BOOK INFORMATION

Cómo defender la libertad y no suicidarte en el intento

A book on cyberbullying, freedom of expression and emotional resilience

Bibliographic details

Author: Gloria Álvarez · Publisher: Epicbook / Agapea Ediciones · ISBN: 978-607-2612-74-7

The fourth book by Gloria Álvarez draws on her experience of years of public exposure to examine cyberbullying, online harassment, polarization, cancel culture and the emotional cost of permanent digital visibility.

It considers freedom of expression alongside anxiety, loneliness and exhaustion. Rather than treating resilience as a slogan, Álvarez asks how people can defend their ideas, set boundaries and retain personal responsibility when disagreement turns into sustained online hostility.

The volume includes comments by Ricardo Arjona and Jorge Ramos, as documented in the author’s press materials. It follows El engaño populista (with Axel Kaiser), Cómo hablar con un progre and Cómo hablar con un conservador.

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