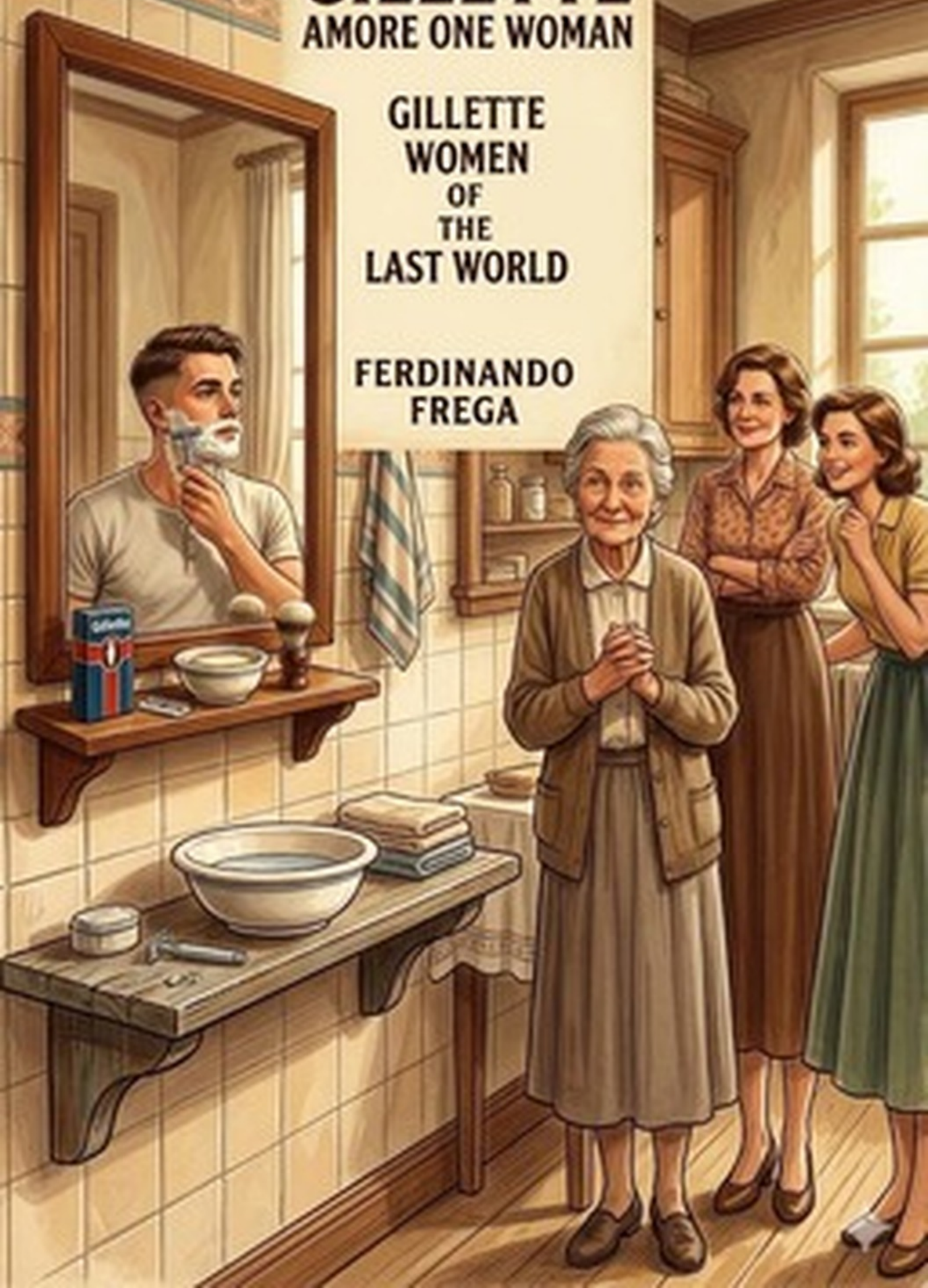


# GILLETTE

AMORE ONE WOMAN

GILLETTE  
WOMEN  
OF  
THE  
LAST WORLD

FERDINANDO  
FREGA









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**FERDINANDO FREGA**

## **EDITORIAL NOTE**

The book brings together three generations of women—the 1960s, 1970s, and 1980s—without nostalgia, without justification, and without sociological pretensions. It is a work of synthesis: the last. It is not a tribute. It is a final classification of what built, destroyed, transformed, and determined an entire human era. Each page is born of direct experience, not theory.

