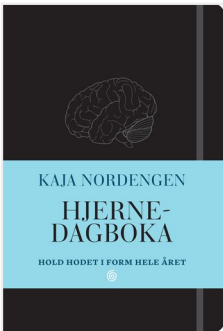


Stilton Literary Agency



The Smart Brain Planner

Original title: Hjernedagboka
Publisher: Kagge Forlag 2020
Non-Fiction / Brain, Health, Self Improvement
16000 Words
English sample material available

Daily exercise to improve your brain health

The Smart Brain Planner is a nice little book that is easy to take with you and easy to implement the daily tips that Kaja Nordengen has collected through her four years as an author and lecturer. Since her debut with Your Superstar Brain Kaja has become a master communicator of difficult material. She makes it easy, understandable and fun. No wonder Kaja has a large audience who reads her books and hears her lectures. Now she has gathered her very best tips on how you can easily and simply complete a daily exercise to improve your brain health. Journals and annual planners have done well in recent years and Kaja's contribution can easily become a bestseller.

Foreign rights

Marginesy, Poland
Nordboek, Netherlands

Kaja Nordengen

Ph.d. Kaja Nordengen (b.1987) is a physician specialising in neurology at Akershus University Hospital. She also teaches at University of Oslo. She wrote her Ph.d. in 2014 on: "The localization and function of NAA, NAAG and their derivatives in the brain." Nordengen has always been fascinated by how the brain functions. Please watch her TED Talk, "Invented reality": <https://youtu.be/ubJ9sOIvLuk>.

Other titles

Keep Your Brain Trained for Life (2018)
Your SUPERSTAR Brain (2016)