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1 litre no namida book

Litre no namida. 1 litre no namida. 1 liter no namida.

1 Litre of Tears, written by Aya Kitō, is a diary that chronicles the author's struggles with spinocerebellar degeneration, a debilitating disease that slowly took away her physical abilities. Despite losing control over her body, Kitō retained her mental faculties and continued to write in her diary as a means of coping with her situation. The book serves as an outlet for the author to express her emotions and hardships, showcasing the resilience and determination she displayed throughout her illness. Aya Kitō, a Japanese diarist, lived with spinocerebellar ataxia from the age of 15 until her death at 25. She wrote about her experiences and struggles with the disease, which was later published in the book "1 Litre no Namida." The diary, initially published in Japan on February 25, 1986, more than two years before her passing, aimed to give hope to others. Her mother convinced Aya to share her story to inspire others, as she had always wanted to help people. The diary was later adapted into a film (2004) and television drama series from Fuji TV (2005), with Erika Sawajiri portraying Kitō. I'm stuck in this never-ending cycle, unable to escape the harsh reality. My illness has robbed me of my youth, beauty, and a chance at a love life. I yearn for someone to rely on, but it's hard to find solace when you're constantly struggling with your health. Why can't I laugh naturally like I used to? It's as if time is playing tricks on me, making me relive painful memories over and over. My mom's words of encouragement still linger in my mind: "You didn't choose to be sick. There are things you can do, even if you're handicapped." Her words gave me the strength to believe that God is testing me through these hardships, and it made me feel better. But it's not easy; I often find myself feeling like I'm stuck in a rut. It's okay to fall, but what's crucial is getting back up again. That's when you realize there's still so much beauty around you – the blue sky above, smiling down at you. You are alive, and that's something to be grateful for. As I go about my day-to-day life, I'm reminded of how different things could have been if I didn't have this illness. I feel like I'm already an old woman, with no energy or goals to work towards. It's hard to accept the reality that my body is deteriorating, but there are still small joys in eating, reading, and writing. But what drives me forward is the desire to live despite everything. The thought of giving up is unbearable, so I muster up my fighting spirit and keep pushing forward. Each person has their own struggles, and mine might be different from others', but that doesn't mean it's any less valid. In the end, all we can do is hope for a better tomorrow and hold onto our unyielding spirits. That's what keeps us going – even when it feels like everything is against us. I decided to learn more about the real Aya, not the actress who portrayed her character. I wanted an unbiased and unedited story about her disease. Unfortunately, this book is not widely available in our country and can only be purchased in Singapore or Japan, so I asked my aunt in Singapore to buy it for me. At first, I thought it would make me cry even more than the series did, but I was wrong. I didn't shed any tears while reading it, but it's still a very sad book. While reading, I often wondered how someone as intelligent and creative as Aya could be burdened with cerebrospinal degeneration disease. She is just a young girl who has many dreams for herself and her family. But life was unfair to her; she was not given the opportunity to fully utilize her potential. Aya sees the world differently due to her illness, values every small thing, and treasures every day of her life. Her life has been very difficult due to her illness, and she cannot have a normal life like an ordinary teenager. She dreams of going on dates and getting married, but it was not meant to be. Despite this, she still has a family that cares about her. My daily struggles are recorded in my diary, which may make you realize how lucky you are to be normal. Aya's diary also contains some drawings and real photos of the actual Aya Kito, which I really like because it shows her creative side. This book is very moving. One quote that greatly inspired me is: "A person with a disability has the same heart as anyone else. It is not a misfortune if you cannot hear; it is just an inconvenience." - Aya Kito, March 25, 2022. While reading, I often felt the pain and helplessness that the protagonist experienced at a particular time in her life, adolescence. The first-person narrative, except for the final chapters, is intense, fluid, and truly difficult to put down. At times, I felt like I was the protagonist's confidant, as if she had only me (or this diary) to express her true self and emotions. The facts are described clearly, and the chapters have been divided by the years the protagonist wrote them. Although this made reading more challenging, it helped me understand her disease better. The language is simple and linear, suitable for readers of all ages. However, the detailed explanation