



## Il dolore è la cura (Italian Edition)

*Paola Pedrini*

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Cosa succede, quando qualcuno che amiamo decide di smettere di vivere? A chi rimane cosa resta? Resta un dolore dalle mille facce: senso di colpa, rabbia, frustrazione, vuoto, devastazione. E dalle mille domande: cosa avrei potuto dire e fare anche solo pensare, per evitarlo? E poi quel chiedersi "perché?" sempre, ogni minuto, ogni istante. E nemmeno la gente la rende facile, i parenti di chi si toglie la vita sono più difficili da gestire, da consolare, come se un sospetto sotterraneo minasse la compassione, emarginandoli, causando ancora più sofferenza.

In queste struggenti lettere a suo padre, l'Autrice attraversa ogni fase del lutto, prima cercando di capire, poi di accettare, e infine di ricominciare a vivere. Il dolore è la cura, perché viverlo è l'unico modo di attraversarlo, e l'unico modo di riuscire un giorno ad accettare la decisione di suo padre, forse l'unica che in quel momento gli era sembrato di poter prendere, l'unica autonomia che in quel momento sembrava gli fosse rimasta, confuso com'era da un dolore che lo isolava dall'amore grande di cui era circondato.

Per arrivare, alla fine, a un arrivederci e al perdono. Per entrambi.

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