



My Naked Truth

Ximena Veliz

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Ximena Véliz was born on March 22, 1966, in the city of Santiago, Chile. She moved to Miami, Florida at the age of twelve, married at the age of seventeen to a Swiss, moved to Geneva, Switzerland, at the age of twenty-two and was divorced soon after. In this book she speaks of how she became bulimic and depressed, lost custody of her only son, and was left with only the wish to die and her feelings of impotence, worthlessness and not belonging. She tells how she kept on fighting and searching for a happiness that she somehow knew existed but had never known. This is a success story, and she tries with this book to show, by her own experience, that we can heal ourselves and we can find happiness.

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