



Aferrada a la vida (TESTIMONIOS Y MEMORI) **(Spanish Edition)**

Giovanna Valls Galfetti

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“Me propusieron esnifar una raya, como una rama que se estiraba. Era heroína, y yo era una ingenua. [...] Así empecé la destrucción de mi vida.”

Esta es la historia de un renacimiento. La batalla personal e íntima de Giovanna Valls contra la adicción más terrible, mostrada a través de las cartas que escribía y recibía, y de su diario durante el largo periodo de recuperación que empezó en 2004.

Aferrada a la vida, fruto de una mirada dura y nada autocomplaciente, es un relato punzante, sin concesiones, escrito a trompicones, con un ritmo a veces rápido y otras veces sereno y poético, como la vida que se escapa, como la vida que renace. Y en todas y cada una de sus páginas, en todas y cada una de sus pausas y de sus aceleraciones, podemos notar el aliento profundo y ver la mirada siempre limpia y clara de una mujer que, concedora de los abismos más oscuros, lucha contra sus propios demonios, los vence y renace para contemplar la vida con una sonrisa que nos anima a compartir los frutos sabrosos de su victoria. Un libro singular y emotivo, escrito desde dentro y con toda la fuerza de la inmediatez, que nos lleva desde el abismo más oscuro hasta la superación definitiva. Un libro inspirador y lleno de esperanza.

Giovanna Valls Galfetti,(1963)

Hija del pintor catalán Xavier Valls i Subirà y de Luisa Galfetti, originaria de Ticino. Tiene un hermano, Manuel, dieciséis meses mayor que ella. Con estudios superiores en turismo e idiomas, trabajó durante muchos años como asistente de turismo en Europ Assistance. En 1985 abandonó París para mudarse a Barcelona. Después de un largo paréntesis entre la exuberancia de la selva amazónica y las suaves colinas del Maresme, volvió para instalarse definitivamente en la casa familiar del barrio de Horta en 2007.

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