

About Me... Silvia Mirta Valori

I was born several years ago in Villaguay, a small city in the province of Entre Ríos, Argentina.

I am the first-born daughter of a humble family, formed by my Father, who was a railroad worker – and who through his merits became a foreman – and my Mother, a housewife and dressmaker. They both worked hard to raise and give me and my sisters and brothers a good education.

So that you can observe the level of poverty in which my father's family and I lived, I will tell you that we did not have drinking water or electricity until I was 15 years old. So, from the age of five, I was in charge of transporting water in buckets from the fountains - which were two and three hundred meters from the small house in which we lived - in the different towns to which, successively, , my dad was transferred when he worked.

So I had to change schools when I was eight years old and in third grade. I went from going to school in Basavilbaso to Villa Clara, so I endured bullying for some years from my classmates who did not accept or respect me.

To forget these situations, I immersed myself in reading books, so I started reading from the age of five or six and I removed (and returned) almost all the books from the school library. Picking up a book was immersing myself in an adventure that made me forget my humble condition, the poverty in which we lived, having to do housework at an early age, the loneliness of not having friends, the harassment of my colleagues, the fact that my three friends had stayed in another city, not being able to take classical dance classes because in the place where we had gone to live there were no institutes that taught them, and so many other conditions that I had to endure.

This began to change when she was designated the elementary school standard bearer in the sixth grade. The flag, at that time, was carried only by the student who was “the best” in academic terms, that is, who had the highest grades. Something I had achieved by reading a complete encyclopedia that was made up of ten volumes, with topics and knowledge ranging from the first to the seventh grade of primary school and two large volumes of the Larousse dictionary that my father bought, at the request of my mother, in installments to be paid during one year. In addition to all the novels and adventure books that I checked out of the library.

During my adolescence and, having become a girl who, in addition to being “intelligent”, was outgoing and very pretty, I once again suffered harassment from some of my “friends” and schoolmates.

And I took refuge in books again, but I made the imprudence of reading almost only comics, love novels, which Corín Tellado and other similar writers wrote, and police stories.

That's how I attracted a very beautiful love relationship, at first, but then it turned into an unhealthy passion, with jealousy and fights, and became a love-hate relationship.

When I was about to finish high school I met the man who later became my husband and father of my son. We got married civilly and in church - me in a long, very pretty white dress, as was the custom, and he in a blue suit. We had a party in the town hall, we went on our “honeymoon” to Mar del Plata and we had a great time. We were happy. After having my son Lucas, living together for almost five years, visiting some tourist places together, staying in five-star hotels, going to excellent restaurants, living in the best neighborhoods, living in beautiful and comfortable houses and driving good cars, a stage arrived. very dark, in which after being assaulted by a psychopath who

was also high on drugs, in our own home, my husband was shot in the back and then went to prison for almost four years.

Those were the happiest years, at first, but later they turned out to be the darkest and most terrible of my life. I think I “completely lost my guide” and totally “went off center.”

We were alone in the city of Buenos Aires, with my little son Lucas, only 3 years old. Due to the shock during the assault and post-traumatic stress, he suffered panic attacks and nervous breakdowns.

I survived as best I could, for a little over a year and on a trip to visit my parents in Entre Ríos, we had a car accident from which, thank God, my son, who was also traveling in the car, emerged physically unscathed, although with psychological trauma. For what happened. Lucas was almost five years old at the time and I had been married for almost six years.

For this reason, I use a wheelchair due to the spinal cord injury that occurred in the accident. At that time I didn't even have the money to buy a wheelchair and even so, I got ahead with the help of my family, father, mother, aunts, sisters, brothers and other dear and close people.

I was admitted to the Manuel Roca Rehabilitation Hospital in the city of Buenos Aires for more than a year and, when I returned to my town, I suffered from depression that lasted more than 3 years, which I overcame thanks to the understanding of my entire family. and because, “by chance” the advertisement for a yoga course that they were giving in the city of Buenos Aires came to me. I bought the entire course and practiced carefully, I delved into Eastern philosophy and began to read books with spiritual content, something I had not done until that moment. I was almost 30 years old and the only thing I had read on spiritual topics was the Bible of the Catholic religion and a

book "The Five Minutes of God" that the priest in my town gave me. It wasn't until I was 36/37 that the copies arrived that made me rethink and reflect on my life, what I was doing, why I was here, on this planet, and what I wanted to achieve.

