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Faroese Myth, Family Memory, and the Supernatural Meet in a New North Atlantic Novel

Danish author Anja Klemp Vilgaard draws on Faroese folklore, family history, and lived experience in a novel that explores the stories that refuse to disappear.

Some stories cannot be fully explained.

They linger in families. In landscapes. In languages. They survive long after the people who first told them are gone.

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

Inspired by real events from the author's own family history, the novel intertwines a multi-generational family saga with Faroese folklore, omens, dreams, and the ancient legend of the Seal Woman's Curse.

What began as an attempt to preserve family memories gradually became something larger: a story about cultural inheritance, North Atlantic mythology, and the enduring power of stories that continue to shape people's lives long after they are first told.

"I grew up with a mother who believed in omens and dreams," says Vilgaard. "The supernatural wasn't strange. It was simply part of everyday life—part of how the world was understood. I couldn't write it out of the novel because it belonged there."

In *Tidal Born*, the mystical is not presented as fantasy or spectacle. Instead, it forms part of the novel's emotional and cultural reality—a way of understanding grief, inheritance, memory, and belonging.

"At one point, people suggested I remove the spiritual thread running through the story," Vilgaard says. "But I couldn't. It's real in the world I come from. You either believe in it or you don't. But it was part of my mother's story and my grandmother's story—and now it is part of mine."

Set between the Faroe Islands and Denmark, *Tidal Born* follows three generations of women whose lives are shaped by both visible and invisible inheritances. The novel moves between historical reality and folklore, exploring how myths survive within families and how stories can travel across generations like living things.

The publication comes at a time when readers around the world are rediscovering folklore, ancestral memory, and regional storytelling traditions. Yet Vilgaard's novel is rooted not in literary trends, but in personal experience.



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“The more polished and mechanical the world becomes, the more I think we long for roots,” she says. “For old stories. For the things we cannot fully explain, yet somehow recognise as true.”

Neither fantasy nor conventional realism, *Tidal Born* belongs to a growing body of literary fiction that allows the unexplained to remain part of what it means to be human.

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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