## **DEDICATION**

To those born before the world changed.  
To those who lived through it without being broken. To those who will never have a like heir again.

## **BACK COVER**

Women born between 1960 and 1989 were the last bridge between two worlds: the real and the digital. They supported families, societies, choices, and ruptures in a time when no one explained anything, and everyone demanded everything. This book closes an archive begun more than sixty years ago. It is not a memory: it is a decisive point.

## **PREFACE**

I am authoring this book because I have nothing more to add. The generations I have met, observed, and lived through speaking for themselves. I am not seeking reconciliation; I am not seeking

applause. I just want to draw a clear line between what has been and what will never return. This book is not meant to explain it is meant to close.

## **PREMISE**

The women of these thirty years have not simply been a presence in society: they have been its structure.

They have lived through the most abrupt transition in modern history without a user's manual. The reason this volume exists is simple: these three generations deserve a definitive archive, not a commentary. This is mine.

## **INTRODUCTORY NOTE**

This book is not intended to explain who the women of those thirty years were: it is intended to clarify what they represented. It is not a historical analysis, it is not a social commentary, and it is not a reconstruction of the past. It is the final document.

Women born between 1960 and 1989 walked the world without asking permission or receiving instructions.

They grew up in harsh times, experienced the divide between analog and digital, and endured most of every change without complaint. Often unseen.

In these pages, you will not find interpretations, moralism, or attempts to pigeonhole them.

You will discover what they left behind, what they supported, and what they had to become to keep everything standing as the world changed direction.

This introductory note serves only one purpose: to clarify that the female universe is not being commented on

here.

**It is being closed.**

## **PART I**

### **BORN IN THE 1960S (1960–1969)**

The last generation to grow up in an unmediated world.

Women built on challenging work, earned independence, and a discipline that no longer exists today.

#### **I. Women born in the 1960s.**

- 1. Entering adult life**
- 2. Family burden**
- 3. Work without a safety net.**
- 4. Discipline as the only weapon**
- 5. Early responsibilities**
- 6. Adaptation without choice**
- 7. The first fractures**
- 8. The weight of expectations**
- 9. The “pillar” woman**
- 10. Closing decade**

#### **II. Women born in the 1970s.**

- 1. Unstable adolescence**
- 2. Broken identity**
- 3. Rebellions without direction**

4. **First freedoms, first abysses**
5. **Half-families**
6. **Fragile self-esteem**
7. **Emotional dependence**
8. **First escape**
9. **The “middle” girl**
10. **Closing decade**

### **III. Women born in the 1980s.**

1. **Fast childhood**
2. **Noise, television, external models**
3. **The first family traumas**
4. **Accelerated growth**
5. **Compressed sensitivity**
6. **The first unsolicited responsibilities**
7. **Mini adults at eight years old**
8. **Hidden fragility**
9. **Girls without a childhood**
10. **Closing decade**

## **PART II**

### **BORN IN THE 1970S (1970–1979)**

The transitional generation: half analog, half digital.

They had to adapt to everything, often without a clear direction.

The most resistant, the most wounded, the most structured.

#### **I. Women born in the 1960s.**

- 1. Family estate**
- 2. Total work**
- 3. The first real renunciations**
- 4. Masked fragility**
- 5. The woman who supports everything**
- 6. The couple as hostile territory**
- 7. Children as the top priority**
- 8. The changing body**
- 9. First disenchantment**
- 10. Closing decade**

#### **II. Women born in the 1970s.**

- 1. Identity research**
- 2. The half-adult**
- 3. Entering the real world**
- 4. The first real responsibilities**
- 5. Choices that leave a mark**

6. Love as a risk
7. Short and intense relationships
8. Autonomy and collapses
9. The woman who learns to say “no”
10. Closing decade

### **III. Women born in the 1980s.**

1. Modern adolescence
2. Premature sexuality
3. Technologies like oxygen
4. Unreal models
5. Conflict with reality
6. First serious falls
7. The new solitudes
8. The independent and fragile girl
9. The mirror as an enemy
10. Closing decade

## **PART III**

### **BORN IN THE 1980S (1980–1989)**

The dawn of the modern world.

