

A FILM BY ENDRE KVIA

A man given months to live turns toward the one thing he has spent his whole life avoiding, his own fear, and discovers it is not what he thought.

PRESS KIT

SYNOPSIS

In 2012, Norwegian filmmaker Endre Kvia is diagnosed with metastatic melanoma and given three to six months to live. Against the urging of his doctors and the fears of his own family, he declines surgery and chemotherapy and commits to healing from the inside out, a path that leads him straight into what he has spent his life avoiding, his fears.

Crack Me Open is both an intimate healing story and a wide-ranging inquiry into the nature of fear. As Endre pursues a holistic path, his greatest obstacle is not the disease but the waves of mortal fear flooding his body. Woven through his journey are leading thinkers on biology, psychology and the human spirit, each illuminating how fear, meant to protect us, has come to imprison us.

In the film's pivotal moment, he stops running, sits down, and feels the fear all the way through, to a startling revelation on the other side.

TITLE
Crack Me Open

DIRECTOR
Endre Kvia

YEAR
2026

RUNTIME
72 minutes

TYPE
Feature Documentary

COUNTRY
Australia

LANGUAGE
English

ASPECT RATIO
16:9

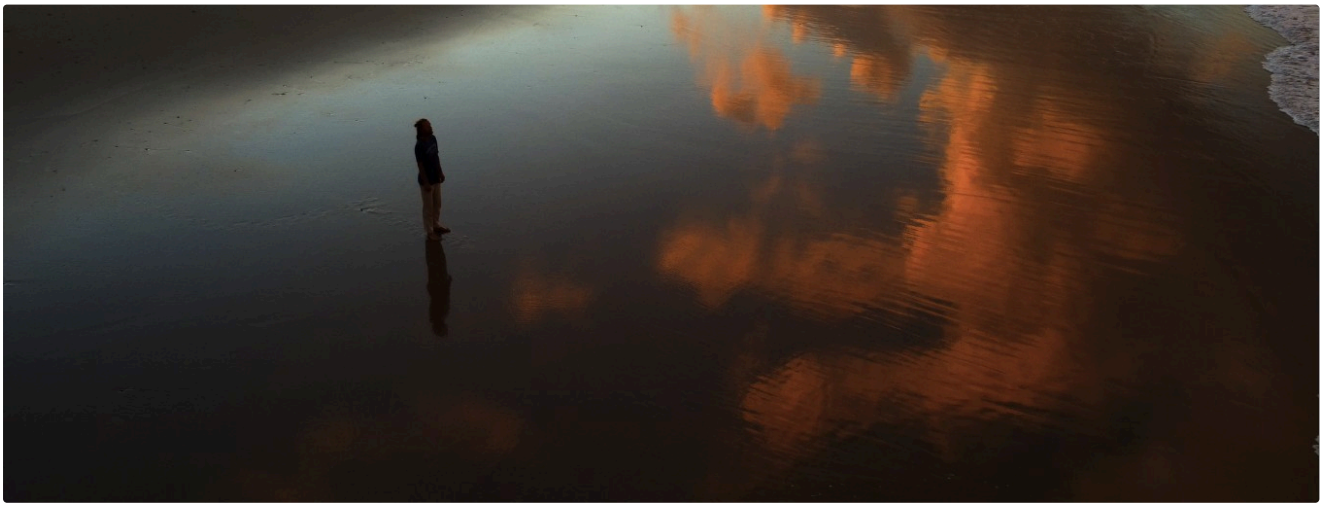
RESOLUTION
4K

SOUND
5.1 Surround

FORMAT
DCP / ProRes

SCREENER
Available on request

OFFICIAL SELECTION — BYRON BAY INTERNATIONAL FF 2026



Still from Crack Me Open

DIRECTOR'S STATEMENT

Healing from cancer after being given months to live in 2012, and in many ways healing my life, always felt connected to a larger story. But it wasn't until I began to understand how deeply fear had shaped and limited my life that I felt compelled to make this film.

