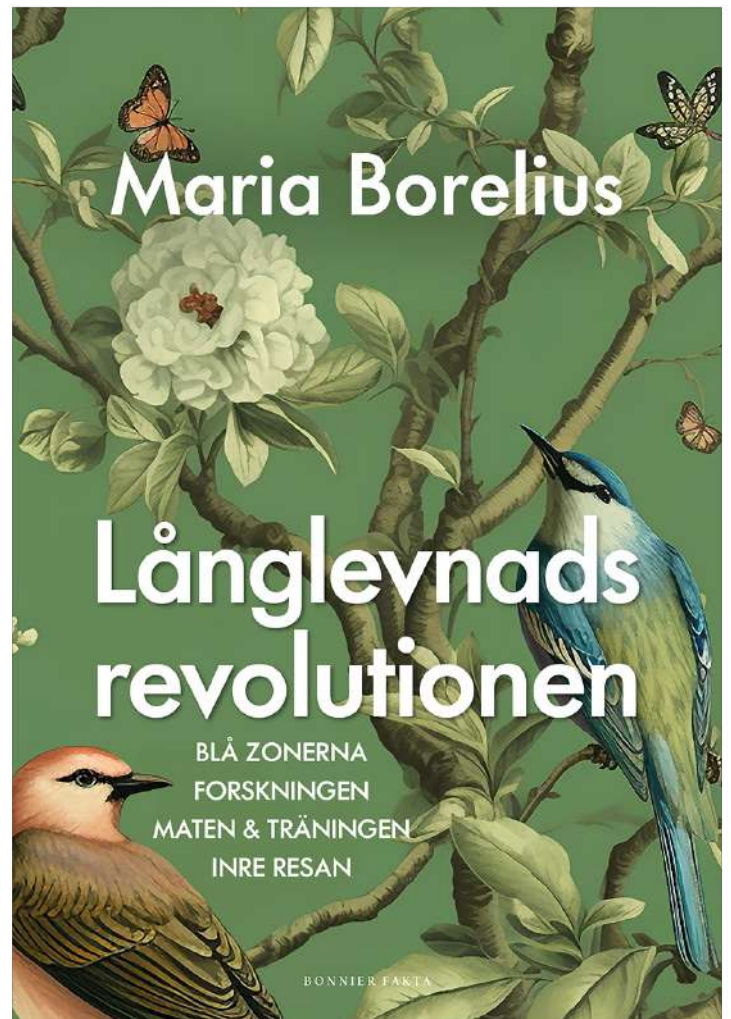
Longevity Revolution

Maria Borelius

Do we have to age as we do? Can we live more fully and longer? What can we learn from scientists, medical traditions and the blue zones where centenarians live?

Maria Borelius has spent seven years traveling in the blue zones and talking to the researchers and gurus at the forefront of the world. From this, new tools for a longer life are emerging. These include fasting, exercise, microbiota, group affiliation, affirmations and a new look at genetics.

Longevity Revolution is written with Maria's warm, knowledgeable and curious eye. It examines life among the long-livers and the new research that is redrawing the map of life. The book has a concrete program, where you can try out the techniques that increase the chance of a long and good life. Bridging the gap between science reports and practical tools for everyone to use!



Publication 2025-01-02 in Sweden!

Rights sold:
Sweden - Bonnier Fakta

GLOW - Your Ultimate Guide to an Anti-Inflammatory Lifestyle

Maria Borelius & Rita Catolino

Do you long for more strength, better health and more glow?

In the ***GLOW - Your Ultimate Guide to an Anti-Inflammatory Lifestyle. Food - Movement - Stillness-Self Guidance*** you get solid step-by-step support for your best health journey.

Science journalist Maria Borelius and transformation coach Rita Catolino guides you to the fitness professionals' best tips, researcher's latest insights. Mixed with their own lessons learned from both success and setbacks.

This is the modern health bible, the complete anti-inflammatory program. Diet for go and glow, the movements that will make you feel brand new, and the stillness for pause and de-stressing. And the techniques to lead yourself forward, even on days when life is messy.

A wonderful, sometimes challenging and always life-giving program, which supports you to shine brightly in your life.

There's always a new chance and yours starts now!



**No 1 top listed health book with
25 000 copies sold in Sweden!**

Rights sold:

Sweden - Bonnier Fakta

Norway - Bonnier Norsk Forlag

Lithuania - Obuolys

-First time a leading fitness and transformation coach teams up with an award winning researcher and bestselling author

-A unique hands-on guide for a holistic approach to an anti-inflammatory lifestyle with powerful tools

-Nordic market is pioneering on health and in the book there is a mix between the latest research and the personal journeys that speak to the reader

10% More Charisma

Angela Ahola

There is a tangible link, a connection, between your charisma and the trajectory of your life. Charisma can boost your income and the number of people you manage. For instance, a charismatic individual's TED talk garners more views, and their social media posts receive more shares. Research shows that charismatic leaders can enhance their employees' performance by as much as 17 percent—equivalent to the effect of financial incentives. A charismatic appeal (speech) can increase donations to charity by 19 percent. Moreover, charismatic employees not only perform better at work but also manage crises more effectively. Additionally, if you possess charisma, your partner is likely to find you more attractive.

