

The New Age of Discovery – literature, libraries and AI

33rd EBLIDA Conference, Riga April 8th 2025

// Mikkel Christoffersen, COO, Danish Library Association

Mikkel is

- **2025:** COO, Chief consultant, political adviser & editor-in-chief - Danish Library Association
- **2024-25:** director of EBLIDA
- **2017-2024:** Chief negotiator for the Danish e-lending platform
- **2013-2023:** Chief consultant at Copenhagen Libraries – digital strategy, leader for the data & statistics team
- **2009-2013:** Special consultant at the Danish Ministry for Culture – digitalisation, digital cultural heritage, representative to EUROPEANA etc.
- Proud father of three girls; Josephine, Mathilde & Alma



Let's support European digital services

Consider these changes:

Edge / Chrome -> Vivaldi

ChatGPT -> Mistral AI

Google -> Ecosia

Gmail -> Proton (also cloud storage, calendar, VPN etc.)

MS Office -> LibreOffice

Agenda

- 1. Exhibitions in CPH**
- 2. E-lending**
- 3. AI as discovery tool**
- 4. Epilogue**

1. Exhibitions in CPH



City-wide exhibitions at Copenhagen Libraries







Bestsellere
og anmelder-
darlings

Digte ▶

Skønlitteratur

Skønlitteratur

M

Joe Hill
Linn
Thomas
Rygende
Ulrika S. Genes

Opret
Nora
Dagmar
Med hjertet
At skrive
Clarice
Kim de
Blonde
Mikrofilm

Deborah
Levi
Deborah
Levi
Oliver
Voksne
Forsvaret
Lingens

The work flow

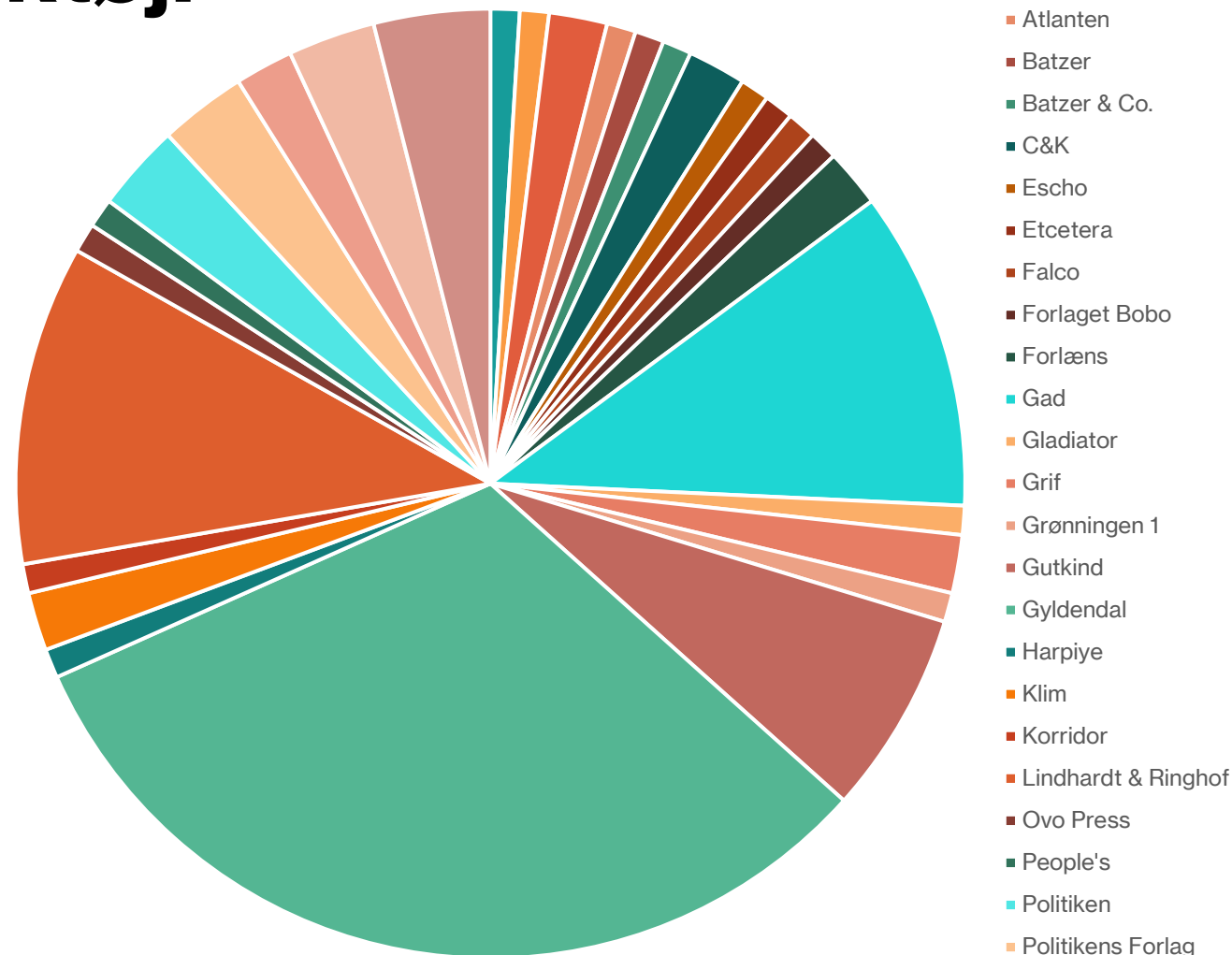
- The exhibition team defines the exhibition (actually it's an executive decision)
- Then they define the parameters; the exhibition may be e.g. 160 titles, but every exhibition can only hold 20 different titles.
- The exhibitions in the 20 libraries are then populated
- The intelligent library system then monitors all exhibitions and orders changes
 - Based on loans
 - Based on lack of loans

Eksempel på arbejdsværktøj:

Fordeling på forlag

Figur 1 viser sammensætningen af titler i kategorien *Bestsellere og anmelderdarlings* fordelt på forlag. Som det fremgår, fylder store forlag som Gyldendal og Lindhardt og Ringhof, men de mindre forlag er også rigt repræsenterede.

Ca. 28 % af titler er indkøbt fra forlag i vækst- eller mellemlaget.



Figur 1. Titler fordelt på forlag

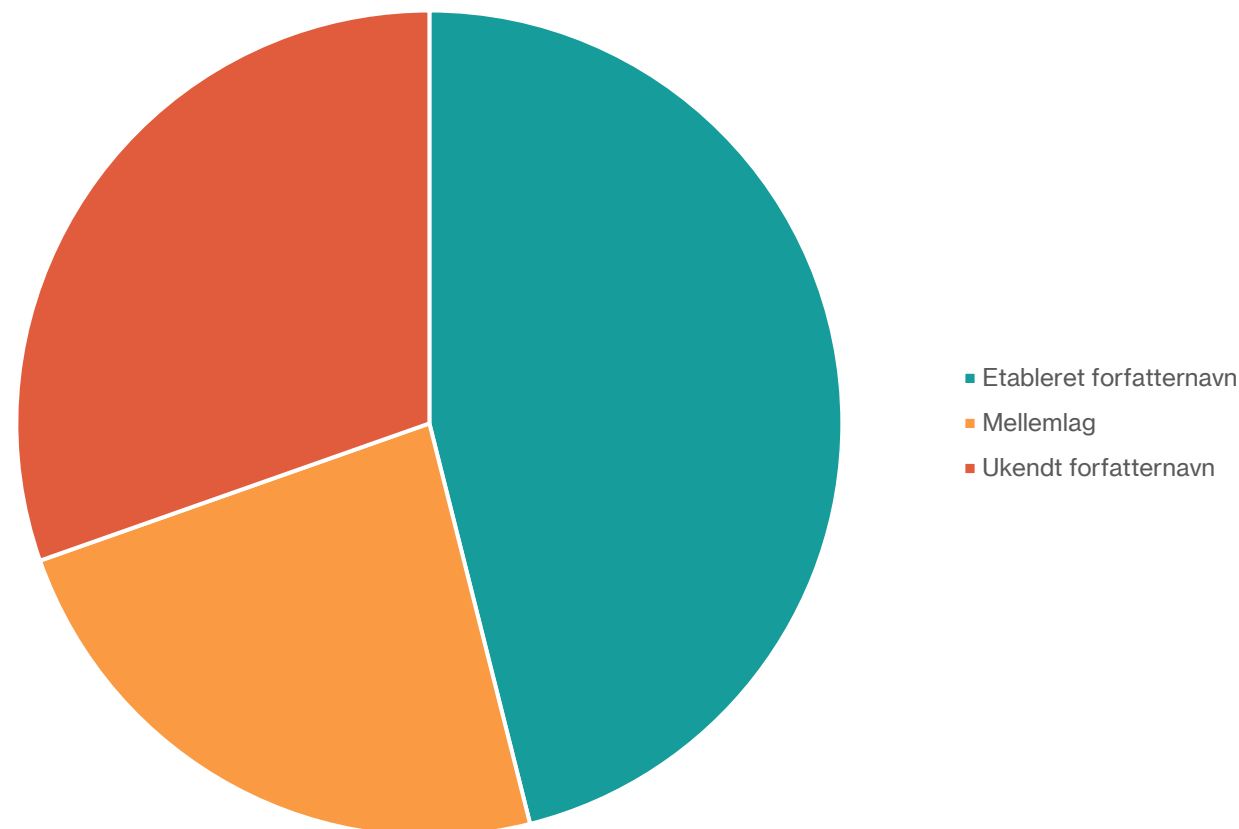
Oversigten er opgjort af materialespecialisterne i indkøbsteamet på baggrund af optælling af titler.

