



Só - Dores e delícias de morar sozinha (Portuguese Edition)

Rosane Queiroz

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Neste livro, a jornalista Rosane Queiroz traz histórias, depoimentos, ideias práticas e receitas que ilustram o universo da solidão feminina. Traz um retrato sensível e bem humorado do universo das mulheres que moram sozinhas, gostam dos momentos de solidão ou “gostariam de gostar”. Além de narrar sua própria experiência, de quem viveu 11 anos sozinha, Rosane entrevistou 24 mulheres, com as mais diferentes idades e profissões, exemplificando as situações mais comuns que levam as pessoas a fazerem parte desse contexto. Nas entrevistas, são abordados tanto o lado prático – comida, decoração – como o comportamental – autoconhecimento, descobertas, momentos de solidão. A autora contou com o apoio de uma equipe de consultores nas áreas de psicologia, psiquiatria, arquitetura, psicanálise e terapias alternativas. Os depoimentos são intercalados com capítulos que narram a experiência da autora, e mostra os prós e contras de morar sozinha, com sugestões e informações sobre saúde, decoração, gastronomia, segurança etc. Lançado em 2004, "Só" vendeu duas edições, esgotou nas livrarias e agora, 11 anos depois, ganha uma reedição caprichada, com um novo capítulo sobre a era das redes sociais, que surgiram na última década, e outro com receitas de chefs famosos. O livro revela, afinal, que aprender a viver sozinha não é necessariamente sinônimo de sofrimento ou solidão, mas de descoberta e felicidade.

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