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Between Two Worlds: New Novel Explores Identity Across the North Atlantic

Inspired by family history, Faroese culture, and real events, *Tidal Born* examines what it means to belong between two worlds.

What does it mean to belong when you grow up between two cultures?

That question lies at the heart of *Tidal Born – The Sea Bears a Woman's Soul*, the forthcoming debut novel by Danish author and storyteller Anja Klemp Vilgaard, to be published on June 23, 2026.

Inspired by real events from her own family history, the novel follows Ella, a young Faroese woman who leaves the Faroe Islands for Copenhagen in search of a new life. What begins as a journey of opportunity gradually becomes a struggle for identity, belonging, and self-understanding.

Set between the remote landscapes of the North Atlantic and a rapidly changing post-war Denmark, *Tidal Born* explores the invisible forces that shape us: family, culture, memory, and the stories we inherit from those who came before us.

For Vilgaard, the subject is deeply personal.

Raised in Denmark by a Faroese mother, she grew up navigating two cultures that were closely connected, yet profoundly different in language, values, traditions, and ways of seeing the world.

“People often assume that Denmark and the Faroe Islands are almost the same,” says Vilgaard. “But anyone who has lived between the two knows that they are distinct cultures shaped by different histories, landscapes, and experiences. Some things cannot be explained. They have to be felt.”

That sense of living between worlds became one of the novel's central themes.

While *Tidal Born* is rooted in Faroese culture and storytelling traditions, it speaks to a universal experience familiar to many readers: the search for identity between places, generations, and inherited expectations.

“The more I worked on the novel, the more I realised it wasn't only about the Faroe Islands,” says Vilgaard. “It was about belonging. About understanding where we come from — and deciding for ourselves who we want to become.”



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Blending historical fiction, family saga, and elements of Faroese folklore, *Tidal Born* follows three generations of women whose lives are shaped by both visible and invisible inheritances. It is a story of love, resilience, motherhood, loss, and the enduring influence of family stories.

At a time when questions of identity, culture, and belonging are being discussed across the world, Vilgaard believes literature has a unique role to play.

“Stories allow us to step inside other people's lives,” she says. “They help us understand not just where others come from, but why they see the world the way they do.”

About the book

Tidal Born – The Sea Bears a Woman's Soul will be published by Get Published on June 23, 2026.

Inspired by real events and Faroese storytelling traditions, the novel moves between the wild landscapes of the North Atlantic and post-war Denmark. It is the first volume in a two-part saga about three generations of women shaped by love, shame, family, betrayal, myth, and survival.

About the author

Anja Klemp Vilgaard is an independent storyteller, advisor, journalist, and entrepreneur. She has run her own strategic storytelling company for 12.5 years and has previously published the acclaimed Danish books *Kronborg bag Facaden* and *Strategisk Storytelling i Praksis*. Like *Tidal Born*, both were published through her own publishing platform.

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