

**La mort  
com a  
experiència  
d'aniquilació**

**La mort  
com a  
experiència  
de continuïtat**

# Vivim d'esquena a la mort

**I have been finding things a bit harder than at the beginning, I guess I am moving beyond the shock and disbelief to acceptance and the sorrow that brings.**

**Trying hard to feel grounded as I feel quite hollow and alone with it a lot of the time.**

**Hi ha vida  
fins al final  
de la vida**

**La vida  
no es para  
conservarla,  
es para  
vivirla**

**La mort  
no és un  
moment  
finit, és  
un procés**

**To see his body die, to watch the final glimmers of life leave him, though holding lots of trauma, is also one of the moments I have felt most alive. How beautiful it was to watch my dad die.**

**It is only now, eight years later, that I have begun to refuse to feel shame or to be silent about it, only now that I have begun to talk about how terrible and beautiful it was to watch my dad die.**

**Només  
tenim  
una vida**

**Només  
tenim  
una mort**



**Generalmente  
morimos de la  
misma forma  
que vivimos:  
si tenemos  
miedo de vivir,  
tendremos  
miedo de morir**

**Es  
preferible  
estar que  
hacer**

How  
beautiful  
it was  
to watch  
my dad die