PRESS RELEASE

Gloria Álvarez to present her new book at the Monterrey International Book Fair on October 16

The Guatemalan author will discuss cyberbullying, freedom of expression and emotional resilience at Auditorio JAC in Cintermex, followed by a book signing.

MONTERREY, MEXICO — September 28, 2026

Guatemalan political scientist and author Gloria Álvarez will present her fourth book, Cómo defender la libertad y no suicidarte en el intento, at the Monterrey International Book Fair (FILMTY) on Friday, October 16, 2026. The presentation is scheduled from 4:00 to 4:50 p.m. in Auditorio JAC at Cintermex, Av. Fundidora 501, Monterrey, Nuevo León. A book signing will follow at Table 2 from 5:00 to 7:00 p.m. The auditorium has capacity for 160 people, according to information provided by the author's team. Attendees should consult the fair's official program for access and any scheduling updates.

The Monterrey appearance places a personal question at the center of a public conversation: what happens to a person who continues to defend ideas while facing hostility every day on a screen? Álvarez's book draws on her own years as a visible participant in political debate. It examines cyberbullying, online harassment, polarization and cancel culture, but also the anxiety, loneliness and emotional exhaustion that can accompany constant exposure. The presentation will invite readers to consider how digital spaces change the way people disagree and what it takes to remain in that conversation without ignoring its human costs.

Álvarez has spent much of her career arguing about individual freedom, democracy and the limits of political power. Her earlier books focused on populism and debate across ideological lines. This new work brings that concern with free expression closer to everyday experience: a phone can carry both a community of readers and a relentless stream of attacks. The book joins political and cultural reflection with personal testimony, asking how people can set boundaries, take responsibility for their participation and build resilience while continuing to speak publicly.

In a statement included in the author's earlier press materials, Álvarez said: 'This book brings to the table uncomfortable but urgent questions about how we will face a world of emotional crises caused by digital violence and addiction, from a perspective of individual freedom and personal experience, when politicians are not doing so.' [English translation of her Spanish statement.] That statement frames her interest in the relationship between digital violence, emotional health and freedom. The book does not present a clinical treatment of these questions. It creates room for interviews and public discussion about where criticism ends and harassment begins, how platform habits intensify conflict, and what individuals can do when visibility turns into a source of strain.

The volume includes comments by Guatemalan singer-songwriter Ricardo Arjona and journalist Jorge Ramos, as documented in materials supplied by Álvarez's team. The author has previously presented the work in Mexico and other Latin American settings. In Monterrey, the book will be available at Librerías Gandhi's stand during the fair week, according to the event poster provided by her team. Her team also reports that it is on sale through Gandhi in print and digital formats; readers should check the retailer's listing for the available edition and format.

The presentation offers reporters several possible angles beyond the book's immediate subject: how a public figure experiences online campaigns; the tension between open disagreement and sustained abuse; and the effect of social platforms on political communication. The discussion is also relevant to teachers, journalists, students, creators and others whose work becomes visible online. The planned signing gives readers a chance to meet Álvarez after the auditorium event; the event poster identifies Table 2 as the signing location.

Álvarez graduated with honors in International Relations and Political Science from Universidad Francisco Marroquín. Her team's press materials report more than 3,000 talks on four continents in academic, business, cultural and public affairs settings. She coauthored El engaño populista with Axel Kaiser and wrote Cómo hablar con un progre and Cómo hablar con un conservador. Her public career has also included participation in Guatemala's political debate through a presidential proposal. The Monterrey event focuses on her work as an author and on the questions raised by her fourth book.

FILMTY 2026 runs October 10–18, according to the fair's official website. Media interviews about the book and the October 16 presentation can be requested through Majo Salinas, PR & Management — Gloria Álvarez. The fair's website is the source for visitor information and program updates.

About the book

Cómo defender la libertad y no suicidarte en el intento is Álvarez's fourth book. It addresses cyberbullying, online harassment, freedom of expression, polarization and emotional resilience through the author's experience in public life. The supplied editorial catalog lists Spanish print ISBN 978-607-2612-74-7. A Gandhi listing may correspond to another edition and ISBN.

About Gloria Álvarez

Gloria Álvarez is a Guatemalan political scientist, author, communicator and international speaker. A graduate with honors of Universidad Francisco Marroquín, she has written or coauthored four books and has participated in public debate across Latin America.

Monterrey International Book Fair information

Friday, October 16, 2026 · Book presentation: 4:00–4:50 p.m., Auditorio JAC, Cintermex, Av. Fundidora 501, Monterrey, Nuevo León · Signing: 5:00–7:00 p.m., Table 2 · Auditorium capacity: 160, according to the author's team · Official fair site: www.feriadellibromonterrey.mx.

Media contact

Majo Salinas · PR & Management — Gloria Álvarez | mjprmgmt@gmail.com