Women who grew up amidst rapidity, family breakdowns, and constant change. The first to be overwhelmed by a system that no longer had any rules.

## **I. Women born in the 1960s.**

1. Crisis of the 40s and 50s
2. Forced restarts.
3. Absolute autonomy
4. The unspoken tiredness
5. The body as memory
6. Pain management
7. Selective relationships
8. Freedom late
9. Closing decade

## **II. Women born in the 1970s.**

1. The hardest decade
2. The weight of children
3. The work that crushes
4. Failure as a turning point
5. Pure resistance
6. The irreversible choices
7. Redefining the feminine
8. Women who rebuild themselves
9. Closing decade

## **III. Women born in the 1980s.**

1. First confrontation with harsh reality

2. Independence paid dearly
3. Unstable jobs
4. Unstable relationships
5. Unstable identity
6. The first real compromises
7. Survival choices
8. The beginning of awareness
9. Closing decade

## **EVOLUTION (2020–2029)**

### **I. Women born in the 1960s.**

1. Closing of accounts
2. Return to oneself.
3. Freedom without guilt
4. The end of illusions
5. Time as a resource
6. The Ultimate Woman
7. Closing decade

### **II. Women born in the 1970s.**

1. The watershed decade
2. Broken roles
3. The mature identity

4. **Fragilities that emerge.**
5. **Full responsibilities**
6. **Affective distances**
7. **Late reconciliations**
8. **Closing decade**

### **III. Women born in the 1980s.**

1. **The disillusionment**
2. **Unexpected family burdens**
3. **Work that does not forgive**
4. **Social pressures**
5. **The body under stress**
6. **The woman who reinvents herself**
7. **Closing decade**

## **EVOLUTION (2030–2039)**

### **I. Women born in the 1960s.**

1. **Active memory**
2. **Life balance**
3. **Essential relationships**
4. **Natural closure of the cycle**

### **II. Women born in the 1970s.**

1. **Full awareness**

2. **Emotional recalibration**
3. **The weight of experience**
4. **Closing decade**

### **III. Women born in the 1980s.**

1. **Consolidation**
2. **Definitive adult identity**
3. **New priorities**
4. **Permanent closure**

### **Epilogue**

- **The feminine that ends**
- **The memory that remains – My end of this universe**

## **THE GENERATIONS**

Decades tell more than generations.

A woman born in 1960, 1970, or 1980 shares her birth year with millions of others, but it is the decade she grows up in that truly defines who she will become. Decades do not explain what they show. They show the world changing, the rules breaking, the weight gain or transforming.

For this book, it's not enough to say "the '60s, '70s, and '80s." We need to see what happens to those same women as they enter the '90s, as they navigate the 2000s, as they are overwhelmed by the 2010s, as they must endure the 2020s, and as they reach the final cycle of the 2030s.

Each decade has a different pace.

The 1990s are the impact: we enter adulthood or adolescence without tools. The 2000s are the first real responsibilities: work,

family, sacrifices. The 2010s are the decade of testing: collapses, reconstructions, identities that are redefined. The 2020s are the final bill: we pay for what has not been resolved. The 2030s are the natural conclusion of the paths that have held up.

This is not a nostalgic book.

It does not look like the past to mourn it, but to put reality in order: three generations spanning five completely different decades. It is the only way to understand what remains, what has broken, and what has changed forever.

Decades reveal the impact of time.

Generations reveal structure. This book places the two on top of each other to close an archive that will never be repeated.

## **YEARS (1990–1999)**

### **I. Women born in the 1960s.**

#### ***(Entering Adulthood)***

The 1990s were not a beginning, but a test. Women born in the 1960s arrive at the decade already burdened with responsibilities: family, work, choices that leave no room for second thoughts. There is no time to understand you must endure.

#### ***(Family burden)***

Many become the center of the home without even intending to. Elderly parents, problematic siblings, young children: everything revolves around them. No one notices, everyone takes it for granted.

#### ***(Work without a safety net)***

No protection, no flexibility, no margin. Those who lose their jobs find another, more difficult one. Those who stay because they

cannot afford anything else. It is the decade in which you grab everything by the skin of your teeth.

