

Title in Swedish:

Friheten på botten av chipspåsen

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I. The Content

This book shows us how we can create a balanced way of eating and living. It contains ideas and exercises on how to eat in a way that is based on physical hunger and on autonomy. 3 practical tools + a 3 month program on how to lay a foundation for a balanced and relaxed way of choosing what to eat.

A. Premise

There are a lot of books written on eating for losing weight as well as for creating health. This book is different as it takes in account a natural

B. Selling Proposition

This book has a much broader market than other books that focus only on weight-loss and physical health. This book shows us how we can create a balance of eating, enjoyment and autonomy that many of us is longing for. This is a book for everyone that is curious on how to live a balanced and joyful life on all levels.

C. Overview

Many people have a longing for physical well being that doesn't have the price of emotional depletion. So many people are longing for a life where they can nurture both the physical as well as the emotional, social and spiritual part of themselves.

This book give some very concrete guidelines that anyone can apply into their lifes. It

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doesn't have any musts and is letting the reader grow as a person in many areas of life.

Manuscript Status

Printed in June 2013 in Swedish.

2. Special Features:

3 practical tools for a balanced way of eating

a 3 month program (or more for the ones that wishes so) for creating a balanced way of eating

clarity on how we can work to get our human needs to be our guides instead of our enemies

3. Anticipated Manuscript Length

The Swedish version of the book has 14 500 words, which corresponds to around 100 pages in a A6-format.

4. Anticipated Manuscript Completion Date

Ready in English, October, 2013

Previous Writing

So far, I have authored 14 books. Many of them translated and published in English, German, Polish, Finnish etc.