



**Critical Acclaim For  
“STEAM OF LIFE”**

By Joonas Berghäll and Mika Hotakainen

“Bittersweet. . . [the subjects] recalling lost loves, sad secrets and missed opportunities until the tears flow. . . all these and many more speak with uncommon frankness . . .”

— **Nancy deWolf Smith, *The Wall Street Journal***

“Life at its most real. . . the small hot room becomes something sacred and transformative. Reservations melt away, and a kind of joy rises up like steam from a bed of hot rocks.”

— **John Anderson, *Variety***

“In this moody and sometimes funny doc, 12 guys talk with startling candor . . .”

— **New York Daily News**

“Engaging. . . The [men’s] confessions seem remarkably natural and unforced. . . heartrending.”

— **Stephen Farber, *The Hollywood Reporter***

“Both haunting and melancholy . . . and often amusingly quirky, *Steam* is a decidedly Finnish take on *Men of a Certain Age*.”

— **Kevin McDonough, United Feature Syndicate**

“Charming, intimate, and very candid. . . By the end you realize *Steam of Life* isn’t about saunas, but friendship.”

— **Brian Miller, *Seattle Weekly***

“*Steam of Life* eschews names and backgrounds in favor of small, poignant stories of heartbreak. . . [The film] manages that which few documentaries do; it is so anonymously personal that it inescapably applies to all viewers. . . Astoundingly beautiful.”

— **Leslie Stonebreaker, *New York Press***

“Intimate and at ease. . . Quiet. . . poignant. . . the film’s visual evocations are rich.”

— **Cynthia Fuchs, *PopMatters.com***

“*Steam of Life* delivers one back to the world lighter, somewhat lifted. . . The film allows its subjects the time and space to speak until the pain pours out with the sweat. A small, quiet film, free of the flash that has, for better or worse, crept into so many nonfiction films.”

— **Chris Stamm, *Willamette Week***

“As they cast ladles of water on to the hissing stones, these men tell the stories close to their hearts. . . it is deeply engrossing to watch people being so real and receiving nothing from each other except respectful attention. . . the film achieves something close to a sacramental rhythm.”

— **Peter Calder, *The New Zealand Herald***

“What is revealed in *Steam* is that in moments of emotional turmoil and crisis, people benefit the most merely by being heard.”

— **Erin Donovan, *Steady Diet of Film blog***