Regardless of our roles, we all need to connect and be heard—to be chosen by employers, friends, colleagues, or the loves of our lives. Charisma facilitates all this; it makes you stand out. It opens doors, helps achieve goals, and enriches life. Historically, charisma was seen as an innate trait, but recent scientific advances have clarified that charisma is a learnable skill, comprised of ten specific behaviors. This book demystifies those behaviors and teaches you how to enhance your charisma by at least 10 percent— one percent at a time. This incremental increase will exponentially improve your wealth, success, relationships, and happiness, making your daily life more effective and fulfilling.

The book comprises ten chapters, each contributing 1% to enhance your charisma, cumulatively offering a 10% improvement.

1. **A realistic promise:** This book guarantees at least a 10% increase in your charisma. Even if you start from a point of feeling entirely uncharismatic, you will finish the book with a noticeable enhancement.
2. **The structure:** The book outlines ten straightforward and clear steps to boost your charisma.
3. **The Author's academic foundation:** While this is not the first book on charisma, it is one of the few authored by someone with a Ph.D. in psychology
4. **Alignment with principles:** The book is structured around ten essential charisma tools, ensuring each chapter aligns with these key strategies.



Rights sold

Sweden: Sapiens

Publication date: 2024-12-07

Full English Manuscript available

100 Dates

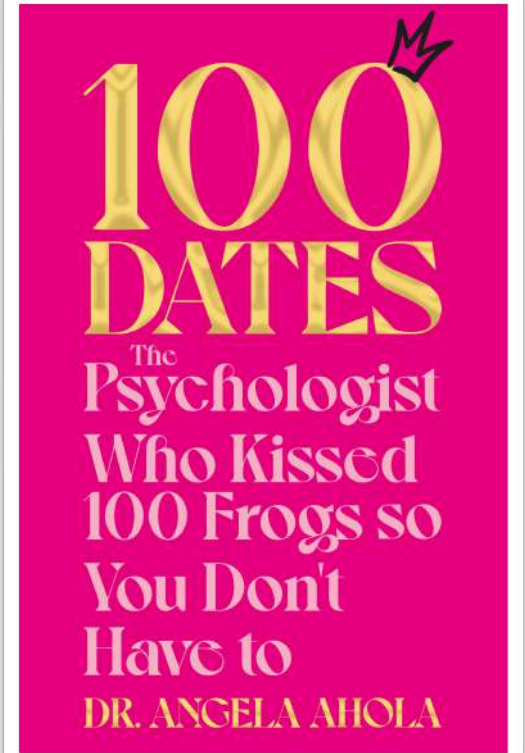
Angela Ahola

The psychologist who kissed 100 frogs in order to create the perfect dating guide

Modern dating is a numbers game, with limitless options only ever a swipe away. But whether you're looking for something casual or searching for true romance, sifting through countless profiles only to endure a dreadful date can be exhausting. How do you stand out from the crowd and find the person you're looking for?

Enter Psychologist Dr Angela Ahola. When she found herself single again after a long relationship, Angela decided to throw herself headlong into the unfamiliar world of online dating. Armed with her expertise in studying human behaviour, she embarked on an experiment with herself as the test subject: she went on one hundred different dates to learn as much as she could about what makes a successful encounter - and what doesn't.

Backed up by the latest science on personality, relationships and dating, *100 Dates* is the ultimate dating handbook. Including advice on everything from figuring out *why* you want to date through to setting up your profile and finding the right person, Dr Angela is the perfect guide through the thorny wilderness of dating.



Rights sold

Finland: Minerva Kustannus

UK (World English) : Bluebird, Pan Macmillan

Serbia: Blum

Sweden: Sapiens

Taiwan: Ecus

Full English Manuscript available



Angela Ahola is a doctor of psychology with a specialty in perceptual psychology. She is frequently employed as a guest speaker. Ahola's great gift is her ability to explain complex psychological themes using humor, inspiration, and easy-to-comprehend examples. *Your Hidden Motives* (Booktopia) and *100 Dates* (Bluebird), her first books to be released in English, are scheduled to hit bookshelves early this year. Ahola can also be found frequenting Swedish talk-show sofas as a popular expert on relationships.