of the disease towards the end may not be clear to everyone. Nevertheless, as emphasized in the book, this is an essential part to help us better understand Aya's journey. Rewritten text (SE): Book lotsa Japanese wordz and proverbz been kept, obviouzly with proprioz explanation, and this haz made da readin even mor stimulating cuz it alowd me to discover and go deeper into many thingz of Japanese culture that still dont no much about. Gotz mention dat book aint exactly new cuz it published back in late 80z, but stil got big success in Japan and whole Orient makin Aya model to follow and admire by big and small for her great courage, determination, and love to life that always gave her da strength to keep fightin. Kinh of her mother made me feel inferior and ashamed beyond measure. Although I started reading with a small pressure that I might not like the book as others do, or that I might not be able to cry as others cry, or that I might not be able to accept it with warmth and emotion as others do...; until now when I've finished reading the whole thing and it's true that I didn't cry at all, but only sometimes felt choked in my throat while my eyes were misty, I sincerely dedicated myself to the book, Aya, her mother, and many people who truly exist here, even if they only appear briefly in a few lines of text. I bow down and incline myself before them. A liter of tears flows back into me. December 6, 2019 Live your life easily... I'll take care of you as you've taken care of me! This sentence is painful, and the thing that's even more painful is that I found out that Anna, the sick and anxious girl who cries over every little thing that happens to her, resembles me. She found my qualities in herself. It's a true story about a Japanese girl who suffered from (a disease called "brain stem disorder") and described her struggles when she fell on the ground, feeling pity for others' gazes, lacking self-satisfaction, and her mother's concern and care for her. My memories are intertwined with my mother's care for me more than I am concerned about myself! Anna wanted to be strong, a unique person, and live and love like her peers, but the disease took away all her dreams, distancing her from home, family, and friends... The title of this novel is "Full of Tears" not "One Teardrop", I won't deny that the translation is bad, but my heart aches for hers... I cried with her crying.. 2019/12/6 A bitter and anxious day July 24, 2022 Nothing is more unbearable than losing something one has already had. Nothing is more painful than watching oneself weaken every day, nothing can be saved :(After reading this book, I only feel a vague sense of loss. And from then on, whenever I take a step, I always feel a larger echo, as if it's a confirmation that I am still alive and healthy. And at all costs, I must strive to preserve my life!! I will also try to live a complete life, so that when death comes knocking, I will be ready to accept it. "When leaving the world with a green grass mat amidst countless blooming flowers, and slowly falling asleep to the sound of gentle music, it would be wonderful indeed." -----Btw, anyone who wants to buy a beautiful book at a reasonable price can come to my page to see: facebook.com/hieusachcuaGaby ❤ February 9, 2017 Aya Kito was four years old, full of hope for her life, and a happy young girl. She lived in Japan with her family, making plans for the future. However, she rapidly weakened inside her fourteen years. One day, while going to school, her legs buckled and she fell down, injured herself. Time slowed down her walking and she couldn't continue her life normally anymore. She was no longer like everyone else. She had contracted a rare, fatal disease. Distant from her family and home, it seemed endless... In those days, my struggles began. I was being pushed beyond my limits with tests, and everything was rapidly deteriorating for Aya at an alarming rate. Life was still going on, but it was extremely tough. This story is a brief summary of the terrifying period in the life of Aya Kito, who left this world on May 23, 1988, due to spinocerebellar ataxia disease. It's not a fictional character's story, but the real-life account of a young girl. When she passed away, Aya was only twenty-three years old and had left behind a diary filled with lines that sometimes made you cry and sometimes inspired hope throughout her illness. This diary was published in Japan two years before her death by her mother in 1986 to let those experiencing similar things know they're not alone and to raise awareness about untreated diseases. From the day it was published, "Bin Damla Gözyaşı" (A Drop of Tear) reached a significant readership in Japan over the years and is also valued as a medical heritage. Although important medical literary heritages like Frigyes Karinthy's "Journey Around My Skull" were written, this diary is one of the first to narrate the devastating effects of illness on an individual step by step. By 2005, the diary was adapted into an eleven-part series by Fuji Television and gained interest worldwide, making it possible for Aya Kito's diary to be translated into many languages. In 2007, the diary was translated into English and has since been published