FULL BIO

Gloria Álvarez

Gloria Álvarez is a Guatemalan political scientist, writer, communicator and international speaker. Her work has placed questions of individual freedom, liberal democracy, human rights, free markets and civic participation before audiences that do not always agree on the answers. She has moved between books, lectures, media and political debate, arguing for the individual's ability to make decisions without undue state control while engaging critics across ideological lines.

She graduated with honors in International Relations and Political Science from Universidad Francisco Marroquín in Guatemala. Her press materials also describe specialized study in economic development, public policy and philosophy. Rather than confining that training to academic settings, Álvarez developed a public-facing career: a 2014 address in Zaragoza, Spain, circulated widely online and helped bring her arguments to audiences beyond Guatemala. According to the materials supplied by her team, she has since delivered more than 3,000 talks on four continents, appearing in academic, business, cultural and public-policy forums.

Her first book, El engaño populista, written with Axel Kaiser, examines the political appeal and consequences of populism. In Cómo hablar con un progre, her first solo book, she addresses arguments associated with the contemporary left. Cómo hablar con un conservador turns to the differences between liberal and conservative positions, including disagreements about individual choice and the use of law to impose moral preferences. Taken together, the three books trace a sustained interest in the language and limits of political persuasion in Latin America.

Her fourth book, Cómo defender la libertad y no suicidarte en el intento, changes the scale of that conversation. Drawing on her own experience as a public figure, Álvarez examines cyberbullying, online harassment, polarization and the culture of cancellation. The book asks what it takes to defend ideas publicly when hostility follows a person home through a phone screen. It brings political and cultural analysis together with reflections on anxiety, loneliness, emotional exhaustion, resilience and personal responsibility. The subject is relevant beyond politics: anyone who teaches, writes, organizes or speaks online can recognize the pressure to remain visible while protecting mental health.

Álvarez's public career also includes a presidential proposal in Guatemala. Her materials present 15 measures concerning the structure of the state, justice, monetary choice, civil liberties and citizen participation. She has placed these ideas in the national debate through a candidacy and public advocacy. This part of her record belongs to her political career; it is distinct from the literary and media work presented elsewhere in this press center. Her positions can be discussed and challenged in interviews as proposals, rather than treated as settled facts or institutional policy.

For journalists and producers, Álvarez can speak from several vantage points: as an author writing about the emotional cost of public exposure, as a communicator whose work circulates through digital media, and as a participant in debates over liberty and government in Latin America. Her

international speaking experience allows her to connect local political questions to wider conversations about free expression, technology and the responsibilities of public life. Her latest book offers an especially direct entry point for interviews about what online discourse does to the people who take part in it.

Media contact / Contacto de prensa

Majo Salinas · PR & Management · mjprmgmt@gmail.com