Eksempel på arbejdsværktøj: Fordeling forfatterprofiler

Figur 2 viser fordelingen af titler ift. niveau af genkendelighed på forfatterne repræsenteret i *Bestsellere* og *anmelderdarlings*.



- **Etablerede forfatternavne** gælder profiler, som har fået megen omtale og kan forventes at vække genkendelse også blandt sporadiske læsere
- **Mellemlaget** udgøres af forfattere, som en hyppig og dedikeret læser forventes at have kendskab til, men som ikke forventes at være kendt blandt mere sporadiske eller kommercielt orienterede læsere.
- **Ukendte forfatternavne** dækker forfattere, som ikke vurderes at være kendt uden for meget dedikerede litterære miljøer, herunder fx nye debutanter.



Figur 2. Fordeling af titler på genkendelighed, Bestsellere & anmelderdarlings

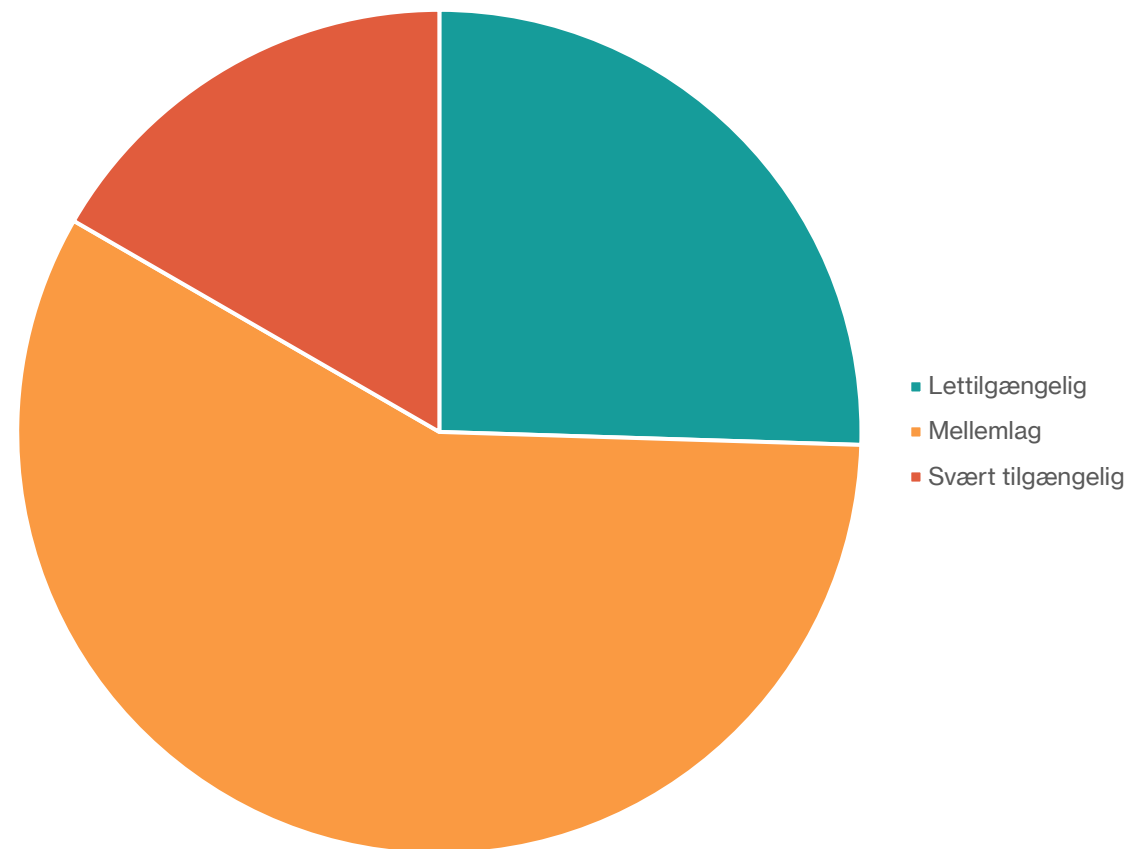
Oversigten er opgjort af materialespecialisterne i indkøbsteamet på baggrund af faglig vurdering og skøn.

Eksempel på arbejdsværktøj: Fordeling tilgængelighed



Figur 3 viser fordelingen af titler ift. niveau af litterær tilgængelighed på titler repræsenteret i *Bestsellere og anmelderdarlings*.

- **Lettligængelig** dækker bøger, som vurderes at kunne læses uagtet litterære forudsætninger: velskrevne bøger, som kan læses af og tiltrække et mainstream publikum.
- **Mellemlaget** dækker velanmeldte titler med høj litterær kvalitet, som kræver et vist forudsætningsniveau af sin læser. Kan læses af og tiltrække et dedikeret læsende publikum, men appellerer også til de mere sporadiske læsere.
- **Svært tilgængelig** dækker titler, som stiller høje krav til læserens litterære forudsætninger, fx via eksperimenter med obskure emner og genrer og en krævende sproglig stil. Tiltrækker særligt de meget dedikerede og litterære niche-læsere.



Figur 3. Fordeling af titler på litterær tilgængelighed, Bestsellere & anmelderdarlings

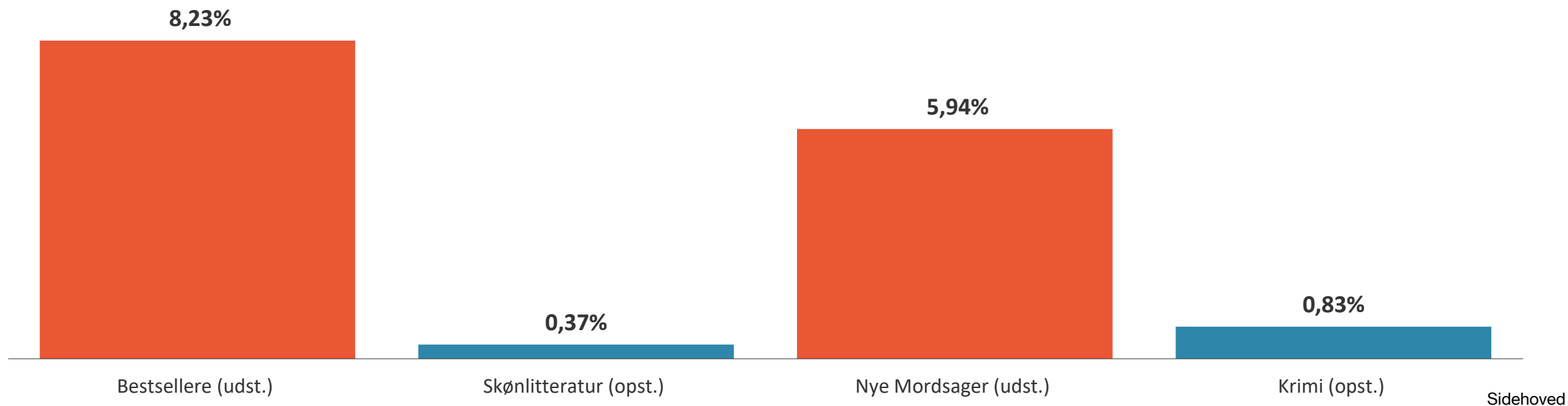
Oversigten er opgjort af materialespecialisterne i indkøbsteamet på baggrund af faglig vurdering og skøn.