in many countries around the world. In our country, students from Istanbul University Faculty of Medicine initiated the "Leyla'dan Sonra" project, aiming to raise awareness about this issue by translating the work into Turkish. Prof. Dr. Ümmühan Çiftçi facilitated this goal by translating the diary from Japanese to Turkish. "Bin Damla Gözyaşı" creates a sense of being drawn into an emotional whirlpool as we read about those heart-wrenching events on a newspaper page. As the pages turn, Aya's helplessness grows, weighing heavily on us and binding the reader's hands and feet. So, what is this spinocerebellar ataxia disease? According to the book, it's a neurological disorder caused by the degeneration of cells in the cerebellum and spinal cord, leading to problems with coordination, balance, and timing in movements, as well as life-threatening respiratory and cardiac issues. The book concludes with views from Aya's mother and doctor, accompanied by her photos. These additions outline Aya's situation and illness more clearly. Reading books like this, even if they're fictional, is difficult. "Bin Damla Gözyaşı" is an extremely challenging text due to its emotional intensity. However, even if we haven't experienced such diseases ourselves, reading about them makes us... The treasure of connecting with people and understanding them is immeasurable. I had read this book a while ago, but couldn't finish the notes at the end. The book upset me so much that I thought it would be better if I took some time off before finishing it. Eventually, I did finish reading those parts. This article was also published in the "Japon Sineması Dergisi" 12th issue. Instead of writing similar things again, I wanted to share this directly here. I highly recommend it to anyone who won't be emotionally shaken. In a beautiful meadow surrounded by vibrant flowers, lying on the grass and drifting off into sleep with gentle music playing, that would be wonderful. This is Aya's quote when she was still alive, but now her soul has vanished forever... On May 23rd, 1988, at 0:55 AM, Aya left this world... This book made me love my mother even more. I love life, and I love the people who love me. Thank you for coming into my heart. Thank you to life. --- The book that I have read is called "One Liter of Tears". It's a true story based on the diary of a girl named Aya who was infected with a heavy disease, spinocerebellar degeneration, which gradually stops functioning of her cerebellum and spinal cord, making her physically handicapped as the disease worsens. I chose this book to read because my father had read it before and told me that this book teaches many things that I need to know in life. I had other books that I would like to read, but I finally chose this one. I was surprised to learn that at the time when she was infected with this disease, scientists didn't know the cause of this disease nor the treatment. Aya writes in her diary about how shocked she was and how she lost her dream. She was afraid of death and didn't know what she was living for. Reading slowly made me feel sore in my heart as I saw Aya's body becoming weaker and weaker. However, I was moved by Aya's strong intention to live her life as hard as she could until she died. Aya's strong intention to live has taught me that no matter what happens in my life, I should never give up on anything and keep trying hard. --- This is my favorite book of all time. I started with watching the Japanese drama "1 liter fo tears" and fell deeply in love with the story. I just needed to read the real story, considering the drama had a lot of dramatized and romantic parts that weren't completely true. It took me a very long time to get my hands on an English version of this book, and it did cost me a lot to get it shipped to Sweden. But it was 100% worth it for me, and I do come back and read it over and over again when I struggle with my own chronic pain. It touched me in a way that I can't forget, and I started to see myself as more than just my illness... Original text in Arabic: 2022 ,18 2012 ... ordinario. Cosa avresti raccontato? ... إذا نظرت إلى السماء بعد السقوط vergogno».Questa fu la risposta di Aya quando la madre le disse che stava preparando il suo diario per la pubblicazione, in patria avvenuta due anni e mezzo prima della sua morte. Nonostante la genitrice stessa acquistasse appositamente le memorie di persone malate pur di non farle pesare troppo la sua condizione, Aya non annota pressoché altro, finché le dita son riuscite a stringere la penna. Non poteva, a causa del suo male il corpo cedeva spesso facendole perdere via via il controllo di ogni parte ad accezione della mente. Imprigionata a soli 15 anni, terribile per chiunque e per una ragazzina sempre col sorriso sulle labbra che si affacciava alla vita sicuramente di più."Se guarissi, se soltanto potessi camminare normalmente, parlare senza problemi o usare bene le bacchette... Ma è solo un sogno. Non devo abbandonarmi a simili pensieri. Non mi è consentito nemmeno immaginarlo.Ho deciso: in quanto disabile, d'ora in poi mi farò carico del mio fardello per tutta la vita. E, per quanto possa essere doloroso, cercherò di vivere senza lasciarmi sopraffare... Devo farlo. Perché, quando la