



Pausa (Italian Edition)

Valentina Nizardo

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“Il punto è uno: adagiarsi arrendendosi o seguir tacitamente sogni improbabili? Fino a qualche tempo fa non avrei avuto dubbi. Letteralmente. Se mi piaceva uno, non è che pensavo perché mai dovrei assecondare un infantile bisogno e la conseguente attrazione che scaturirebbe da questo ipotetico bisogno che sicuramente ha a che fare con qualcosa che la psicologia chiamerebbe disturbo?”.

Come una Bridget Jones del 2005, l’anonima protagonista di Pausa si ritrova a 29 anni a fumar sigarette di notte mentre scrive il suo diario solitario, analizzando, strizzando, spremendo le situazioni fino al punto in cui paiono talmente striminzite che davvero non vale la pena di viverle, tentando in tutti i modi di boicottare se stessa.

Ma allora come fare quando la mente prende il sopravvento su di te, su quello che provi e addirittura su quello che pensi? Come fare per non farsi prendere dal vortice dell’amore e delle aspettative? Come fare a uscire da questo turbinio degli sgambetti mentali? Semplice (o forse non tanto): basta mettersi momentaneamente in pausa, guardando le nostre paturnie scorrere; come alla tv; come al cinema; come sulle pagine di un libro. Perché la pausa serve a questo. A stapparci una birra e, ogni tanto, a rilassarci...

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