



Key Selling Points

- **A Unique Memoir Format:** Structured around body parts (*Eyes, Hands, Belly, Breasts*), each essay is a portal into personal memories and universal experiences.
- **Deeply Introspective Yet Universally Relatable:** Explores themes of womanhood, aging, identity, and spirituality, making it a compelling read for memoir enthusiasts.
- **Inspiration for Readers:** Includes an appendix with body memory/writing prompts, encouraging readers to explore their own life stories through their bodies.

Critical Praise

★★★★★ “A brilliant new way to write a memoir... I feel enriched, and grateful to discover a different way to go through my days. I loved every word.”

— Abigail Thomas, author of *A Three Dog Life*

★★★★★ “This book, like the female body, is full of soft curves and sharp edges, vulnerabilities and scars, impressions and depressions, pleasures and pain... It is muscle memory in the written form. A must read for anyone with a body.

— Talya Jankovits, author of *girl woman wife mother*

Audience & Categories

- **Genre:** Memoir, Women's Nonfiction
- **Primary Audience:** General Trade, readers who enjoy memoirs exploring the mind-body connection
- **Comparable Titles:**
 - *Life in Five Senses* by Gretchen Rubin
 - *Hunger* by Roxane Gay
 - *Heavy* by Kiese Laymon
 - *Winter Journal* by Paul Auster

About the Author

Nina B. Lichtenstein is a native of Oslo, Norway. She holds a PhD in French from the University of Connecticut and an MFA in creative nonfiction from Southern Maine University's Stonecoast program. She is the founder and director of Maine Writers Studio and the author of *Sephardic Women's Voices: Out of North Africa* (2017). She lives in Maine.

Contact Information

Vine Leaves Press

Email: accounts@vineleavespress.com

Phone: +30 21 0698 3237

Website: www.vineleavespress.com

Nina B. Lichtenstein

Email: nblichtenstein@gmail.com

Phone: +1 (860) 841-5108

Website: www.ninalichtenstein.com

Body: My Life in Parts

Author: Nina B. Lichtenstein

Publication Date: May 27, 2025

ISBN:

- Paperback: 978-3-98832-151-0
- eBook: 978-3-98832-152-7

Page Count: 258 pages

Price:

- Paperback: \$17.99
- eBook: \$6.99

Publisher: Vine Leaves Press

Buy Wholesale:

- Ingram 20% discount
- Direct from Vine Leaves Press: 40% discount + free shipping (www.vineleavespress.com/buy-wholesale)

Returns: Organize with the author

Short Description

A Norwegian ex-pat turned American Viking Jewess embarks on a journey of self-discovery—one body part at a time. In *Body: My Life in Parts*, Nina B. Lichtenstein invites readers into a deeply personal, sharply observed, and evocative exploration of memory, identity, and transformation. Through 16 interconnected essays, she examines how our bodies hold stories, traumas, and triumphs—revealing a life lived with both reactivity and agency.