



# Sorridi alla vita: Come reagire a un trauma ed essere sereni (Italian Edition)

*Fabrizio Vaccari*

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**Sorridi alla vita: Come reagire a un trauma ed essere sereni (Italian Edition)** Fabrizio Vaccari

Ciao, io sono Fabrizio e sono nato due volte.

La prima, il 3 dicembre 1975, dopo nove mesi di gestazione. La seconda, l'11 ottobre 2002. La mia seconda nascita ha avuto una gestazione di 27 giorni di coma. Di quei giorni non ho alcun ricordo e, per dirla tutta, ho ricordi sfumati anche di tutta la mia vita precedente...

Qualunque sia la vostra condizione, e vale anche per i normali, fate tesoro di una frase di Nelson Mandela: «voglio ritornare a essere capitano della mia anima».

Questo libro vuole essere un esempio e un aiuto per tutte le persone che si trovano nelle mie condizioni, e per le loro famiglie.

Nelle pagine che seguono troverete alcuni consigli e le strategie che adotto quotidianamente per andare avanti nel mio percorso di vita, o meglio, nella mia nuova vita, iniziata l'11 ottobre 2002.

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