



Voces de mujer (Spanish Edition)

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Adriana Davidova —actriz, escritora y guionista, casada con el también actor y director Liberto Rabal— une su experiencia del dolor físico y psicológico a la de Cristina Yela, psicoterapeuta y presentadora de Salud en Madrid (programa de radio nominado para los Premios de Periodismo Sanitario). El resultado es *Voces de mujer*, un peculiar libro de autoayuda intimista y testimonial en el que las historias de superación de las autoras (Cristina superó una grave dolencia hepática y Adriana debe convivir con una extraña enfermedad: la ftofobia) se funden con las voces de tres pacientes de Cristina, protagonistas de parecidos procesos de superación. La depresión, el maltrato, las infancias difíciles y el dolor unen a estas cinco mujeres, para las que contar su historia se convierte en el último paso en el proceso de curación.

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