Your Hidden Motives

How three psychological needs shape your life

We compare ourselves to others, and then struggle with feelings of inferiority. We try to blend into the crowd, yet can't stand it when someone else is wearing the same outfit. And while we love expanding our knowledge, we instead catch ourselves swept away in the deluge of Instagram.

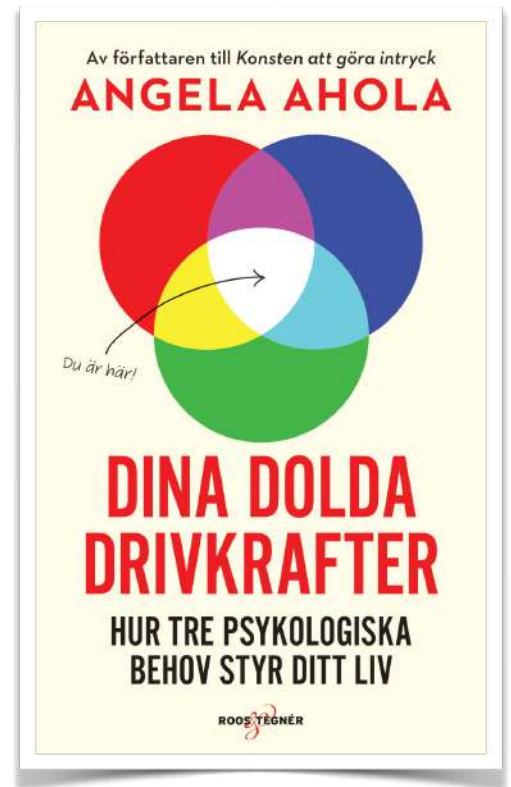
Why do we do the things we do? What guides our behavior as individuals? Three motives provide us with answers. Having been shaped over millions of years, these motives helped Homo sapiens to survive: Our desires for *secure relationships, status, and new knowledge*.

In this book, Angela Ahola explains how our hidden motives drive our needs, our actions, and our reactions. But it's also about how the conflict between these primeval forces and our modern lifestyles can go wrong. This isn't a book about how you're supposed to be. It's about how you are deep down inside. It will help you to better understand your own behavior, and that of others as well. But there's more to it than just that – with the help of this book's pragmatic tools, you'll be able to take control of and navigate your own daily life.

Motive 1 - Status

Motive 2 - Relationships

Motive 3 - Knowledge



Rights sold

ANZ: Booktopia

Arabic: Jarir

China: Post & Telecom press

India: Sanage (English edition)

Korea: Chunggrim Publishing

Lithuania: Obuolys

Russia & Ukraine: Alpina

Taiwan: Wave Press

Turkey: Mabel

Sweden: Roos & Tegnér

Full English available

224 pages

The Naked Truth

Angela Ahola



A thrilling and intriguing read!

The ultimate betrayal?

For many getting cheated on is the ultimate betrayal, yet infidelity affects a third of all adults. Despite being a source of guilt and shame, it's all around us, no matter how taboo. When doctor of psychology and relationship expert Angela Ahola found herself affected by it, she set out to make sense of why it happens and what it tells us about human nature.

***The Naked Truth* is a case study about why we cheat and what it can teach us.** While related books discuss how we can heal or rebuild trust after an infidelity has surfaced, Angela was more interested in exploring the inner reasoning and motivations behind these betrayals of loyalty. Over the course of several years, she undertook a series of deep interviews with active cheaters, investigating their urges, justifications, and emotional journeys. These accounts get woven together with the latest scientific research and her own heart-wrenching trek, resulting in a conceptually stimulating book that reads like a thrilling novel while still chock-full of reliable knowledge.

Dr Angela Ahola about the book:

“This journey, towards understanding infidelity, has been among my most intense. The stories you will experience are the open, naked truth. They’re emotionally charged, dramatic, and feature unexpected twists. I’m convinced that you’ll be as surprised as I’ve been.”

Rights sold

Japan: Shinchosha

Sweden: The book affair

Full English Manuscript available

I Will Get Through This Katarina Mannheimer

In the spring of 2020, Katarina suffered from a malignant tumor in her left breast. It was in the middle of the corona pandemic's first wave and to protect herself against corona infection, she isolated herself in quarantine for the barely two weeks that elapsed between diagnosis and surgery. As a hypnotherapist, travel therapist and meditation leader, Katarina felt that she had many valuable knowledge and tools available. She decided to see the quarantine as a retreat and went in to actively help in her own healing with the resources she had at hand. Katarina also got acquainted with the type of approach, diet and lifestyle that can counteract cancer. In her book, she shares the methods she used. This is her story of how she lovingly led herself through the disease.

Narrative non-fiction she has written a personal and informative handbook about a journey through illness. Her methods clearly helped, hopefully this can help others to handle illness.