Lending effect

Udstillingen **"Bestsellere og Anmelderdarlings"** ■ sammenlignes med reolopstillingen for **skønlitteratur** ■

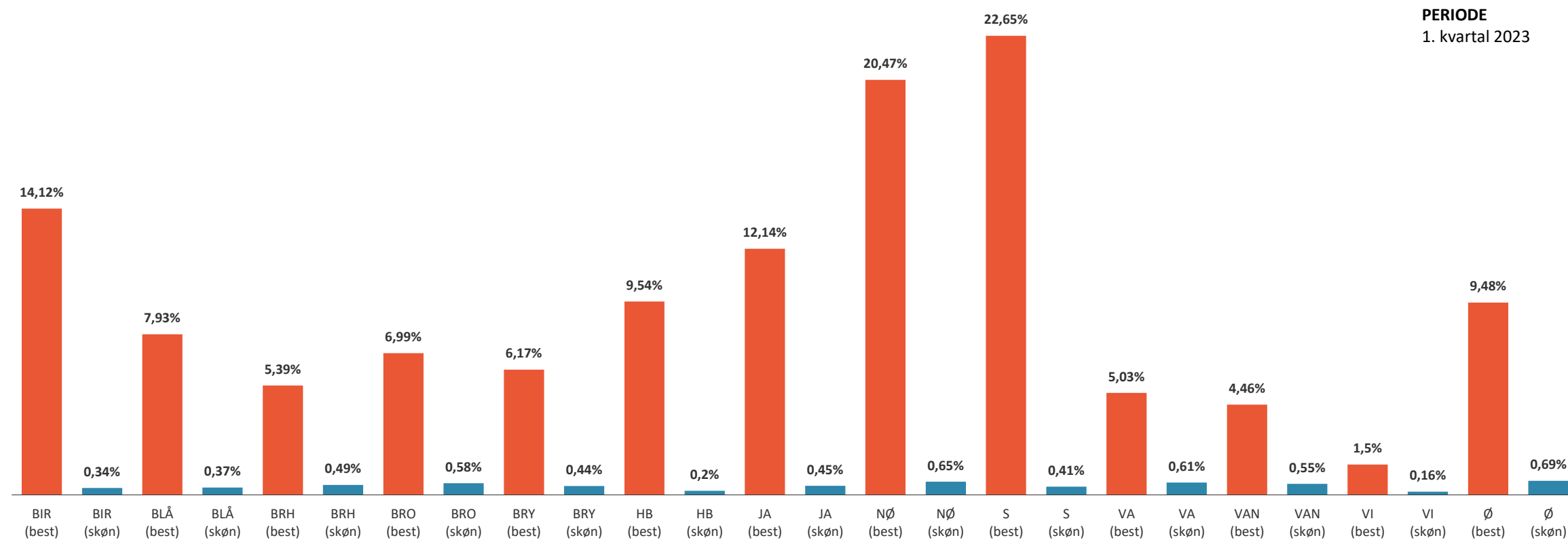
Udstillingen **"Nye Mordsager og Nervepirrende Thrillers"** ■ sammenlignes med reolopstillingen for **krimi** ■

(Udlånseffekten er udregnet samlet for hver kategori med tal fra de 13 biblioteker)



The exhibition "Bestsellers & reviewer darlings" versus fiction on the shelves at 13 libraries

Udstillingskategorien "Bestsellere og Anmelderdarlings" (best) ■ sammenlignes med reolopstillingen med skønlitteratur (skøn) ■



Physical loans (Fremgang = progress)

Physical loans per citizen

	Absolut fysisk udlån	Fremgang '22-'24	Fremgang '23-'24	Lån pr. borger	2022	2023	2024	Fremgang '22-'24	Fremgang '23-'24
1	København	31,20%	14,72%	København	4,39	5,10	5,64	28,43%	10,66%
2	Frederiksberg	19,62%	1,36%	Læsø	4,46	5,29	5,55	24,48%	4,91%
3	Svendborg	19,03%	10,15%	Frederiksberg	5,10	6,03	6,27	23,12%	4,04%
4	Hørsholm	16,68%	6,58%	Hørsholm	6,91	7,70	8,28	19,90%	7,61%
5	Læsø	16,26%	2,60%	Lejre	4,26	4,77	5,07	19,01%	6,26%
6	Lejre	16,14%	4,39%	Køge	4,91	5,49	5,82	18,68%	6,06%
7	Kerteminde	15,56%	8,33%	Hedensted	4,35	4,96	5,11	17,39%	3,06%
8	Køge	13,70%	4,08%	Svendborg	7,14	7,75	8,34	16,80%	7,52%
9	Odder	13,07%	6,80%	Odder	7,89	8,63	9,19	16,41%	6,41%
10	Holbæk	12,72%	3,50%	Syddjurs	4,42	4,80	5,14	16,20%	6,89%
11	Rudersdal	12,66%	4,13%	Hvidovre	6,63	7,26	7,68	15,96%	5,89%
12	Fredensborg	12,57%	1,87%	Thisted	3,83	4,02	4,40	14,97%	9,50%
13	Thisted	12,19%	8,10%	Holstebro	5,15	5,66	5,91	14,72%	4,43%
14	Roskilde	12,16%	2,81%	Allerød	10,47	11,48	11,99	14,51%	4,46%
15	Hvidovre	12,09%	5,53%	Rudersdal	7,83	8,81	8,94	14,08%	1,49%
16	Solrød	11,75%	-0,09%	Langeland	4,83	5,18	5,50	13,96%	6,37%
17	Syddjurs	11,64%	4,28%	Halsnæs	5,04	5,49	5,74	13,83%	4,44%
18	Sorø	11,46%	4,16%	Hillerød	6,17	6,73	7,01	13,78%	4,28%
19	Skanderborg	10,99%	1,05%	Glostrup	4,35	4,69	4,94	13,74%	5,43%
20	Glostrup	10,92%	3,68%	Kerteminde	4,26	4,48	4,84	13,65%	8,12%
21	Gentofte	10,26%	5,07%	Næstved	4,03	4,37	4,58	13,61%	4,89%
22	Vesthimmerlands	10,14%	5,25%	Solrød	5,29	5,92	6,00	13,37%	1,33%
23	Faaborg-Midtfyn	9,87%	3,14%	Billund	4,33	4,69	4,90	13,06%	4,50%

**Is this
vulnerable to
AI?**

**..and is it a
problem?**



Because ...

- Only three people do the entire adult acquisition in Copenhagen Libraries
- They work with their own knowledge and skills and augment that with statistics
- Lots of human judgement goes into the system
- ... but maybe it's the kind of job that's threatened?

2. E-lending

e-Lending

Denmark has the most succesful e-lending service in the world

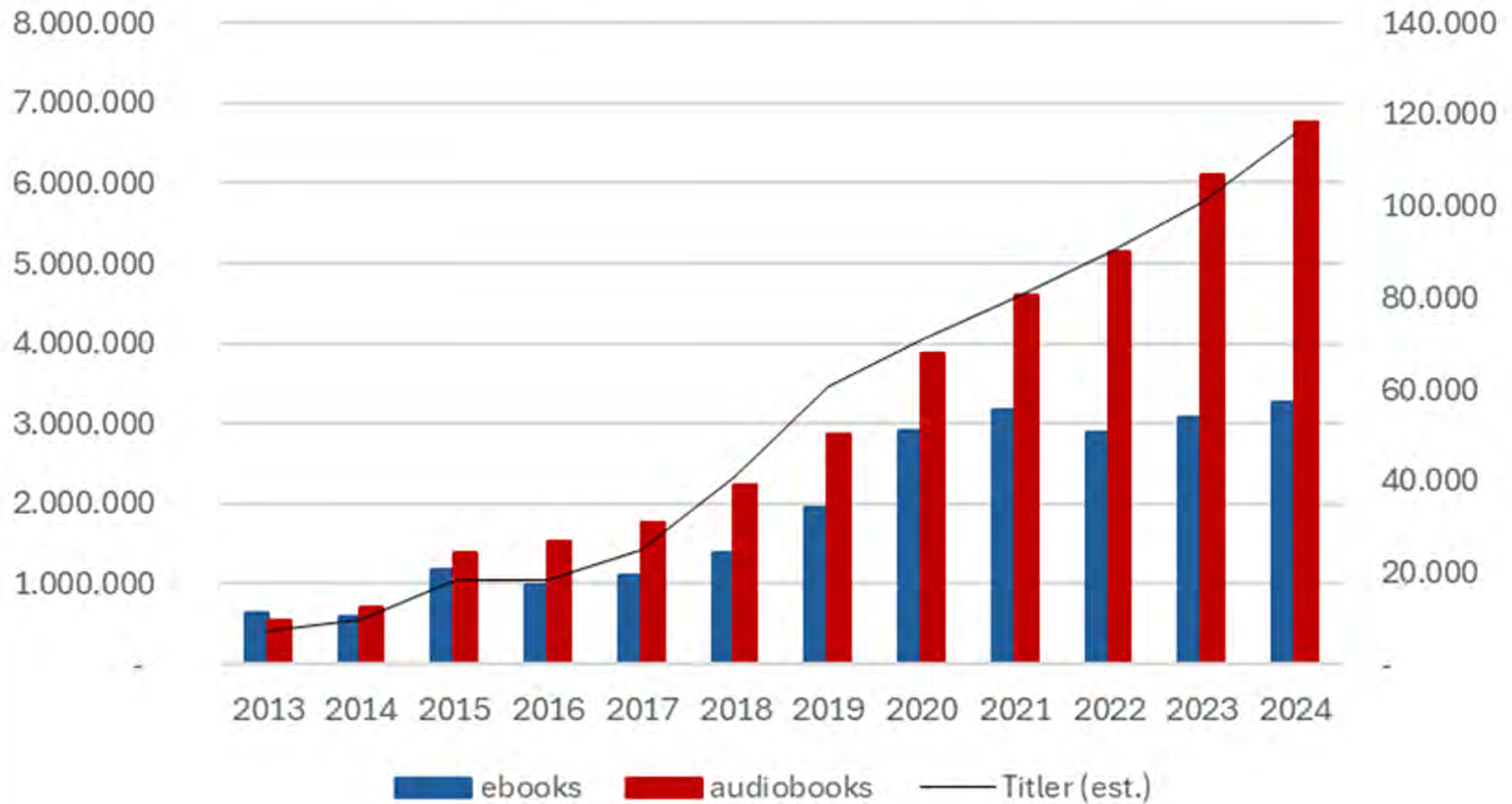
1,6 loans per citizen per year – 15% of the population are users of the service

