



50, eu? (Portuguese Edition)

Zeca Camargo

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ZECA CAMARGO realiza em seu primeiro livro biográfico – 50, EU? –, um mergulho na experiência de pensar e escrever sobre si mesmo. Trata-se do relato minucioso de como é a experiência de chegar aos 50 anos. Diferente de suas outras cinco obras – todas com temas relacionados ao trabalho – o livro publicado exclusivamente no formato digital é um retrato, um espelho do homem Zeca Camargo. A inspiração para escrever o que ele chama de reflexão, veio de autores como Nora Ephron e Julian Barnes, entre outros.

Já na abertura do e-book o autor mostra o bom humor e a honestidade que permeiam todo o livro, inclusive quando trata de temas delicados e íntimos. Usando a auto-crítica na dose certa, convida os leitores a acompanhá-lo em mais uma viagem: “Por isso, quando falo que estava começando a me sentir velho, não coloco nisso nenhum juízo de valor: é mais como se tivesse ganhado um novo carimbo no meu passaporte, depois de ter visitado um novo país. Islândia? Papua-Nova Guiné? Tuvalu? Já conheci todos muito bem. Mas essa "terra distante" chamada Velhice agora se apresenta como um território a ser desbravado. Pegue a enxada, digo, a bengala e siga comigo!”

Zeca conta sobre as transformações que o tempo impõe. Ele lembra que faz parte de uma geração que acreditou que viveria com 25 anos para sempre. Descreve como está lidando com a falta de fôlego, a alimentação que precisa ser saudável e as mudanças no corpo: pernas mais pesadas, a silhueta mais avantajada e a visão mais “decadente”, como ele descreve o crescente aumento do grau dos óculos.

Mesmo com tantas lições de vida, ele avisa que o livro não é autoajuda e nem uma receita para enfrentar a passagem do tempo. “Não quero, nessa viagem, esmiuçar causas nem tampouco soluções para as mazelas que a idade nos traz. Você tem minha palavra que não vai encontrar aqui nem entrevistas com médicos nem sábias palavras de gurus do envelhecimento. Em compensação prometo honestidade – e uma certa graça”, avisa o autor.

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