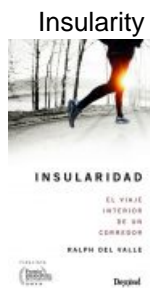


Insularidad



Author: [Ralph del Valle González](#) [1]

Publisher: [Ediciones Desnivel, S. L.](#) [2]

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"A man running is a man fleeing. Don't be fooled by his trainers, his equipment, his heart-beat monitor. He is fleeing from the reality of coming back from work to an empty house and feeling that the walls are devouring and crushing his soul." These are the opening sentences of *Insularidad*, a thrilling insight into a personal story of flight and redemption that deals with the ways loss and defeat can be transformed into direction and hope. A story that reminds us that we are Homo Viator, that itinerant condition of the human being who falls, commits errors, rebels, repents, learns and ascends the hardest paths. A true story whose first-person narrative speaks with humour and depth about life while the body is sweating, the legs cramping and the heart pounding.

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Additional information **Prizes and reviews:**

Shortlisted for the XVI Premio Desnivel for mountain, travel and adventure literature (2014).

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