The libraries run it themselves through an association

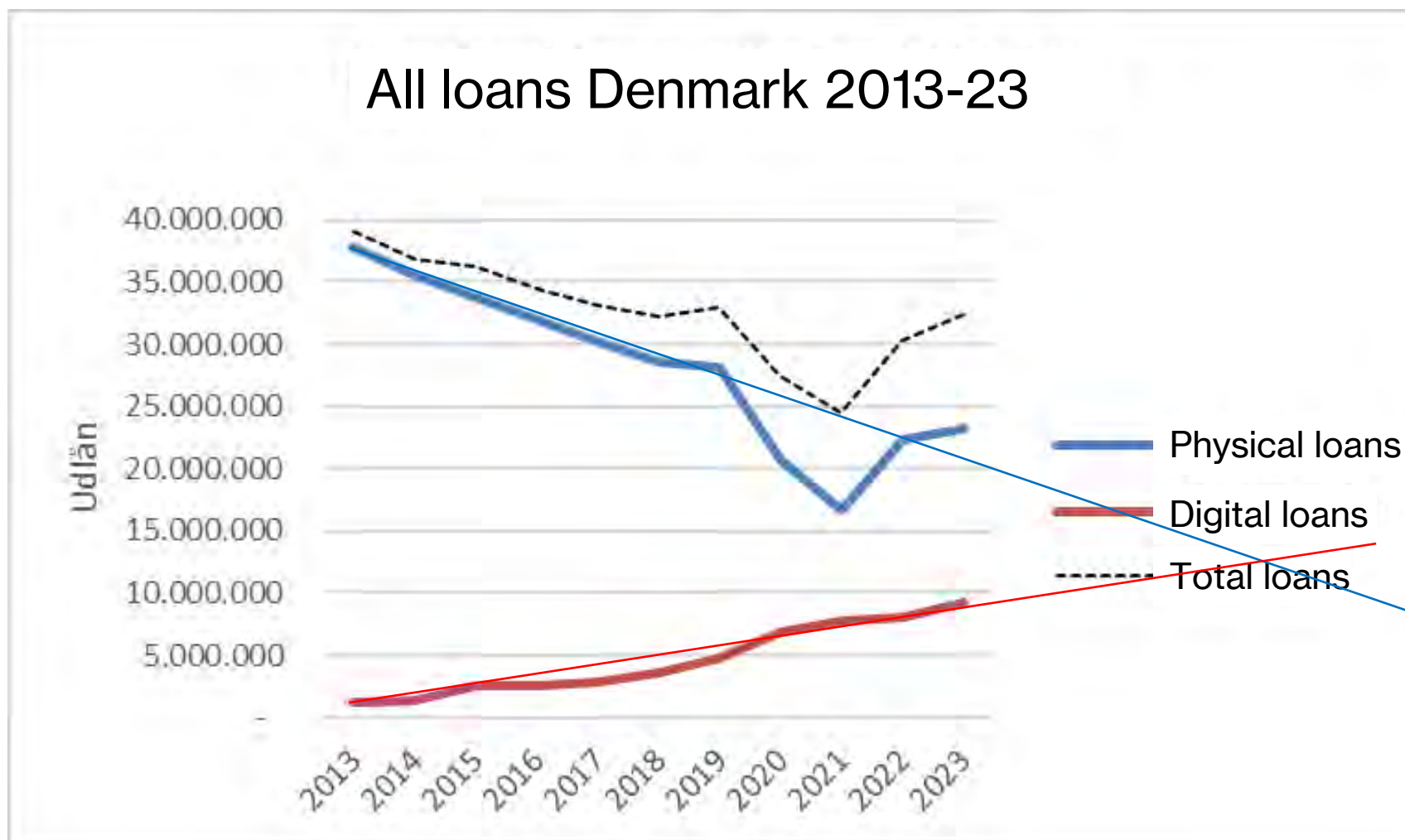
- eReolen has its own ...
 - Web site and apps
 - Acquisition procedure
 - Negotiation
 - **Literature promotion and discovery**



Loans and titles per year Denmark 2013-2024

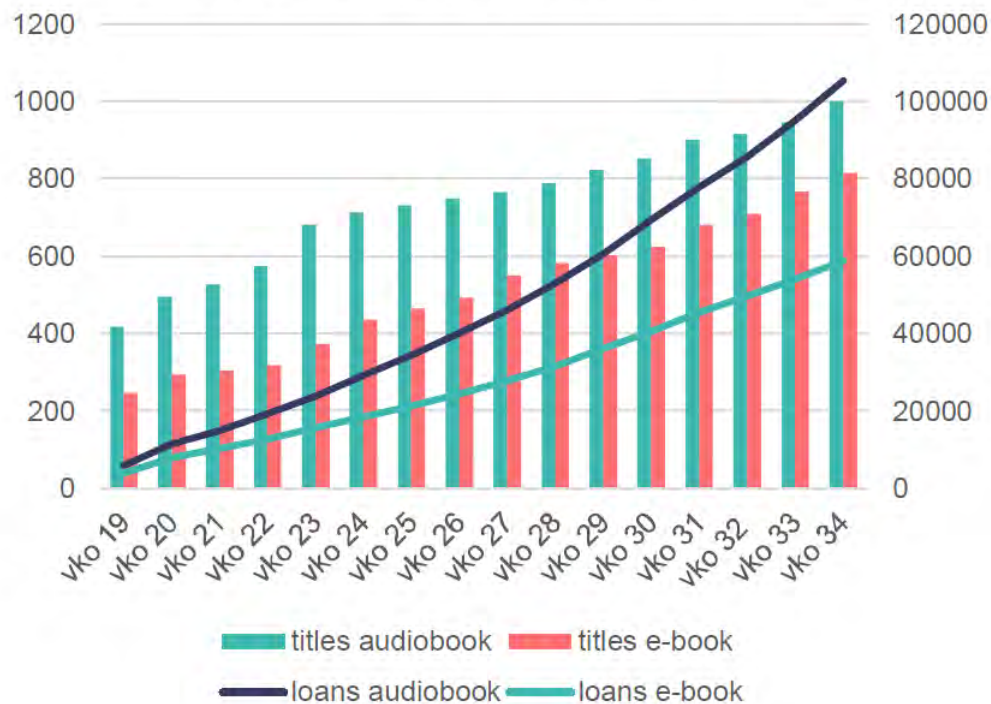


Development in loans Denmark 2013-23



Collections and loans

Development of collections and loans



E-lending issues

Question 1: Procurement issues: Rising demand from users, increasing costs of eBook licenses, restrictive licensing terms, and restrictions on availability of content

Question 2a: Short-term provision issues: The immediate impact of e- on services, library space and the professions

Question 2b: Long-term provision issues: The transformation to the library mission caused by the switch to provision of digital information

- Everybody has both type 1 and type 2 problems, though for many type 1 dominates
- “Solving” type 1 issues typically lead to more severe type 2 problems
- No one is ever safe from going back to type 1 problems
- The spectacular heterogeneity of e-lending solutions – especially the English-speaking world vs. the rest

Two tragedies in life

One is not getting what you want. The other is getting it*

One is not getting any ebooks. The other is getting all of them!

* Oscar Wilde, Irish playwright (1854-1900)

** Me

The first (and only) rule of digital libraries in Europe

1. Our physical libraries look a lot alike, but our digital libraries look *nothing* alike!



Why is this bad?



