

# Miedo de ser dos

Fear of Being Two



**Author:** [Rafael Narbona Monteagudo](#) [1]

**Publisher:** [Minobitia](#) [2]

**Language:** Spanish

**Year of Publication:** 2013

**Pages:** 280

**Number of editions:** 1

**Spanish Retail price:** 16.00€

**ISBN:** 978-84-938344-6-3

**Genre:** Literature

SPRING

2015

**Season:** Year 2015

Miedo de ser dos is a reflection on bipolar disorder, a condition suffered by the author, recounting novelised episodes from his and his family's lives, mixing fictional elements and fantasies so that the borderline between fiction and reality is hard to perceive, as in the duality of bipolar disease. Written with high narrative skill, the book also covers a good section of the twentieth century history of Spain, from the years of the Second Republic to the Movida, in order to offer the reader a first hand account of the suffering involved in bipolar disorder, but with a message of hope.

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Argentina

**Additional information Prizes and reviews:**

J.C Monedero in "La Marea": "This is not a biography, but the autopsy of an illness."; Care Santos, "El Cultural" in "El Mundo": "Naked truth that both moves and captivates the reader."

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