



# 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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