LOCAL NEWS

Study: 10 Percent Of People Admit To Checking Phone During Sex



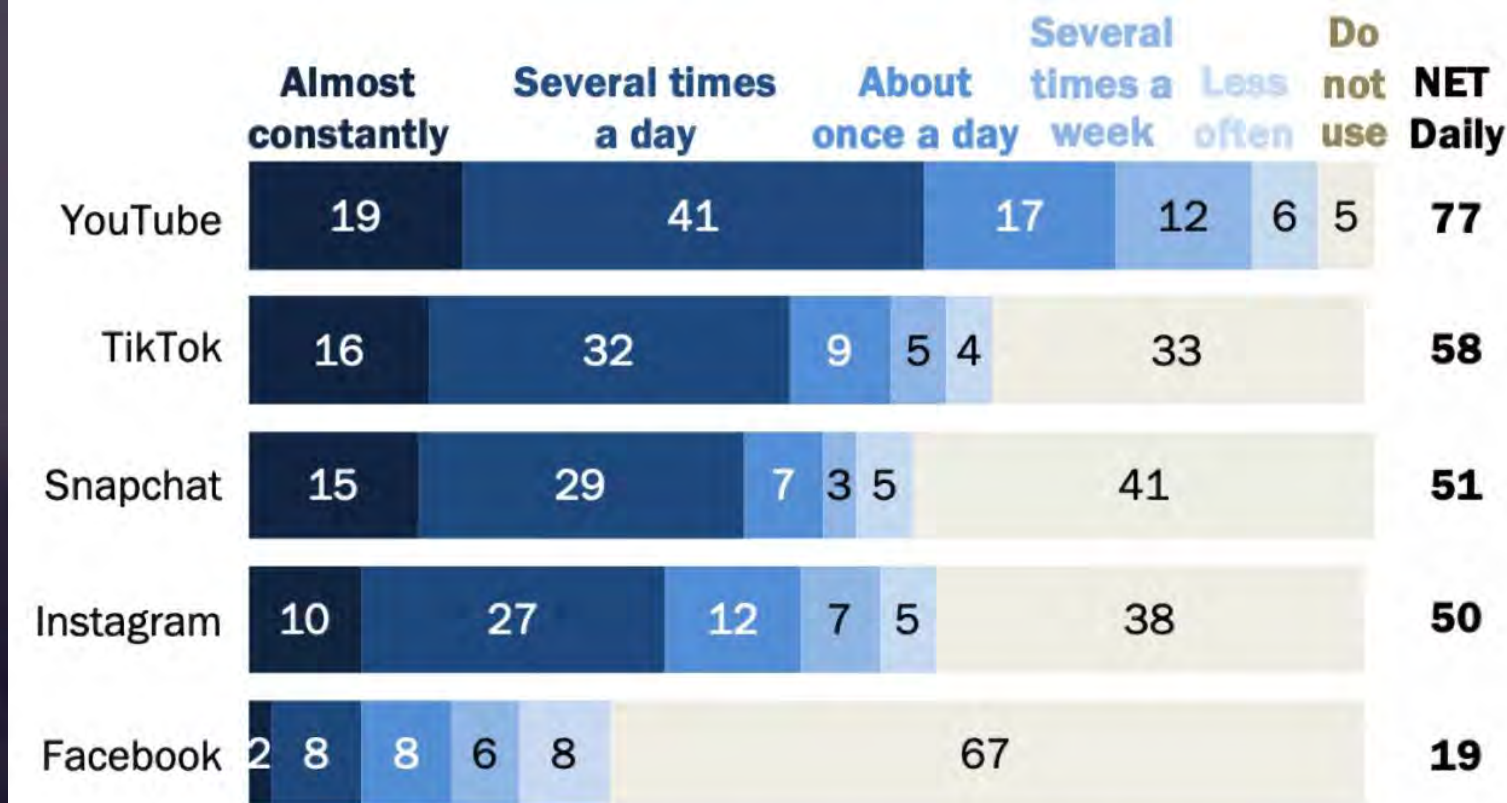
June 7, 2018 / 4:27 PM EDT / CBS Philadelphia





Roughly one-in-five teens are almost constantly on YouTube; only 2% say the same for Facebook

% of U.S. teens who say they visit or use each of the following sites or apps



Note: Teens refer to those ages 13 to 17. Those who did not give an answer are not shown. Figures may not add up to the NET values due to rounding.

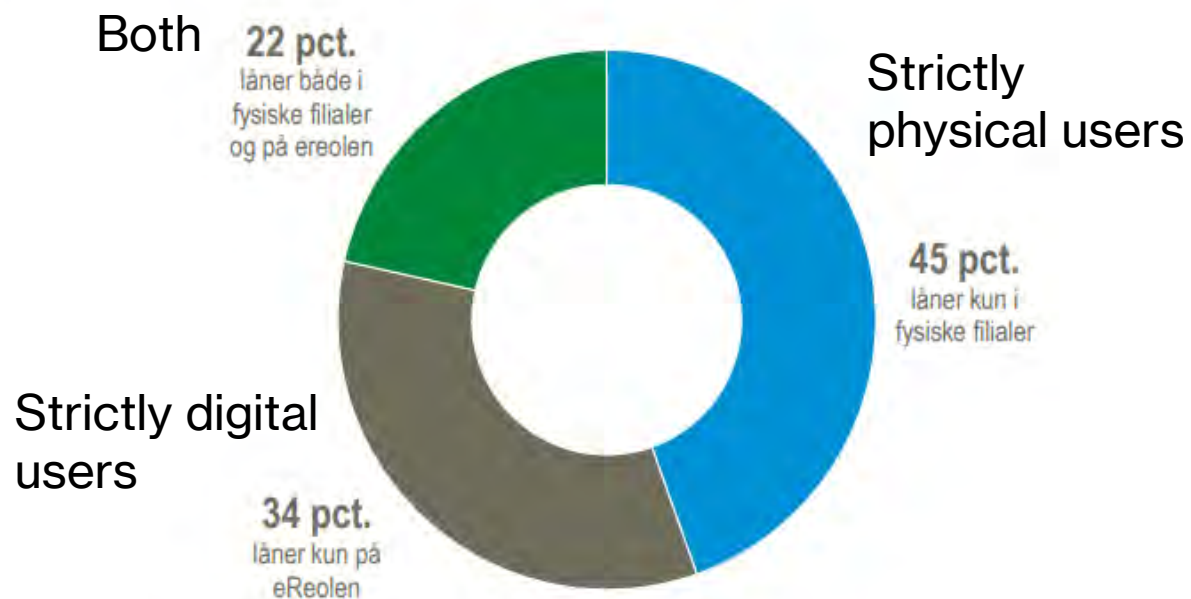
Source: Survey conducted April 14-May 4, 2022.

"Teens, Social Media and Technology 2022"

PEW RESEARCH CENTER

Physical and digital users in Denmark

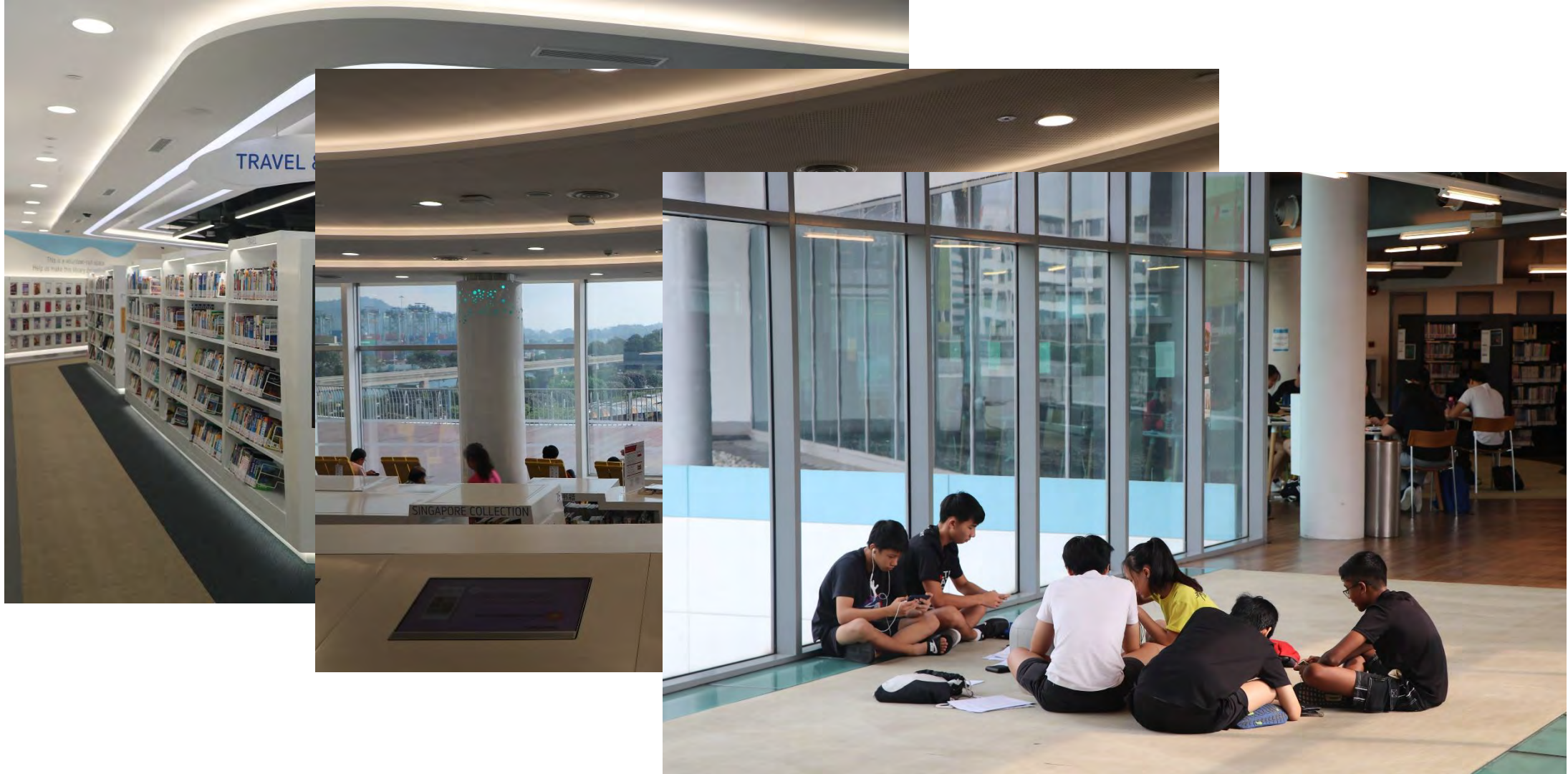
Figur 1 Lånere fordelt på adgangsveje. 2022