Rights sold:
Sweden: LB

Pages: 200



"Very good, personable, approachable and extremely informative." BTJ



Katarina Mannheimer Ahlström is an author, lecturer, Psychodynamic therapist, Hypnotherapist, Journey Practitioner, Wayshower and Mentor in development of consciousness.

After nearly 25 years in the academic world, first as a student and Ph D program researcher at University of Chicago, USA, and later as an associate professor at Stockholm University, Sweden, she left her academic career to work with what she's most passionate about: Contributing to higher consciousness, helping us find the inner core of our being where our true power, strength and potential lies. And further, to help heal those blocks, wounds, misunderstandings and limitations that stand in the way of unlocking who we really are.

Through lectures and presentations, courses, psychotherapy, hypnotherapy, journey-processes and private mentorship, she helps people heal, develop and find their way back to the core of who they really are.



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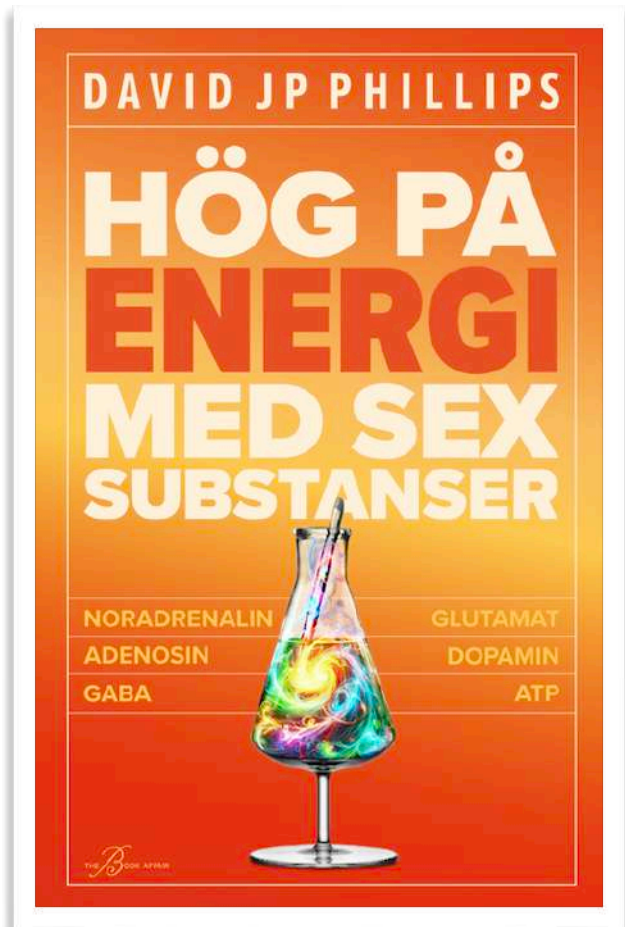
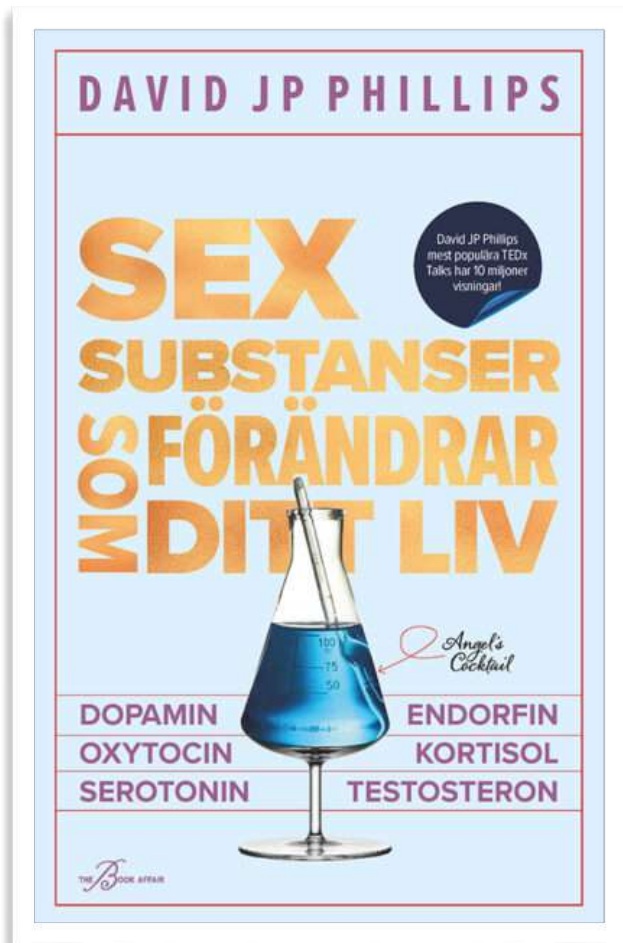
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