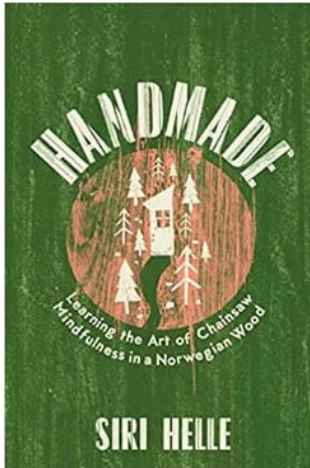


Siri Helle

HANDMADE

LEARNING THE ART OF CHAINSAW MINDFULNESS



Original title: *Med berre nevane*
Eit forsvar for praktisk arbeid
 Publisher: Samlaget, 2020
 Category: Non Fiction
 Pages: 143

AWARDS

NORLA Selected Title Spring 2021

RIGHTS SOLD TO

Germany, Rowohlt
 World English, Granta

We humans have always used our hands to create the world around us. Until now. These days, we've gone from being practitioners to theorists, from being producers to consumers. What happens to us when we no longer use our hands?

This is the story of building a small - but absolutely necessary - building on your own and feeling an intense joy of doing it by yourself. Siri Helle inherited a cabin without electricity or running water – and without an outhouse. She decided to build one herself, almost as a bit of a protest, but mostly to find out if she was able to. The outhouse is built with material found at close hand. Siri manages to make the planks from large trees, she builds the turf, she braids walls, uses her knife to make shavings – and her sense of achievement grows. A feeling stronger and warmer than many others in this world. To create, to build something with your own hands – this is something everyone should try, she thinks. Especially those who think they can't.

Charming! When life cuts deep, try some chainsaw mindfulness.

Simon Usborne, The Sunday Times

A beautifully packaged book... celebrating the importance and impact of making lasting things with your hands, it's a delightful read that makes for a perfect present.

Stylist, UK

This is not a back-to-the-wilderness book. Helle is aware that she is happy to live with water and electricity. The bottom line is that she "needs both."

Klassekampen

Siri Helle

Siri Helle is an agronomist in organic farming. She occasionally works as a writer and journalist, carpenter assistant, and goat herder. Helle has written several books.