Anm.: Grundet afrundinger summerer tallene i figuren ikke til 100.

Kilde: Den individbaserede biblioteksstatistik.

Integration with the physical library



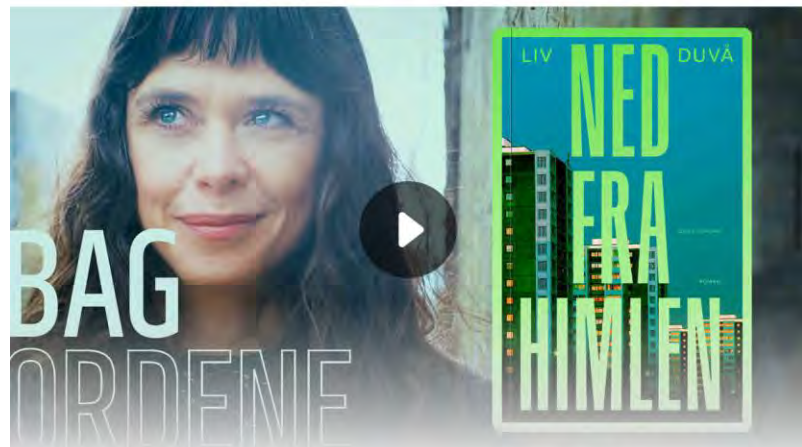
09.29



5G

@Reolen

Bibliotekernes ebøger og lydbøger



Liv Duvå

Det knager i både velfærdssamfundet og familierelationerne i Liv Duvås roman 'Ned fra himlen', der udspiller sig på Københavns vestegn. Hovedpersonen Maria forlader kæresten og vender sammen med sin lille datter tilbage til barndomsmiljøet i Brøndby Strand for at få hjælp fra sin familie.

Familien har misbrug i bagagen, og højhusbyggeriet, som var ramme for Marias barndom, viser sig at være så forgiftet af PCB, at det skal rives ned.



Bibliotekernes ebøger og lydbøger

Anbefalet til dig

Alle >



Danmarks besættelse

Alle >



@Reolen

Bibliotekernes ebøger og lydbøger

Anbefalet til dig

Alle >



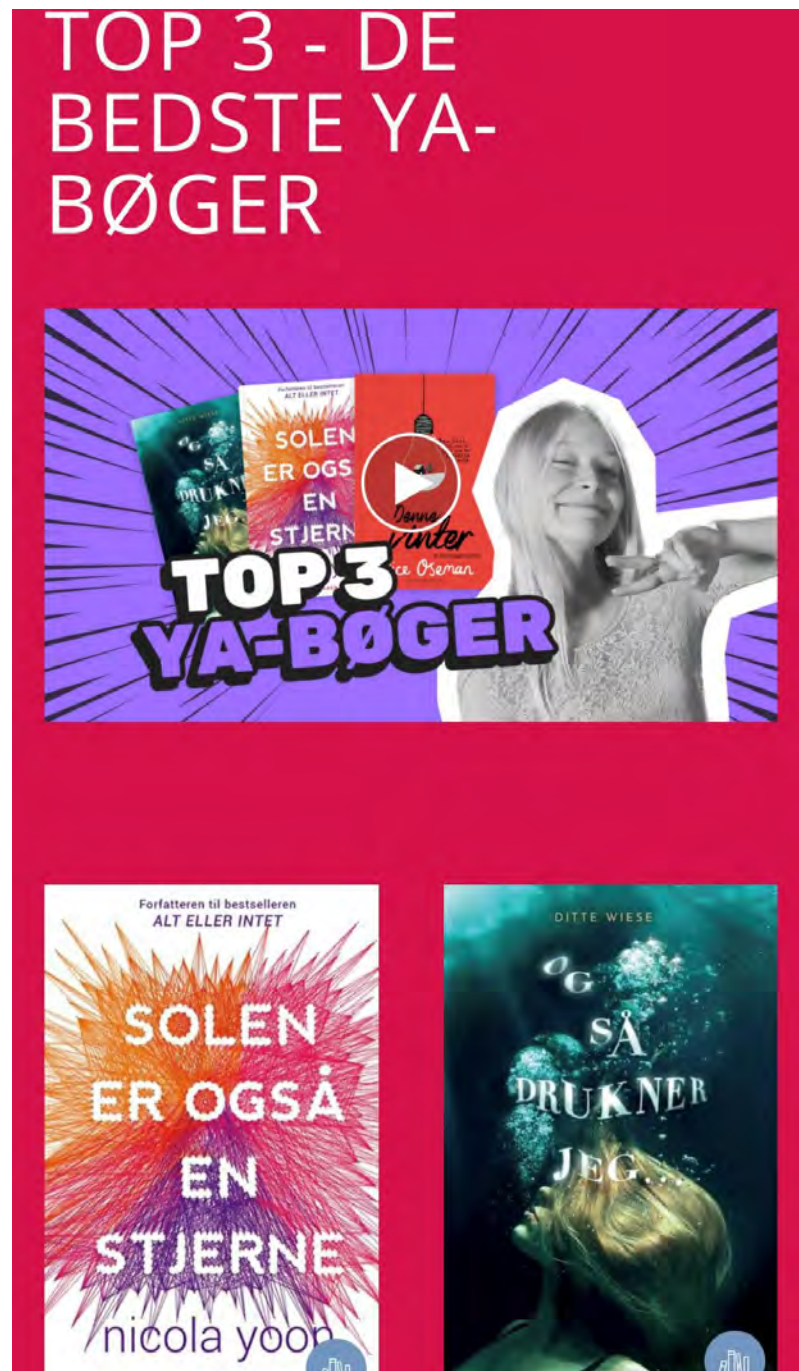
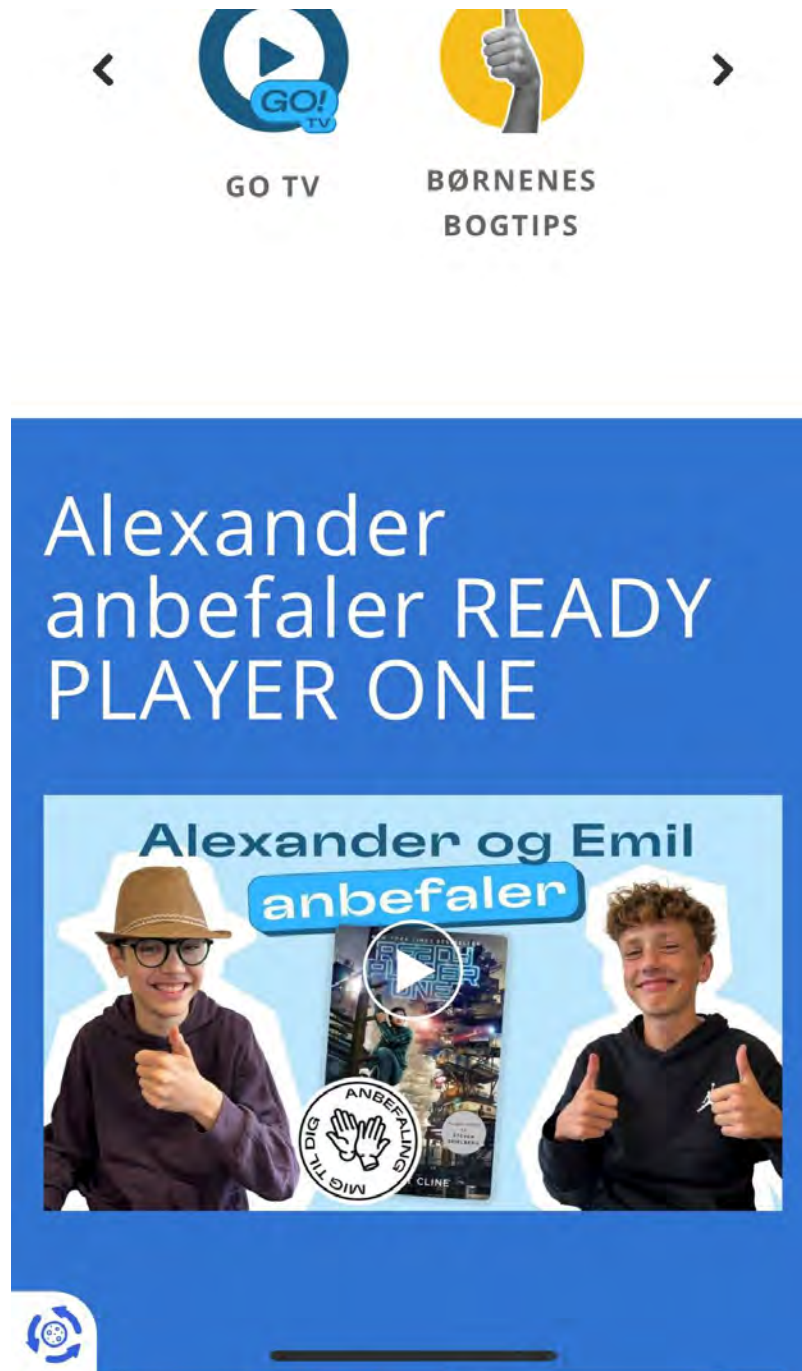
Danmarks besættelse