dottoressa mi ha detto che non ci sono possibilità di miglioramento, ho iniziato a desiderare una vita breve. Consumarmi in un attimo, in una vampata intensa che di me lasci solo cenere dispersa dal vento."Dato che da noi questo diario è arrivato con tanto ritardo (tre decenni) mentre in Giappone è stato di ispirazione per un film e una serie, mi aspettavo qualcosa di più. Un'intervista ai fratelli o qualche foto per permetterci di familiarizzare maggiormente con lei invece che pensare "Mio Dio!" o "Poverina!" sarebbe stato accettabile. Anche le rade informazioni in italiano in rete portano poco e non fosse per la ragazza che basò la propria tesi di laurea su questo libro e tradusse personalmente dal giapponese (mantenuta da Rizzoli, almeno questo), è probabile che ancora non conosceremmo la storia di Aya. Le tre stelline sono non perché non abbia empatizzato con lei, ma per la pochezza di contenuti.March 31, 2020"أيا كيتو " .. فتاة في الخامسة عشر من عمرها تلاحظ تغيرات تطرأ على جسدها لتكتشف إصابتها بمرض ضمور المخيخ الذي سيؤثر على حركتها ثم على قدرتها على الكلام ثم لتصبح طريحة الفراش ثم تموت ، كانت تكتب مذكراتها Paraphrased text: هناك بعض المعلومات اضافية توفيت فتاة يابانية تعرف باسم أيا بعد أن كانت مريضة بمرض خطير لمدة قريبة من الخمس دقائق. في كتابتها المذكرات، تتحدث عن شعورها منذ اكتشافها باصابتها بهذا المرض وعدم شعورها بالاستسلام ولكن شعورها بفقدان الأمل. تشير مذكرات أيا إلى شعورها بأنها عبء على عائلتها وأصدقائها ومن حولها، بالإضافة إلى شعورها بالندم على عدم قيامها بالأمور اللازمة في حين كان يمكنها ذلك. يصف الكاتب شجاعة روح أيا حتى الرمق الأخير، وينتهي بتبسمه للعقل ... incurable disease that will eventually confine her to bed, rendering her u being a burden to others, Aya's words exude love for life, determination, and resilience. She refuses to give up, focusing on the present moment and seeking beauty in her existence. Aya's story is not about her illness or her tears; it's about her unwavering spirit, which shines through even when she knows she cannot win against her disease. Her diary, "Un Litro di Lacrime" (A Liter of Tears), is a testament to her courage and zest for life. Here is the book information: * Book title: Un Litro di Lacrime (مذكرات أيا) * Author: Aya Kito * Publisher: Dar Al Arabiya Lil Ul Nashuron * Number of pages: 199 * Category: Memoirs, Tragedy The author reflects on reading the memoir "A Litre of Tears" by Aya Kito, which details her struggles with a degenerative disease that left her unable to write. Despite being only 15 years old when she became ill, Aya's mother continued to tell her story, and Aya herself wrote a moving account of her experiences. The author notes that Aya's writing is simple yet powerful, conveying the pain and frustration of living with a debilitating illness. Aya expresses gratitude for the people who helped her, but also feels like a burden to them. The book, which has been translated into many languages, has become famous for its title, "A Litre of Tears", which refers to the bucket that Aya used to cry in. The author notes that the translation they read was not perfect, with many grammatical and typographical errors. Despite these flaws, the author recommends reading the book, which is a poignant reminder of the human spirit's ability to persevere even in the face of adversity. The author also mentions that Aya died peacefully, surrounded by her loved ones, and that her final words were a whispered "arigatou" (thank you) in Japanese. The author concludes by saying that reading this book is an emotional experience, but one that will leave readers feeling inspired and grateful for their own lives. aja already got frustrated, but it's really hot in Bali too many stars for 1 liter of tears, salute to Aya Kito who kept fighting until the end. I didn't watch her TV series at first, and later Nayla also didn't read her book. Friends said it was more exciting to watch. There was one scene that made me cry, when Aya couldn't walk anymore, she crawled and her mom followed her from behind, also crawling. Haha, so sad. Salute to Aya's mom who kept fighting for her daughter's sake. It's just like a normal diary of an SMP student, but her fight was exceptional. Although she was given a short life, Aya made her parents proud. So, Mom, do I make you proud? Haha, writing reviews this way is so much fun... Already ah :) April 12, 2020 While that might seem insignificant, it's what I did...and so forth from a decision! Aya Kito is indeed impressive, but her mother is even more remarkable. The same applies to her siblings. It must be challenging to live life like theirs. So, I want to watch the series, but in its original version. Even the Indonesian adaptation is not bad, though. It's sad. This review will be written in English and Portuguese. 1 Litre of Tears succeeds in conveying the insignificance of life by emphasizing the importance of "meaning." The fragility of being human... I believe the main message this manga conveys is that everything we don't give much thought to, such as moving, walking, talking, eating, or even breathing, is incredibly important. This significance becomes even more apparent when we've lost the ability to perform these basic actions, and most importantly, how life is so fragile that we often take it for granted...