***(Discipline as the only weapon)***

It is not character: it is survival. It is the generation that does not complain because it does not have time to do so. Discipline becomes a mental posture.

***(Early Responsibilities)***

Many juggle multiple roles: mother, partner, worker, older sister, and pillar of the family. It is not heroism: it is necessity.

***(Adaptation without choice)***

The decade forces them to adapt even when they do not want to. And they do. Always.

***(The first fractures)***

The first cracks appear here: emotional, familial, personal. But they keep them together on their own.

***(The weight of expectations)***

They are the generation that "must never make mistakes." And they make mistakes anyway, but silently.

***(The Pillar Woman)***

In the '90s, they became exactly that: pillars. Invisible, rock-solid, irreplaceable.

**The decade closes:** a generation already grown, already tired, already advanced. No decade has given them respite; this is just the first to ask too much.

## **II. Women born in the 1970s.**

***(Unstable Adolescence)***

They enter the '90s in the mid-'90s: no longer children, not yet

women. They grew up in homes filled with tension, in families undergoing transformation.

***(Broken Identity)***

They do not know where to stand. They do not feel big enough for real life, nor small enough to be protected.

***(Directionless Rebellions)***

Rebellion in this decade is not transgression: it is confusion. They scream without knowing what to ask for.

***(First freedoms, first abysses)***

They run away, they search for each other, they make mistakes. But everything leaves a mark. All freedom comes at a price.

***(Half-Families)***

Many grow up amidst separations, absent parents, and new housemates. They do not know stability.

***(Fragile Self-Esteem)***

It is the decade that shapes one's self-perception. And the wounds that arrive here linger.

***(Emotional dependence)***

They cling to whoever comes along, because no one has taught them how to build a healthy relationship.

***(First escapes)***

They flee from home, from relationships, from jobs, from themselves. The decade is pure chaos.

***(The Middle Girl)***

They are always “in between”: between childhood and adult life, between old and new, between what they would like and what they find.

**The decade closes:** the 2000s are coming, wounded, confused, and hardened. The strongest do not know it yet.

### **III. Women born in the 1980s.**

#### ***(Fast-paced childhood)***

The '90s are not childhood for them: they are acceleration. They grow up surrounded by noise, television, and external models.

#### ***(Constant noise)***

They have no silence. Everything is rapid, visual, impulsive. They learn to feel small in a world that rushes by.

#### ***(First family traumas)***

Many experience parental breakups, broken families, and sudden house moves. In some ways, they become adults before adults do.

#### ***(Accelerated growth)***

They skip steps. At eight years old, they know things that used to be discovered at fifteen.

#### ***(Compressed Sensitivity)***

When you feel too much too soon, you learn to bottle it all up. You cause wounds without knowing it.

#### ***(First responsibilities not required)***

Siblings to look after, homes to maintain, unstable parents. They are "little adults" not because of talent, but because of a lack of alternatives.

#### ***(Mini adults at eight years old)***

It is brutal but real: many of them stop being children when others start.

#### ***(Hidden Fragility)***

They appear quick, intelligent, and smart. They feel like they are wrong.

***(Girls without a childhood)***

The 90s transform them before they can grow up.

**Decade Closure:** The world enters the 2000s and they have not had time to figure out who they are.

## **YEARS (2000–2009)**

### **I. Women born in the 1960s.**

***(Family estate)***

In the 2000s, they became the hinge of the family. They did not just hold up the house: they held up everyone. Aging parents, teenage children, partners in crisis, unstable jobs. Their lives had no empty spaces: everything was compressed.

***(Total Work)***

Work is no longer a duty: it is a war. Long shifts, changing tasks, salaries that are never enough. They are the generation that works "as long as it's needed," without asking. And it is always needed.

***(The first real sacrifices)***

It is the decade in which they give up something of themselves: a dream, a project, a talent. Not by choice: for survival.

***(Fragility in disguise)***

On the outside, they seem solid. Inside, the first real cracks are beginning to appear: chronic fatigue, frustration, silences that weigh more than words.

***(The woman who holds it all together)***

No one sees it, but they hold together three levels of life at once: home, work, relationships. And no one acknowledges it.

***(The couple as hostile territory)***

Many come into conflict with partners who cannot support their weight. Relationships become daily negotiations.