Alle >





Historier der giver dig grineflip [SE ALLE ➔](#)



But are we building a digital public library? Like really?

We're losing relations and reducing interaction with patrons to transactions (depersonalisation).

It's a step back! AND it's replaceable.

I think we need to build a digital public library!

3. AI as discovery tool

I want to get into classical sci-fi. What should I read?

< 2/2 >



16:41



Worked for 7.8s



If you're looking to dive into classical science fiction, here are some highly recommended books and authors to consider:

1. **Isaac Asimov:**

- **Foundation Series:** This series is a cornerstone of science fiction, exploring the fall and rise of galactic empires with a focus on the science of psychohistory.
- **I, Robot:** A collection of short stories that delve into the interactions between humans and robots, introducing Asimov's famous Three Laws of Robotics.

2. **Robert A. Heinlein:**

- **Stranger in a Strange Land:** A thought-provoking novel about a human raised by Martians who returns to Earth, challenging societal norms.
- **Starship Troopers:** A military science fiction novel that explores themes of citizenship, duty, and the nature of war.

3. **Arthur C. Clarke:**

- **2001: A Space Odyssey:** A classic that combines evolution, artificial intelligence, and space exploration.
- **Rendezvous with Rama:** A story about the exploration of an alien spacecraft that enters the solar system, highlighting themes of discovery and the unknown.

4. **Frank Herbert:**

- **Dune:** An epic science fiction saga set in a distant future amidst a complex political and ecological landscape, focusing on the desert planet Arrakis.

5. **Philip K. Dick:**

- **Do Androids Dream of Electric Sheep?:** The inspiration for the film "Blade Runner," this novel explores what it means to be human in a world filled with artificial intelligence.

6. **H.G. Wells:**

- **The War of the Worlds:** A classic  invasion story that has influenced countless works in the genre.

7. Ray Bradbury:

- **Fahrenheit 451:** A dystopian novel that explores a future society where books are outlawed and firemen burn any that are found.
- **The Martian Chronicles:** A collection of loosely connected stories about the colonization of Mars by humans fleeing a troubled Earth.

8. Ursula K. Le Guin:

- **The Left Hand of Darkness:** A novel that explores themes of gender and society on an alien world where inhabitants are ambisexual.

These authors and their works are often considered essential reading in the science fiction genre and offer a range of themes and styles to explore.



I want to get into modern sci-fi. What should I read?



Worked for 17.7s



Here are some highly recommended modern science fiction books to get you started:

1. **"The Three-Body Problem" by Liu Cixin:** This novel is the first in the "Remembrance of Earth's Past" trilogy and explores the complex scientific concepts through the lens of first contact with an alien civilization. It won the Hugo Award for Best Novel in 2015 and has been praised for its unique blend of science fiction and Chinese history ^{1 2 3}.
2. **"Ready Player One" by Ernest Cline:** Set in a dystopian future, this book follows a teenager's quest through a virtual reality world filled with pop culture references from the 1980s. It's a thrilling adventure that blends science fiction with nostalgia ⁴.
3. **"The Martian" by Andy Weir:** This gripping novel tells the story of an astronaut stranded on Mars and his struggle to survive. It's known for its scientific accuracy and engaging narrative ⁴.

5. **"The Hunger Games" by Suzanne Collins:** Set in a post-apocalyptic world, this novel follows a young girl forced to compete in a deadly televised event. It's a gripping exploration of survival, politics, and morality ⁴.
6. **"Leviathan Wakes" by James S.A. Corey:** The first book in "The Expanse" series, it combines mystery, political intrigue, and compelling characters in a future where humanity has colonized the Solar System ⁴.
7. **"Red Rising" by Pierce Brown:** This novel is set on Mars and follows a young man's rebellion against the oppressive society that enslaves him. It's a gripping tale of revolution and power ⁴.
8. **"Wool Omnibus" by Hugh Howey:** This post-apocalyptic series begins with a community living in a giant underground silo and expands into a broader exploration of humanity's future ⁴.

These books offer a range of themes and styles within the science fiction genre, from hard science fiction to dystopian narratives and space operas.



Classical science fiction often explores a variety of themes that reflect societal concerns, scientific advancements, and philosophical questions. Here are some of the prominent themes:

1. **Exploration and Discovery:**

- The quest for knowledge and the exploration of unknown worlds, whether in space or on Earth, is a central theme. This often involves encountering alien life forms or discovering new technologies.

2. **Technological Advancement:**

- Classical sci-fi frequently examines the impact of technological progress on society. This includes both the benefits and potential dangers of advanced technology, such as artificial intelligence and robotics.

3. **Social and Political Commentary:**

- Many works use futuristic or alternative societies to comment on contemporary social and political issues. This can include critiques of totalitarianism, explorations of utopian or dystopian societies, and examinations of class and racial inequalities.

4. **Human Nature and Identity:**

- The genre often delves into what it means to be human, especially in the context of advanced technology or alien encounters. This can involve questions of consciousness, morality, and the nature of reality.

5. **Time Travel:**

- Stories involving time travel explore the paradoxes and possibilities of moving through time, often examining the consequences of altering past events or glimpsing future ones.

6. **Alien Encounters:**

- First contact with extraterrestrial life forms is a common theme, exploring communication challenges, cultural differences, and the potential for conflict or cooperation.



8. **Ethical and Moral Dilemmas:**

- Sci-fi often presents ethical questions related to scientific advancements, such as the moral implications of genetic engineering, cloning, or the creation of sentient AI.

9. **Survival and Adaptation:**

- Stories of survival in harsh or post-apocalyptic environments are common, exploring human resilience and adaptability in the face of extreme challenges.

10. **Philosophical and Existential Questions:**

- The genre can delve into deep philosophical questions about the nature of existence, the purpose of life, and the role of humanity in the universe.

These themes are often interwoven, creating complex narratives that invite readers to consider the implications of scientific and technological progress on society and the human condition.

16:44 ⚡



 New chat

what is the "the left hand of darkness" about?



Worked for 5.8s



"The Left Hand of Darkness" by Ursula K. Le Guin is a groundbreaking science fiction novel that explores themes of gender, culture, and identity. The story is set on the planet Gethen, also known as Winter, which is inhabited by ambisexual beings who are neither male nor female most of the time. These inhabitants only adopt sexual characteristics during a periodic phase called "kemmer."

The protagonist, Genly Ai, is a human envoy sent from the Ekumen, a coalition of planets, to establish diplomatic relations with Gethen. Ai struggles to understand and navigate the unique culture and gender dynamics of Gethen, which challenges his own perceptions and biases. Throughout his mission, Ai forms a complex relationship with Estraven, a Gethenian political figure who aids him despite being exiled.

