



# Una vida robada

*Jaycee Dugard*

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## **Una vida robada** Jaycee Dugard

En el verano de 1991, yo era una niña normal. Hacía cosas normales. Tenía amigos y una madre que me amaba. Era como tú. Hasta el día en que me robaron la vida.

Durante dieciocho años fui una prisionera. Era un objeto que alguien usaba y abusaba. Durante dieciocho años no me permitieron decir mi propio nombre. Me hice madre y fui forzada a ser una hermana. Durante dieciocho años sobreviví una situación imposible.

El 26 de agosto de 2009 reclamé mi nombre. Me llamo Jaycee Lee Dugard. No me veo como una víctima. Sobreviví.

*Una vida robada* es mi historia, en mis propias palabras, de mi propia manera, tal y como la recuerdo.

La piña es un símbolo que representa la semilla de un comienzo nuevo para mí. Para ayudar a facilitar comienzos nuevos, con el apoyo de la terapia asistida por animales, la J A Y C Foundation brinda apoyo y servicios para el tratamiento oportuno de familias recuperándose de un secuestro y las secuelas que dejan esas experiencias traumáticas —familias como la mía que necesitan aprender cómo sanarse. Además, J A Y C Foundation espera facilitar la conciencia dentro de las escuelas sobre lo importante que es cuidarse el uno al otro.

Nuestro lema es: “Solo pídetes a ti mismo que... ¡te importe!”.

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Playing with family in the park, coming to see the coastal world or hanging out with friends is thing that usually you could have done when you have spare time, subsequently why you don't try matter that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Una vida robada, it is possible to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout fellas. What? Still don't have it, oh come on its named reading friends.

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Many people spending their period by playing outside along with friends, fun activity having family or just watching TV the whole day. You can have new activity to pay your whole day by reading a book. Ugh, ya think reading a book will surely hard because you have to use the book everywhere? It fine you can have the e-book, getting everywhere you want in your Cell phone. Like Una vida robada which is getting the e-book version. So , try out this book? Let's notice.

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