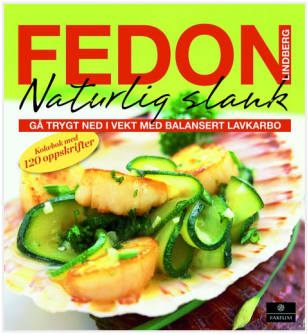
Stilton Literary Agency



Naturally Slim

Original title: Naturlig Slank
Publisher: Cappelen Damm 2012
Non Fiction / Cookbook /Health/Lifestyle

It is quite possible to enjoy meals of tasty and healthy food and to get full and lose weight at the same time!

This cookbook, containing more than 120 recipes, is written for anyone who is interested in their own health and who also loves food. With just a little bit of planning, you do not need to spend hours in the kitchen. The book conveys the enjoyment of healthy food at the same time as you learn to make tasty food that provides energy that lasts. It is one thing to eat healthy food, it is quite another thing to eat food that at the same time tastes good and is filling. Here you get recipes and tips for combinations of food that allow you to eat often, until your full and still lose weight and improve your health.

Fedon Lindberg

In Norway he became famous with his first best selling book *Naturlig slank med kost i balanse* (2001). Since then he has published an impressive list of books such as *The Greek Doctor's Diet*, *Beyond G.I.*, *Smart barnemat*, *Tid med maten* to mention a few. Three of his previous books have sold widely internationally, translated to 14 languages, sold to 20 territories. With *Gut in Balance. Lean for Life* Lindberg has created yet another best seller, ranking high on Norway's best seller list.

Other titles
The Fight against Cancer (2025)
Food for the Heart. Let food be your medicine. (2018)
Gut in Balance. Learn for Life - Cookbook (2018)
Gut in balance. Lean for Life (2017)
Tid med maten (Mindful Eating) (2014)
Helt Gresk (2013)
Smart Barnemat (2013)
Sunne Pastaretter (2012)
Smartkarbo - Ikke ett fett (2012)
Mat for Livet (2010)