



## Después de la distancia: Autobiografía de una ultramaratonista (Spanish Edition)

*Nahila Hernández*

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Nací en Azerbaiyán, crecí en Cuba, estuve en México y hoy vivo en Chile. A los 34 años, con mis dos hijas y una inmensa carrera profesional, encontré una pasión que arrastro mi vida: el ultramaratón. En este magnífico universo vi la excusa perfecta para hacer lo que más me gusta: descubrir culturas y conocer gente única.

He corrido más de 2,700 kilómetros por todo el mundo cargando una mochila con lo básico para sobrevivir. He cruzado desiertos, campos de hielo, montañas, selvas y valles, expuesta al congelamiento y a los golpes de calor, compartiendo carpa con presidentes de empresas, atletas profesionales y veteranos de guerra. Mi camino ha estado lleno de aventuras y satisfacciones, también de dolores y miedo.

Identifiqué mi sueño a tiempo y me comprometí con él. Se puede, yo lo estoy haciendo. Y ésta es mi historia".

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