***(Children as a top priority)***

The decade in which they become "definitive" mothers: present, protective, tough when necessary. They put themselves first, without thinking about it.

***(The changing body)***

The body begins to speak fatigue, pain, energy drops. But they ignore it all. There is no time to listen.

***(First disenchantment)***

It is the decade of realization: life is not what they imagined. They continue anyway.

**The decade ends:** they reach the 2010s with a strength they do not know they have and a tiredness no one sees.

## **II. Women born in the 1970s.**

***(Identity Search)***

The 2000s are a head-on collision with reality. They must figure out who they really are, what they can do, and what they must let go of. It is a constant search that tears them apart.

***(The Half-Adult)***

They do not feel fully grown up, but they do not feel young either. They are in the middle, as always. And the world does not wait.

***(Entering the real world)***

Real work, real responsibilities, real mistakes. It is the decade when they discover the cost of making mistakes.

***(The first real responsibilities)***

Parents to support, first children, debt, relationships that implode.  
No one prepared for them.

***(Choices that leave a mark)***

Changing jobs, living together, separating, moving: every choice  
here builds or destroys.

***(Love as a risk)***

They do not seek fairy tales. Love is a minefield: if it works well,  
if it explodes, you get back up and start again.

***(Short and intense relationships)***

Many have intense, brief, and sometimes misguided relationships.  
It is important to understand what they really want.

***(Autonomy and Collapses)***

They reach peaks of independence and moments of profound  
decline. The decade is a pure rollercoaster.

***(The woman who learns to say no)***

This is their evolutionary leap: they stop pleasing. They start  
cutting.

**The decade closes:** they enter the 2010s more aware but marked.  
It is the decade that truly shapes them.

**III. Women born in the 1980s.**

***(Modern Adolescence)***

The year 2000 finds teenagers fully impacted by the new world:  
the internet, phones, impossible models, social pressure.  
Everything is amplified.

***(Early Sexuality)***

They experience sexuality before they understand it. Some out of  
curiosity, others out of need, still others to feel accepted.

***(Technology as Oxygen)***

The telephone becomes identity, refuge, mirror. Those who do not have one exist only halfway. Those who have one exist too much.

***(Unreal Models)***

Girls grow up comparing themselves to unattainable images. The result is a constant feeling of "not being enough."

***(Conflict with Reality)***

The offline world is slow, difficult, and imperfect. Online is fast and controllable. Conflict is constant.

***(First serious setbacks)***

Emotional, academic, and social failures. The first disappointments weigh like millstones.

***(The new solitudes)***

They're surrounded by people, but alone inside. Digital technology creates both companionship and isolation.

***(The independent and fragile girl)***

They want to grow up quickly, to appear strong, to seem confident. They tremble.

***(The mirror as an enemy)***

Self-perception shatters: weight, body, image. It is a constant judgment.

**The decade closes:** they enter the 2010s without a clear identity and no real tools. Everything they experience afterward will begin from here.

## YEARS (2010–2019)

### **I. Women born in the 1960s.**

#### ***(Crisis of 40-50)***

They enter the decade during a critical period: forty is already behind them, fifty is coming soon. It is the point where life no longer accepts postponements. What has not been done becomes definitive.

#### ***(Forced restarts)***

Many must start over work, relationships, home, family. Not because they want to, but because the decade forces them to.

#### ***(Absolute autonomy)***

Emotional dependence no longer exists. If they stay in a relationship, it is because it works; if it does not, they leave. They no longer ask anything of anyone.

#### ***(Unspoken tiredness)***

The body and mind pay the price: insomnia, tense nerves, a lack of energy, pain never faced. They do not tell anyone. It is pointless.

#### ***(The body as memory)***

Every sacrifice, every effort, every trauma comes back. Not as a memory, but as a physical sensation.

#### ***(Pain Management)***

They've developed a surgical ability to contain pain. They do not explode and they shrink.

#### ***(Selective Relationships)***

They cut out anything that does not bring balance. Useless friendships, mediocre men, toxic relatives: out.

### ***(Late Freedom)***

It is the decade in which, for the first time, they allow themselves to think about themselves. It is not selfishness: it is survival.

