Book's Review "El amor en los tiempos del Parkinson"

By Marisol Moreno Beteta

This book is suitable for everyone.

Whether you're sick or healthy. Whether you're a baby who can't read but is captivated by the beautiful illustrations by Diana Val (on Instagram @turbo_vieja), or a teenager with important decisions to make, or an octogenarian seeking some peace in his/her life.

It's a book about life itself, told in the first person in a very fresh and natural way. It recounts real and personal situations—98% of which, according to the author, are based on real experiences—and the remaining 2% are reflections on the question, "Did all this really happen?"

Indeed, ***Love in the Time of Parkinson's*** makes a clear reference to the work of her compatriot and beloved Gabriel García Márquez, but serves as a counterpoint in terms of content. Does true love exist that endures and overcomes a lifetime of adversity? What if these adversities are as severe as being diagnosed with Parkinson's disease at 29? And what about your partner? How are they coping?

Regarding the book's genre, we could describe it as a well-structured and analyzed diary or essay of the here and now. It could also be a life story written by a social anthropologist, or perhaps a piece of therapeutic writing; let's not forget that the author holds a doctorate in psychology, and this is evident from the table of contents, which includes online resources and even bibliographic references.

Structurally, the book is divided into three parts.

If you want to experience the book with every emotion on the surface, during the first part you can listen to Iron Maiden's "The Trooper" with headphones at full volume; that way you can feel what the author herself wanted to hear while her skull was being drilled (spoiler). After this exhausting experience, you can lower your heart rate with "Lo noto" by Hombres G. But don't let the melody fool you, having your heart broken is just as painful, if not more so, than having your head broken. After such a harsh beginning, with those two deep wounds, what will the second part be like? Well, you'll meet Candy Candy and all the reflections on heartbreak and the wonder of whether all of this really happened, and whether Diana is a cyborg with superpowers or a Diana-Lotus who thrives on the worst circumstances to bring out the best in herself.

The third part, in my opinion, is the best of all. Incredibly luminous, full of intelligent humor, analysis, and very funny reflections.

It's a story of overcoming adversity, featuring an enthusiastic, optimistic woman who is nonetheless very grounded and possesses a zest for life worthy of a brave and powerful woman.

Musically speaking, I'd choose the soundtrack from the film My Blueberry Nights.

Available at:

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