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A Polar Bear's Life. Alone on a Warming Planet

Original title: Et isbjørnliv. Alene mot en varmere klode Publisher: Kagge Forlag 2021 Non Fiction / Nature 50000 Words

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An exciting story about the polar bear's struggle to survive and a unique journey into its hidden world. A polar bear's life is a lonely one. When it's not sleeping or resting, it walks or swims on its never-ending hunt for food. Up to a thousand kilometers per year, several hundred of those in the water. In this book, Arne Egil Tønset conveys the intense fascination many people have with the polar bear. Readers experience an unforgettable encounter with the king of the Arctic – the world's largest predator – and an up-close look at the polar bear's harsh living conditions, making us better equipped to understand climate change and its contexts in the Arctic's natural environment. The book includes the latest research on animals and populations, on management and the requirements for survival. But it also has room for mythical tales of polar bears and fateful meetings between people and animals.

Arne Egil Tønset

Arne Egil Tønset is a journalist living in Tromsø, Norway. He has worked for local and national newspapers and now works as a news anchor for NRK. In 2004 he received NRK's journalism prize for his coverage of the Beslan school siege and the Orange Revolution in Ukraine. He has previously written RUSSLAND I FARGER (RUSSIA IN COLOR) (2010), a personal account of his travels and stays in Russia. BARENTS PORTRAITS (2013) was a book of reportage from travels in all four countries of the Barents region.