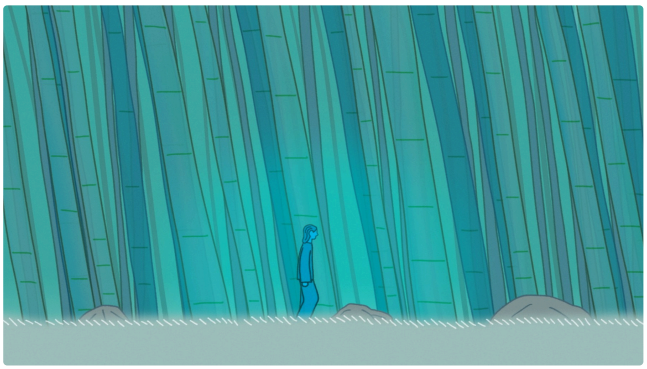
In the process, I came to see fear not simply as something to overcome, but as a threshold to everything that matters most. Making *Crack Me Open*, told in the first person and from inside the body, demanded that I confront my own fears at every step: unworthiness, vulnerability, and the challenge of placing myself at the center of such a personal story.

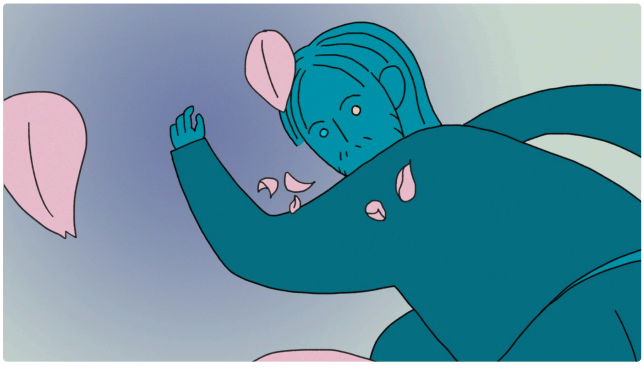
As a filmmaker, my deepest hope is to create work that helps people see through fear's distortions, and opens space for greater truth, courage, and authenticity in how we live.

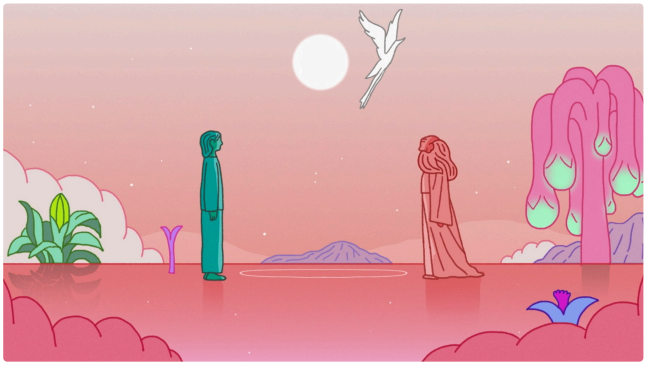
— Endre Kvia

THE ANIMATION









The film weaves live action with hand-drawn animation · animation by Sem Han

DIRECTOR

Endre Kvia

Endre Kvia is a Norwegian filmmaker based on the east coast of Australia and the founder of Kbam Film Production. His work explores fear, healing and human consciousness through intimate, cinematic storytelling that stays close to lived experience.

His path to filmmaking began with a health crisis. In 2012 he was diagnosed with metastatic melanoma and told he had only months to live. In a decision that alarmed those closest to him, he declined conventional treatment and turned inward, and the greatest obstacle he faced was not the illness but his own fear of death. That experience of turning toward fear rather than away from it became the seed of his work.

After more than a decade as a teacher, he transitioned to filmmaking, editing the feature documentary *The Trustfall: Julian Assange* (2023), and he wrote and directed *Mother Earth Educators* (2022). *Crack Me Open* is his feature directorial debut and the most personal film he has made.

An aspiring musician as well as a filmmaker, Endre is drawn to work that meets people in their inner lives, opening space for greater truth, courage and authenticity in how we live.



Endre Kvia, Writer / Director

CREDITS

DIRECTOR / WRITER / PRODUCER
Endre Kvia

EXECUTIVE PRODUCER
Angela Bambach

DIRECTOR OF PHOTOGRAPHY
Dylan Lalor

CAMERA
Sam Clarke

ANIMATION
Sem Han

FEATURING
Leading thinkers on biology, psychology and the human spirit, including Bruce Lipton, Charles Eisenstein and Kelly Brogan.

STILLS









Crack Me Open · the film combines live action with hand-drawn animation. High-resolution stills available on request.

CONTACT

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Website whatisfearfilm.com

Trailer youtube.com/watch?v=CdR4W3t5ZqU

Screener available on request

Instagram @whatisfearfilm