MONDRU



RIGHTS SHEET

Serving You My Feelings: Raw Chronicles

crônicas cruas

ISADORA VIDAL

Original title: te sirvo meus sentimentos - crônicas cruas

IMPRINT	GENRE	PUBLISHED	PAGES	TRIM SIZE	ISBN
Mondru	Chronicles / Personal Essays	2024	104	14 × 21 cm	978-65-6042-023-6

SYNOPSIS

It's all about food! Rooted in this belief, "Serving You My Feelings" offers readers candid chronicles—sometimes fun and flavorful, other times somewhat bitter and hard to swallow.

The pieces explore what it means to be a woman in our society, dealing with body image, food, hunger, being fat or thin, psychiatric disorders, and the adversities of an ultra-connected, overexposed contemporary world.

Born out of the therapeutic process, the book is a personal account by a writer who uses literary techniques on her path to healing, bringing writing into her occupational therapy and psychotherapy.

Moving through memories of her childhood, relationships, motherhood, trauma, and her own eating disorders, the author shares a piece of her story through recipes for life and pies.

ABOUT THE AUTHOR

Born in the interior of São Paulo, she holds degrees in Performing Arts and Architecture, a master's from USP, and has spent years studying various art forms and modes of expression. The mother of a four-year-old boy, she is a regular patient of psychologists and psychiatrists, with pending diagnoses of eating disorders and autism spectrum disorder. It took her far too long to understand that so many artistic languages and personality struggles were meant to go hand in hand.

RIGHTS AVAILABLE

Translation, audio, film, TV and stage adaptation. Contact us for availability by language and territory.