

## **With Optimism and Self-Confidence towards the Future**

*Martina Auth's  
"My heart belongs to me - Life with an inborn heart  
defect"*

*Published by Ulmer Manuskript,  
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240 pages, € 13,50*

### **Martina Auth relates about a life with an inborn heart defect**

Martina was born with a heart defect. As a child and youth her life was much different than healthy children and youth in the same age. A lot of stays in several hospitals and on account of the handicap as a result of her disease she has another view on life and a special sensitiveness with regards to human relations.

Martina has now written about her feelings and experiences and published a book. Already in the preface you are made aware of the fact that this book is not autobiographical, although her feelings play an important part in the story. Lydia is the name of the main character in this book; she's a fictitious person and shows to the reader how to cope with a heart disease. The intention of the writer is to encourage handicapped people to cope with life and to take advantage from life's opportunities; even though there are a lot of obstacles due to the illness. It shows that you never ought to give up but rather look ahead with self-confidence. But at the same time healthy people can learn a lot about how to associate with handicapped people.

Dr. Karin Deinbach, for a long period Martina's doctor, wrote in the preface *"The authentic account of Martina enables the reader to empathize with the persons concerned to know their wishes, their hopes, their needs and how to cope with their daily life"*.

This book is worth reading, it's serious but also cheerful and it shows the positive attitude of the writer. Lydia defies her disease and lives a happy and self-reliant life.