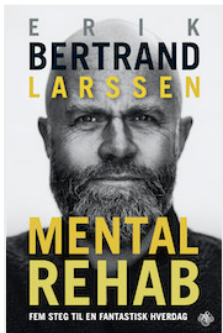


Stilton Literary Agency



Mental Rehab. Five Steps to a Fantastic Everyday Life

Original title: Mental rehab. Fem steg til en fantastisk hverdag
Publisher: J. M. Stenersen Forlag 2021
Non Fiction / Self Improvement
30000 Words
English sample chapters available, Norwegian PDF

About how simple adjustments can help all of us have a fantastic everyday life.

Erik Bertrand Larssen, Norway's best-known motivational trainer, has enjoyed enormous success as an author and public speaker. He has pushed sports stars to their absolute peak, coached top business executives and helped countless ordinary men and women to become better versions of themselves.

But one day, he wakes up and realises he's the one who needs help.

This is the personal story about his journey back to everyday life.

About how the right way of thinking helped him out of his crisis, just as he has previously helped others.

Foreign rights

Bazar, Finland
Mann, Ivanov, Ferber, Russia
Smak Slowa, Poland
Perseus, Bulgaria

Erik Bertrand Larssen

When athletes fail, managers struggle or actors get stage fright, this is the man they call. Erik Bertrand Larssen is one of Norway's most sought after lecturers and motivational coaches. He was trained as a paratrooper in the Norwegian Special Forces. As part of the Special Forces he has experience from international assignments such as Afghanistan and Balkan, working with British SAS and US Navy Seals. Erik Bertrand Larssen has later on graduated from Norwegian School of Economics and Business Administration and has worked for Finansbanken, NetCom, Mercuri Urval and Boston Consulting Group. He currently works in Arctic Securities. Erik Bertrand Larssen has worked as motivational coach for many Norwegian top athletes.

Other titles

Your Primal Instincts: How to build inner strength in nature (2025)
Now! Seize the moment. It's all you've got. (2015)
Hell Week. Seven Days That Will Change Your Life (2013)
No mercy. Be your best with mental training (2012)