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Niklas Storm releases photo book Shinrin-yoku

In a world that gets harder and harder and where we the last couple of years have endured several global crises like the pandemic, financial issues and where climate- and environmental issues are probably the most severe of them all it has become more and more important to find ways to feel good. In Japan they created something called Shinrin-yoku, forest bath, in the eighties. It was created to cope with a stressful work life but it works just as well for other stress factors.

The book is the result of my visits and thoughts in various forests the last two years. Both in the vicinity of my home but also as far away as Mount Mgahinga in Uganda's mist covered Virunga mountains.

About Niklas

Two years ago Niklas released *In the twilight zone*, a book and photo exhibition that has been awarded multiple prices in international photo awards, with a total of nine prices. Niklas lives in Arnebo just outside Linköping in Sweden. With the forest just outside the door, this is where a lot of the image creation is done.

Preface written by Anders Geidemark

The preface is written by nature photographer Anders Geidemark (in Swedish).

Ja, vad är det med Skog, som får oss neutraliserade, då vardagen skymmer vår glädje? Ledsna, besvikna och frustrerade, får en vistelse i Skogen, oss balanserade. Det är lätt att famla efter vetenskap; vi är som art uppväxta och formade i naturen, och därför finner vi en trygghet och igenkänning, då vi kommer "hem", till Skogen.

Book release and exhibitions

The book is released during Östgötadagarna 2023, on September 2-3 at Galleri FOTOverket in Skeda loge just south of Linköping. At the release it's also vernissage for the photo exhibition Shinrin-yoku.

The book and exhibitions is also shown at these culture events:

- Vadstena konstrunda — 8-10 sep — Vadstena castle
- Culture night Norrköping — 29 sep - 1 okt — Galleri Sander, NP33, Norrköping
- Photo festival Spegla — 20-22 okt — Galleri Sander, NP33, Norrköping
- Artist talk at photo festival Spegla — 22 okt kl 12:00 — kulturkvarteret Hallarna, Norrköping

The exhibition at Galleri Sander is done under the name *Forest bath in the twilight zone* and includes images from the previous book *In the twilight zone*.

Award winning images

Among the images in the book are these award winners:

- Chimp Grooming - Silver — Black&White-Wildlife — New York Photography Awards 2022
- My turf - Silver — Nature-Wildlife — New York Photography Awards 2022
- Furry nature - Bronze — Creative nature image — Naturfoto-SM 2022
- Messy mood - Honorable mention — Fine Art — MonoVisions Awards 2023
- Destiny's steed - Gold — Fine Art-Nature — European Photography Awards 2023
- Forest bath - Gold — Fine Art-People — European Photography Awards 2023

Scholarship

The book is created with support from Region Östergötland for *Konstnärlig utveckling och att främja kvalitet* (Artistic development and to support quality).

Book facts

The book is available in the variants:

- Standard – olive green cover.
- Limited – moss green cover, numbered and signed limited edition of 100. Contains 2 Fine Art Prints 15x20 cm.

Details

- Photographer Niklas Storm
- Text Niklas Storm
- Preface Anders Geidemark
- Design Mats Andersson
- ISBN 978-91-982-7912-2
- 88 pages
- 559 grams
- Cloth binding
- Format 275x205 mm
- Release year 2023
- Language Swedish and English (text), Swedish (preface)
- Publisher Fudao AB
- Printed by ByWind, Sweden

Press image

Press images in low resolution [are available here](#). Images in higher resolution are available on demand.

