



# Heidi Herman

*Celebrating life through writing as I honor my Icelandic heritage.*

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Through Heidi's Herman's vibrant and engaging, and often humorous stories, intertwined with unique ideas and helpful information, she encourages curiosity, connection, and a call to action.

- Laura Haw, Adjunct Instructor in Aging Studies, University of Indianapolis



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## Speaking Topics

### Aging with Vitality

Heidi is passionate about sharing stories of active living and providing practical tools to help others add vitality to their own lives. Spanning mental, emotional, social, and physical wellbeing, Heidi provides valuable insight into an impact-driven lifestyle even amidst an environment of social distancing. Heidi believes that a person is never too old to enjoy life, and that message has influenced Heidi's commitment to helping others maximize new activities and experiences that make them feel most alive.

### Iceland: Land of Fire & Ice, Legacy of Legends

Having authored many books about Icelandic culture, including an award-winning cookbook, romantic fiction novels, and folk tales passed down over generations, Heidi is passionate about inspiring the imagination of others by sharing the stories, legend, and lore that make up her heritage.

### Folklore of Iceland

Inspired by the stories of her Icelandic heritage, Heidi's spin on these traditional stories engages young audiences with the country's rich history of legends, folklore tales, and magical creatures.

## Bio

After retiring from a 30-year career in business,, Heidi turned to fiction writing full-time, inspired by her mother's example. In the winter of 2012, at the age of 88, her mother, Íeda Jónasdóttir Herman, published a childhood memoir which featured some of Iceland's folklore.

Heidi has traveled to Icelandic nine times and is working to master the Iceland language. She currently divides her time between South Dakota and Arizona. In addition to writing, she loves attending Scandinavian festivals, cooking, photography, travel, and exploring the outdoors.

## Published Works

**On With the Butter! Spread More Living onto Everyday Life** (2020) Motivational Non-Fiction

**Her Viking Heart** (2018) Contemporary Novel

*2018 Foreword INDIES Book of the Year Gold Winner*

*2018-2019 Reader Views Literary Finalist*

*2019 American Fiction Award Finalist*

**Homestyle Icelandic Cooking for American Kitchens** (2017) Cookbook

*2017 Gourmand World Cookbook Award Winner*

**The Guardians of Iceland and other Icelandic Folk Tales** (2016) Folklore

*2017 Book Excellence Award-Multicultural Fiction*

**Icelandic Yule Lads Mayhem at the North Pole** (2016)

**Yule Lads Legend** (2020) [2<sup>nd</sup> edition of *Legend of the Icelandic Yule Lads* originally published in 2015]

## Offerings and rates

Children's  
Program

Motivational or  
Icelandic  
Presentation

Keynote Address

Cooking  
Demonstration  
*Kitchen facilities must be provided*