



## Ho cercato di non perdere (Italian Edition)

*Zuara Mistrorigo*

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## **Ho cercato di non perdere (Italian Edition)** Zuara Mistrorigo

Esistono eventi della propria vita che feriscono e sconvolgono la propria anima, eventi che vengono rinchiusi dentro di noi perché troppo dolorosi e incomprensibili per guardarli in faccia, come ad esempio l'esperienza della morte e della malattia. Margherita, la protagonista di questo racconto, tenterà di riprendere in mano questi "eventi passati" per ridare un senso alla sua vita, e per lasciare andare le cose che non possono più trovare spazio nella sua esistenza attuale. Grazie all'aiuto di una psicoterapeuta, la protagonista affronterà un percorso tortuoso e difficile che coinvolgerà anche la sua attuale storia con Giovanni. Un lavoro interiore, delicato e profondo, fatto di emozioni e sofferenze che Margherita cercherà di affrontare e modificare per costruirsi una nuova vita, scoprendo alla fine, di avere risorse interne inimmaginabili. Tratto da una storia vera e da un amore vero, il racconto offre buoni spunti di riflessione sul modo in cui tutti noi affrontiamo le difficoltà quotidiane che la vita ci pone davanti.

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