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## KNIŽNÍ NOVINKA



### O smrti a životě

Yalomovi, Irvin D. a Marilyn

Překlad: Bartošková, Linda

Světově známý psychiatr a autor Irvin Yalom věnoval svou kariéru práci s lidmi, kteří se potýkají s úzkostí a zármutkem. Sám ovšem úzkosti a zármutku začal čelit až ve chvíli, kdy jeho milovaná žena Marilyn onemocněla rakovinou. V této knize se setkávají cesty obou z nich. Marilyn odešla v pokoji, Irvin se učí žít bez ní.

V prvních měsících po diagnóze společně psali o tom, jaké to je, čelit vlastní smrtelnosti a zvládat to, že ztratí někoho, koho milujeme. Společně psali o intimitě, lásce a zármutku.

Když Marilyn odešla, Irvin i jejich děti společně oslavili její život a v závěrečné části knihy Irvin velmi upřímně píše o věcech, které přišly s čerstvým vdovstvím. O touze po intimitě, která se s Marilyným odchodem vytratila, o tom, jaké to je být po tak dlouhých společných letech sám, o vděčnosti za to, co spolu se svou milovanou ženou prožil. O tom, že smysl života není v našich úspěších, v naplnění někdy nereálných představ, ale v hlubokých vztazích, které společně pěstujeme.

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