



Fiquei viúva, e agora? (Portuguese Edition)

Cristiane Donegá

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O livro trata do processo de luto vivido por uma jovem viúva, diante das responsabilidades, dos desafios, da dor e da necessidade de superação. O relato é intercalado com poesias da autora, nos quais deixa sua alma lírica se expressar. Revela a importância de viver o luto, a fim de não apenas poder "enxergar uma luz no fim do túnel", mas encontrar a luz dentro de si e conseguir "sair do túnel". Mostra a importância de procurar (e aceitar) apoio em familiares e amigos, na espiritualidade, na medicina, em práticas alternativas de busca de equilíbrio e harmonia interior. Um aspecto interessante são as dicas valiosas que a autora chama de "10 assuntos para conversar antes de morrer": se a morte é a única certeza que temos, para a qual nem sempre é possível se preparar, é bastante conveniente e uma atitude responsável conversar sobre os aspectos burocráticos da vida e, assim, facilitar a vida dos entes queridos. Por fim, cabe dizer que, embora seja um livro escrito por uma mulher, o relato é válido não apenas para os casos de viuvez, mas serve de alento para todas as pessoas que estejam passando por esse momento doloroso. Apesar do tema difícil, o resultado é bastante positivo, no sentido de mostrar que é possível ter esperança em dias melhores.

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