



Nadie Me Entiende. Amar la vida tras una pérdida.

By Cunill, Mónica; Díez Muntané, Silvia

Luciérnaga, 2013. Encuadernación de tapa blanda. Book Condition: Nuevo. 1ª Edición. Ejemplar nuevo en perfecto estado, restos editoriales. Encuadernación en rústica, 140 x 215 mm, 176 páginas. Sara acaba de perder a su hijo David en un accidente de coche, una pérdida que afronta con la ayuda de Laura, su terapeuta. En esta novela atravesamos con ella el dolor y el miedo que despierta la pérdida hasta abrazar la celebración de la vida que esta nos trae. A lo largo de sus conferencias sobre el proceso de duelo, Sara nos enseña lo que ha aprendido sobre esta experiencia, nos propone ejercicios y prácticas para afrontar la muerte y nos explica cómo se va transformando su vida y la forma de relacionarse con sus hijos, con su marido, con la sociedad y sobre todo con ella misma. Después de la muerte de David, Sara abandona su trabajo como directora de marketing de una multinacional, empieza terapia y cuando recupera su fuerza, decide dar conferencias sobre la muerte y el duelo por todo el país para enseñar lo que ha aprendido, ayudar a los demás y a sí misma. Se ha separado de su marido y tiene que encontrar un nuevo sentido...



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