**The decade closes:** they arrive in 2020 more lucid than ever, but with an extremely high price paid in silence.

## **II. Women born in the 1970s.**

### ***(The hardest decade)***

For them, it is a complete break. Their children are small or adolescents, their work is demanding, their relationships are unstable, and they must support their families. It is the decade that tests everything.

### ***(The burden of children)***

They must function as mothers, psychologists, educators, guardians. No help. No respite. Everything falls on them.

### ***(The crushing work)***

Precarious contracts, impossible hours, low wages, hostile environments. They have no margin for error.

### ***(Failure as a turning point)***

Here many encounter failures: financial, emotional, personal. Paradoxically, it is their rebirth. They understand what is valuable and what is not.

### ***(Pure Resistance)***

It is the most resilient generation, but also the most exposed. They bend, but they do not give in.

### ***(Irreversible choices)***

Separations, city changes, job changes, life changes. Decisions that can no longer be undone.

***(Redefining the feminine)***

They understand that femininity is not sacrificing its identity. They begin to demand space, respect, and time.

***(Women who rebuild themselves)***

Many start from nothing. Without help, without money, without guarantees. And they succeed.

**The decade closes:** they enter 2020 hard, marked, but finally aware of who they are.

**III. Women born in the 1980s.**

***(First confrontation with harsh reality)***

The 2010s have their true impact. Here they collide with real life: work, money, relationships, choices. And it is a shock.

***(Paid for independence)***

The independence they wanted as girls becomes a burden. They pay for every step alone. Often too soon.

***(Unstable jobs)***

Fixed-term contracts, internships, precariousness, exploitation. It is the decade in which they discover that speed is not enough.

***(Unstable Relationships)***

Short-term relationships, comebacks, breakups, poorly tested cohabitations. They seek stability, but do not find it.

***(Unstable Identity)***

They still do not know what they want. And everything around them is rushing. It is an age of confusion.

***(The first real compromises)***

They understand that there is no such thing as a perfect life. There is one you can hold together. And it costs.

### ***(Survival Choices)***

Many make choices they do not like, but which allow them to stay afloat: jobs they hate, cities they do not want, partners that do not work out.

### ***(The Beginning of Awareness)***

Towards the end of the decade, the wake-up call comes when they realize who they are and for what they are paying. It is the most honest point in their lives.

**The decade closes:** they arrive in 2020 less naive, tougher, but still fragile. This is the generation entering the new decade without protection.

## **YEARS (2020–2029)**

### **I. Women born in the 1960s.**

#### ***(Closing the accounts)***

This decade is pure regulation: what has not been resolved returns, all at once. Tired relationships, unresolved family ties, decisions postponed for years. There is no more room for procrastination: either you cut back or you collapse.

#### ***(The Return to Self)***

After a lifetime of supporting everyone, they return to where they started: themselves. Not out of selfishness, but out of necessity. It is the first time they have truly asked themselves what makes them feel good.

#### ***(Freedom without guilt)***

It is the purest freedom: the one that does not have to justify itself to anyone. They do what they want, with whom they want, when they want. And they do not apologize.

***(The End of Illusions)***

They no longer believe in anything decorative: promises, roles, appearances, conventions. Lucidity becomes total.

***(Time as a resource)***

They finally understand that time is the most precious thing. They cut out people, commitments, unnecessary burdens. They simplify. And live better.

***(The Ultimate Woman)***

They do not seek validation. They do not wait for permission. They do not need approval. They are the ultimate version of themselves.

**The decade closes:** we enter the 2030s light, essential, “finished” in the best sense of the word.

## **II. Women born in the 1970s.**

***(The watershed decade)***

The 2020s are the turning point of their lives. What holds up here holds up forever. What falls, falls forever.

***(Broken Roles)***

They must be everything: mothers of adult but still fragile children, daughters of elderly parents, workers in a market that gives nothing away. It is a continuous effort.

***(Mature Identity)***

They finally know who they are. Even at the cost of admitting they are not who they wanted to be. It is a decade of acceptance without pretense.

***(Fragility emerges)***

What they had crushed in the 2000s is coming back to the surface: anxiety, fears, emotional scars, relational tensions. But this time they are facing them squarely.

***(Total Responsibility)***

Everything falls on them: home, work, health, relationships. Delegation is impossible. They are the backbone of everything.

***(Emotional distance)***

Many begin to distance themselves from relationships that consume them, especially families of origin or partners who are not growing up.

