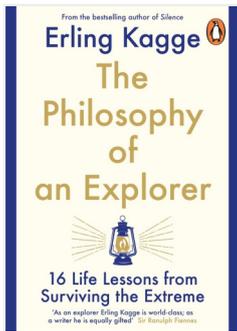


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The Philosophy of an Explorer

Original title: Alt jeg ikke lærte på skolen
Publisher: Kagge Forlag 2019
Narrative Non Fiction / Philosophy, Self Improvement
25000 Words
Full English manuscript available, Norwegian PDF

The secret to a good life, as seen from the ice, is to keep your joys simple.

Erling Kagge was the first man in history to reach all the Earth's poles by foot -- the North, the South and the summit of Everest. In *The Philosophy of an Explorer* he brings together the wisdom and expertise he has gained from the expeditions that have taken him to the limits of Earth, and of human endurance. In sixteen meditative but practical lessons -- from cultivating an optimistic outlook, to getting up at the right time, to learning to find focus and comfort in solitude, to setting your own compass -- Erling Kagge reveals what survival in the most extreme conditions can teach us about how to lead a meaningful life.

Foreign rights

Viking Penguin, UK
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Erling Kagge

Erling Kagge has become something of a Renaissance man. A lawyer by training, he studied philosophy after exploring the world, starting his own publishing house, becoming a renowned collector of contemporary art, and latterly an author of slim but thought-provoking tomes. He has written books on exploration, philosophy and art collecting, all international best sellers and widely acclaimed by critics. His books are translated to 41 languages.

The New York Times described Kagge as "... a philosophical adventurer or perhaps an adventurous philosopher". Alain de Botton describes him as follows: "An author for our noisy times, full of a rare and deeply redemptive languor and perspective".

Other titles

The North Pole. The History of an Obsession (2024)
Walking. One step at a time (2018)
Silence in the Age of Noise (2016)