

LUCIA ZAMOLO
AN ELEPHANT ON
MY CHEST

WHY HEARTACHE IS ALWAYS
WORTH IT

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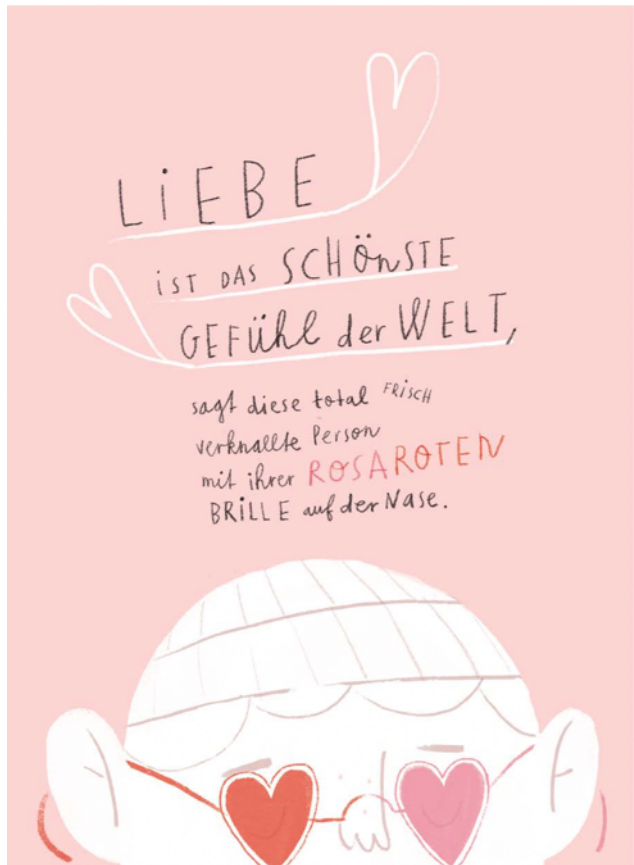


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This book contains thoughts and feelings about a special phase in my life: a time where I thought nothing will ever get better and that I will die all alone. Ironically, this happened more than one time to me and I am still alive and not lonely – in fact it even made me grow in several ways. Being heartbroken means showing weakness – something that has little place in our society.

With this book I want to encourage everyone going through such a phase to engage with their feelings instead of suppressing them. And moreover, to raise the awareness that romantic love is not the only kind of love in life.

LUCIA ZAMOLO, born 1991 in Münster, studied design with a focus on illustration and communication at the Münster School of Design.



LIEBE ist ABER
^{manchmal}
AUCH ^{das}
ALLER-
SCHLIMMSTE

GEFÜHL
der WELT,
sage ich,
weil ich
Liebeskummer
habe.



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