

# Delve Deeper into *Steam of Life*

A film by Joonas Berghall and Mika Hotakainen

This multi-media resource list, compiled by Jean-Marie Miele of the San Diego Public Library, provides a range of perspectives on the issues raised by the upcoming POV documentary *Steam of Life*.

*From a land of long, dark winters comes Steam of Life, a moody, comic and moving study of Finnish men as framed by the national obsession with the sauna. There, they come together to sweat out not only the grime of contemporary life, but also their grief, hopes, joys and memories. Beautifully and hauntingly shot, the acclaimed film provides a surprising glimpse into the lives of Finnish men and a remarkable depiction of the troubled and often reticent hearts of contemporary Western men.*

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## ADULT NONFICTION

### Finnish Sauna Culture

**Viherjuuri, Hillari Johannes.** *Sauna: The Finnish Bath.* Brattleboro, Vt., S. Greene Press, 1965. Long considered the standard on the subject, this book presents sauna history, folklore and customs.

**Roy, Robert L.** *The Sauna.* White River Junction, Vt. : Chelsea Green Pub., 1996. Roy presents sauna history, health benefits, and step-by-step instructions for building two styles of sauna.

**Hillila, Bernhard.** *The Sauna /s... Iowa City, Iowa : Penfield Books, 2003.* This book defines the authentic sauna experience, and considers related historical, physiological, psychological, and moral issues.

**Rajala, Nicolyn.** *Some like it hot: the sauna, its lore and stories.* St. Cloud, MN: North Star Press of St. Cloud Inc., 2000. Humorous stories and anecdotes provide insight into the Finnish sauna tradition.

**Nordskog, Michael & Hautala, Aaron W.** *The Opposite of Cold: the Northwoods Finnish Sauna Tradition.* Minneapolis: University of Minnesota Press, 2010. Beginning with the origins of Finnish sauna and how the practice was first brought to North America, this book is an exquisite commemoration of the history, culture, and practice of Finnish sauna in the northwoods.

### Sauna Health Benefits

**Law, Donald.** *Sauna for health.* New York: Arco Pub. Co., 1978. This is a comprehensive guide to the health-giving benefits of sauna.

**Roeder, Giselle.** *Sauna: the hottest way to good health.* Burnaby, BC: Alive Books, 2001. Roeder writes a good introduction to the newcomer about the health benefits of the sauna.

### Finnish Society

**Lewis, Richard D.** *Finland, cultural lone wolf.* Yarmouth, ME: Intercultural Press, 2005. Lewis tells the story of Finland as an accomplished nation.

**Rajanen, Aini.** *Of Finnish Ways.* Minneapolis, Minn.: Dillon Press, 1981. This book gives a good summary well the various aspects of Finnish culture and history.

### Male Friendship

**Epstein, Joseph.** *Friendship: an expose.* Boston: Houghton Mifflin Co., 2006. Epstein analyzes the components of friendship – trust, reciprocity, obligation, and understanding.

**Greif, Geoffrey L.** *Buddy System: Understanding Male Friendships.* Oxford; New York: Oxford University Press, 2009. Drawing on in-depth interviews with nearly 400 men, therapist and researcher Greif takes readers on a guided tour of male friendships.

### Masculinity

**Oliver, Neil.** *Amazing stories for making men out of boys.* New York: William Morrow, 2009. The tales in this compendium of courage are powerful and, much like Oliver's heroes, win the day through brute force and sheer will.

**Salzman, Marian L. & Matathia, Ira. & O'Reilly, Ann.** *The Future of Men.* New York: Palgrave Macmillan, 2005. The authors show how the role of men has evolved and what it means for business and our culture.

**Walker, Rebecca.** *What makes a man: 22 writers imagine the future.* New York: Riverhead Books, 2004. This collection of essays explore, gender, race, and masculinity.

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## ADULT FICTION

**Friberg, Eino.; Schoolfield, George C.** *The Kalevala: epic of the Finnish people.* Helsinki, Finland : Otava ; Turku, Finland : Finnish North American Literature Society, 1988. Regarded as a national epic of Finland, *The Kalevala* has played a significant role in the development of the Finnish national identity.

