



Desnuda frente a ti: testimonio de esperanza tras la muerte de una hija (Spanish Edition)

Marta Isasi Barbieri

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A los 45 años toqué fondo, llegué al vacío más doloroso y solitario. Es un hoyo. Es experimentar la pena más desgarradora y siniestra; es sentir que todo duele, todo molesta, todo hierde. No deseo levantarme, ni vestirme, ni escoger la ropa. Aunque afuera la vida transcurre normalmente, aquí adentro siento que todo se detuvo con el suicidio de mi hija y que ya no tengo fuerzas. Durante las noches despierto empapada, casi con taquicardia o, sencillamente, no logro dormir.

Así, en medio de tanta desesperación, nace la idea de escribir este libro y siento que Dios, una vez más, está conmigo en esto. Deseo compartir con otros esta terrible experiencia, en el afán altruista de ayudar con su lectura a quienes pasen por lo mismo, pero también con la esperanza de salir adelante, con la convicción de que si he logrado sobrevivir a tantas penas y frustraciones, a tantas decepciones y pérdidas, entonces seré capaz de volver a levantarme.

Si has pensado también en esta posibilidad, si estás en el proceso de idear cómo desaparecer y que parezca un accidente, te digo que siempre estás a tiempo de intentar recuperarte. Por tu amor propio te pido que tomes papel y lápiz y escribas lo que te aflige, lo que pasa por tu cabeza. Por último, hazlo como un ejercicio. Te podría interesar. Espero de corazón que este libro llegue a tus manos antes de que termines con tu vida.

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