The novel delves into the intricacies of Gethenian society, politics, and religion, as Ai travels across the harsh, icy landscape, facing both physical and cultural challenges. The narrative explores themes of trust, loyalty, and the consequences of cultural

The novel delves into the intricacies of Gethenian society, politics, and religion, as Ai travels across the harsh, icy landscape, facing both physical and cultural challenges. The narrative explores themes of trust, loyalty, and the consequences of cultural misunderstandings. Ultimately, Ai's mission to integrate Gethen into the Ekumen succeeds, but not without personal sacrifices and a deepened understanding of the Gethenian way of life.

"The Left Hand of Darkness" is renowned for its thought-provoking exploration of gender and its impact on society, making it a seminal work in the science fiction genre.



**"Make me an
image inspired
by "The Left
Hand of
Darkness"**

**”Another
one!”**



I read "the left hand of darkness" what should i read now?



16:55



If you enjoyed "The Left Hand of Darkness" by Ursula K. Le Guin, you might be interested in exploring other works that delve into similar themes of gender, society, and cultural exploration, or other notable science fiction novels. Here are some recommendations:

1. **Ursula K. Le Guin's Other Works:**

- **"The Dispossessed"**: Another novel in the Hainish Cycle, it explores themes of anarchism and societal structures through the lens of two contrasting societies.
- **"The Lathe of Heaven"**: A novel that delves into the concept of reality-altering dreams and their consequences.

2. **Philip K. Dick:**

- **"The Man in the High Castle":** This novel explores an alternate history where the Axis powers won World War II, offering a complex narrative about reality and identity.

3. **Margaret Atwood:**

- **"The Handmaid's Tale":** While more dystopian in nature, it offers a critical look at gender roles and societal structures in a future where fertility is a rare commodity.

4. **Octavia E. Butler:**

- **"Kindred":** A time-travel narrative that explores issues of race, slavery, and identity as a modern African American woman is transported to the antebellum South.

7. **Samuel R. Delany:**

- **"Babel-17"**: A novel that combines linguistics and space opera, exploring how language shapes thought and reality.

8. **Joanna Russ:**

- **"The Female Man"**: A feminist science fiction novel that explores gender roles and societal structures through parallel worlds.

These recommendations span a range of styles and themes within science fiction, offering diverse perspectives and narratives that might resonate with your interest in "The Left Hand of Darkness."

What would you say are the main differences between classical and modern sci-fi?



Classical and modern science fiction differ in several ways, reflecting changes in societal values, technological advancements, and literary trends. Here are some of the main differences:

1. **Themes and Focus:**

- **Classical Sci-Fi:** Often focused on exploration, discovery, and the impact of technological advancements. It frequently dealt with themes like space exploration, alien encounters, and the consequences of scientific progress.
- **Modern Sci-Fi:** Tends to explore more complex social issues, such as climate change, artificial intelligence ethics, and the impact of technology on identity and privacy. It often delves into dystopian futures and the intricacies of human relationships in technologically advanced societies.

2. **Character Development:**

- **Classical Sci-Fi:** Characters were often archetypes, serving as vehicles for exploring ideas rather than being deeply developed individuals. The focus was more on plot and concepts.
- **Modern Sci-Fi:** Emphasizes character development and emotional depth. Characters are often more nuanced, with complex motivations and personal struggles that drive the narrative.

3. **Technological and Scientific Accuracy:**

- **Classical Sci-Fi:** Often speculative and imaginative, with less concern for scientific accuracy. The focus was on exploring "what if" scenarios.
- **Modern Sci-Fi:** Strives for greater scientific plausibility, often incorporating current scientific theories and technological trends. This reflects the influence of rapid technological advancements.

4. **Diversity and Representation:**

- **Classical Sci-Fi:** Often lacked diversity in characters and perspectives, reflecting the societal norms of its time.
- **Modern Sci-Fi:** Places a greater emphasis on diversity, including representation of different races, genders, and cultures. It also explores issues of identity and social justice more explicitly.

5. **Storytelling Style:**

- **Classical Sci-Fi:** Often followed a more linear narrative structure, with clear beginnings, middles, and ends. The focus was on grand ideas and spectacle.
- **Modern Sci-Fi:** Experiments with non-linear storytelling, multiple perspectives, and complex narratives. It often blurs the lines between genres, incorporating elements of fantasy, horror, and literary fiction.

6. Cultural Context:

- **Classical Sci-Fi:** Reflected the optimism and anxieties of the mid-20th century, including the Space Race, Cold War tensions, and the promise of technological progress.
- **Modern Sci-Fi:** Reflects contemporary concerns such as globalization, environmental degradation, and the digital revolution. It often takes a more critical view of technological progress and its potential downsides.

7. Subgenres and Hybridization:

- **Classical Sci-Fi:** Tended to stick to more traditional subgenres like space opera, hard science fiction, and post-apocalyptic fiction.
- **Modern Sci-Fi:** Has seen the rise of new subgenres and hybrid genres, such as cyberpunk, biopunk, and climate fiction, which blend science fiction with other literary traditions.

These differences highlight how science fiction has evolved to reflect changing societal values, technological advancements, and literary trends over time.

INTERNATIONAL BESTSELLER

Chris van Tulleken

"En vigtig øjenåbner
– læs den for din
sundheds skyld!"

ANNE TJØNNELAND, PROFESSOR

"Fascinerende,
men rent ud sagt
rædselsvækkende."

BEN SPENCER, SUNDAY TIMES

ULTRA FORARBEJDET

Hvorfor vi spiser
mere og mere,
som ikke er mad
... og hvorfor vi ikke
kan lade være

POLITIKENS FORLAG

**A librarian ... no,
1.000 librarians
wherever you go**



10.16

Ultra Processed Foods



What is this?



The image shows a book cover titled "Ultra Forarbejdet" by Chris van Tulleken. The title is in Danish and translates to "Ultra Processed" in English. The cover features an image of a loaf of bread in a plastic bag, with the title and author's name prominently displayed. The subtitle on the cover reads: "Hvorfor vi spiser mere og mere, som ikke er mad ... og hvorfor vi ikke kan lade være," which translates to "Why we eat more and more that is not food ... and why we can't stop."

The book appears to be an international bestseller, as indicated at the top of the cover. It includes endorsements from Anne Tjønneland, a professor, and Ben Spencer from the Sunday Times, suggesting that the book delves into the issues surrounding ultra-processed foods and their impact on eating habits and health. The publisher is Politikens Forlag.

Ask me anything!

10.17

Ultra Processed Foods

The book appears to be an international bestseller, as indicated at the top of the cover. It includes endorsements from Anne Tjønneland, a professor, and Ben Spencer from the Sunday Times, suggesting that the book delves into the issues surrounding ultra-processed foods and their impact on eating habits and health. The publisher is Politikens Forlag.

7 Apr, 6:02 PM

What is the original book?



The original book, as indicated by the Danish translation, is likely "Ultra-Processed: The Hidden Truth About Our Food and How It's Making Us Sick" by Chris van Tulleken. This book explores the impact of ultra-processed foods on health and dietary habits, shedding light on how these foods affect modern eating patterns and overall well-being. It delves into the science and societal factors behind the consumption of such foods and offers insights into why they are so prevalent in today's diets.

7 Apr, 6:03 PM

Ask me anything!

10.17

Ultra Processed Foods

What other books can you recommend on the topic?

Thought for 1s

If you're interested in exploring the topic of ultra-processed foods further, here are some books you might find insightful:

- "The Dorito Effect" by Mark Schatzker:** This book delves into the relationship between flavor, nutrition, and the food industry, exploring how ultra-processed foods affect our eating habits and health.
- "The Way We Eat Now" by Bee Wilson:** This book examines modern eating habits and the impact of processed foods on our diets and overall well-being.
- "In Defense of Food" by Michael Pollan:** While not solely focused on ultra-processed foods, this book provides a broader perspective on the modern diet and advocates for a return to more traditional, whole foods.
- "Animal, Vegetable, Junk" by Mark Bittman:** This book explores the transformation of the American diet over the decades, highlighting the rise of ultra-

Ask me anything!

**We're going from search to
conversation-based
discovery!**

4. Epilogue

Thoughts

- Keynote: AI gives more time for human interaction
- Keynote: We know we're in a fight for attention as is everyone else
- Could authenticity and human attention be the USP of libraries? Or AI bleeding edge ...
- PS: What are we going to do when AI writes the books?

FEATURED

SUPERHUMAN GADGETS

DINOSAUR CHOIR

BUY IT FOR LIFE

AIRPORT THEORY

THE WIRED 101

DEALS DELIVERED

SOPHIE CHARARA

GEAR MAR 31, 2025 7:00 AM

The Bluetooth Lady Speaks! 'Voice-Over Actors Will Be Artisans in the AI Age'

Thank you!

Questions, comments, threats and love letters:

Mikkel Christoffersen

E. mc@db.dk

M. +45 2049 1885