At the age of 39, I had another serious health problem, promyelocytic leukemia, for which I endured chemotherapy treatment and went into remission a few years later. And then, it was as if a "lid" that I had on my head, that did not allow me to "see" many things, despite everything I had experienced and read, was lifted inside my mind, I can say that it "came off." the veil a little"...

I finished writing my books, wrote colloquiums, requested sponsorship from the Ministry of Education of Argentina and, with the invaluable help of my then-husband and my loved ones, I traveled to Spain and Cuba to give lectures. The two trips were paid for by the Argentine Ministry of Education.

In 2004, after requesting hearings and meeting requests for several months, I started working in the national government and was hired for more than 12 years conducting training in different places on the topic of "people with disabilities, gender and rights." I continued as a couple with the father of my son Lucas for 29 years and quite some time ago, we separated on good terms, since we share, in addition to our son, a beautiful granddaughter.

I am the Author of the books "Message to the World"; "Adam and Grandpa"; "Miriam's Awakening"; "Books and Readings: Sources of Freedom"; "Un-learning the Theory to un-educate in Practice", "Stories and Short Stories: daily experiences of people with disabilities", "If You Don't Love Yourself... ¿Who?"- "If You Don't Transcend Your Limits Now... ¿When?"- "If you don't find Prosperity Here... ¿Where?" And Co-Author of the Booklet on Gender and Disability.

I trained professionals, young people and adults in the provinces of Buenos Aires, Córdoba, Catamarca, Tucumán, Corrientes, Entre Ríos, Chaco, Chubut, Neuquén, Río Negro, Mendoza, Santa Fe, Salta, Santa Cruz, Tierra del Fuego, in the National Congress, in the Chamber of Deputies and in the Legislature of the City of Buenos Aires.

To date I have given conferences and/or training in almost all Argentine provinces, in Spain, Cuba, Paraguay and Mexico.

For more information, visit my website <https://silviamirtavali.com/>

I appear in the book “Somos todos resilientes” – “We are resilient”, in English – along with other people who had to endure very big challenges, transcended them and then came to have a good life. You can find it on Amazon and in virtual bookstores <https://www.amazon.com/-/es/Albert-Zaid/dp/1976288959>

Some videos I filmed for public television in Argentina with my life story:

https://www.youtube.com/watch?v=jpl46_lafvQ&t=1s&ab_channel=desdelavidaoficial

I (starts at minute 2 and ends at minute 10)

https://www.youtube.com/watch?v=zZXIPjf8Zac&ab_channel=desdelavidaoficial

(comienza en minuto 0,30 y termina en minuto 7)

Another video in which I exhibited my creations and paraded with the clothes I design:

https://www.youtube.com/watch?v=zVNOdHcuZKM&ab_channel=NOMBREproductora

Love Yourself More:

https://www.youtube.com/watch?v=GVC6spFdkSg&t=150s&ab_channel=CristinaIngridB

Transcend my Limits:

https://www.youtube.com/watch?v=QaO9OFy950o&ab_channel=CristinaIngridB

Adam and Grandpa:

https://www.youtube.com/watch?v=IIMA-jMH0 I&ab_channel=CristinaIngridB (starts at minute 12)

I am currently promoting my new book "Message to the World" which is on Amazon and in other virtual bookstores, as well as my other books.

https://www.amazon.es/s?i=stripbooks&rh=p_27%3AAut+Silvia+Mirta+Valori&ref=dp_byline_sr_book_1

You can follow me on my Author page on Amazon:

https://www.amazon.es/stores/Silvia-Mirta-Valori/author/B0CRZCJG7D?ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true

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<https://www.youtube.com/channel/UC0aPAHKpOLf3wuMMxybPUCA>

Clarification: This translation has been made with Google Translator. Keep this in mind, because it may not be perfect.