***(Late reconciliations)***

Others, however, return to broken bonds. Without romanticism: they do it because it makes sense, not out of necessity.

**The decade closes:** they reach 2030 lucid, tough, and balanced. It is the generation that survives everything, but this time for itself.

### **III. Women born in the 1980s.**

***(Disillusionment)***

The 2020s shatter the last illusion: life is not fast, it is not simple, it is uncontrollable. It is a decade that confronts them with unfiltered reality.

***(Unexpected family burdens)***

Many find themselves with young children, elderly parents, and partners who cannot manage the pressure. It is the first time they have had to truly support someone.

***(Unforgiving Work)***

The market is merciless to those born in the 1980s: long-term precariousness, enormous burdens, zero stability. It is a constant race.

***(Social Pressures)***

They are the generation most exposed to judgment: aesthetic, professional, familial. Everyone expects something from them.

***(The body under stress)***

Problems with anxiety, sleep, eating, and mental fatigue. They live with the brakes on.

***(The woman who reinvents herself)***

Here comes the turning point: they begin to change jobs, cities, lifestyles. They cut back and start over. In their own way.

**The decade closes:** they arrive in their 2030s tired but very alert. It is the decade that forces them to truly become adults.

## **YEARS (2030–2039)**

### **I. Women born in the 1960s.**

***(Active memory)***

At this point, they no longer seek answers: they have memory. Not the nostalgic kind, but the lucid one. They look back without romanticism or useless regrets. They know what made sense and what did not.

***(Life Balance)***

The balance sheet is not a list: it is a clean cut. It only keeps what is truly valuable. The rest, mentally, is already out.

***(Essential Relationships)***

Three, four people. No more. The rest are no longer needed. It is the decade of clean relationships: few, dependable, deep.

***(Natural closure of the cycle)***

The role of the family's pillar ends, the constant war of the previous decade ends. What remains are them, their history, and their freedom. It is a peaceful closure, without an audience.

**Decade Closure:** They reach the end of their cycle with a maturity that needs no explanation.

## II. Women born in the 1970s.

### *(Full Awareness)*

They arrive in the 2030s with complete clarity. They know exactly who they are, what they want, and what they will never accept again. It is the decade of definitive identity.

### *(Emotional Recalibration)*

After years of racing and trauma, they finally learn to regulate their emotions, reactions, and distances. They understand that peace is more important than passion.

### *(The weight of experience)*

Experience here becomes an asset, not a burden. They know how to avoid mistakes, how to protect themselves, how to choose. They are no longer afraid of change.

### *(Decade Closing)*

They put things in order: work, relationships, home, loved ones. Everything finds its place. They no longer must prove anything.

**Closing decade:** they approach final maturity with poise. They are women built on chaos but stabilized in the present.

## III. Women born in the 1980s.

### *(Consolidation)*

The 2030s are the first decade where they do not have to rush, apologize, or play catch-up. They consolidate work, identity, relationships. Finally.

### *(Definitive Adult Identity)*

They are no longer "the girls of the 2000s" or "the confused women of the 2010s." They know who they are, what they can do, their worth.

It is the first decade with a solid foundation.

***(New priorities)***

They put themselves first. Not out of selfishness, but because they know what happens when they put themselves at the bottom. They choose calm, respect, dignity.

***(Final closure)***

They cut off the last part of life that no longer belongs to them. Bad relationships, dead plans, emotional dependencies, toxic visions.

**End of decade:** they enter the full adult phase, finally free from debts to the past.

## **WOMEN BORN IN THE 1960S**

### **The dawn that never ends.**

Every morning, she gets up while the city is still asleep. She walks across the cold kitchen floor, lights the moka pot, and sets the table as if she were serving a hotel: cups lined up, milk ready, bread cut. She does not speak, she does not think. She just does. At seven o'clock, her children pour into the kitchen like a thunderstorm: they ask, they eat, they argue, they leave. She puts everything away, turns off the lights, and rushes to work, certain that no one will ever know she started her day three hours earlier than everyone else.

### **The house that weighs like a second job**

She comes home from her shift with a stiff back and swollen hands. As soon as she opens the door, she finds what she finds every day: dishes in the sink, jackets thrown out on the chair, clothes to be picked up. There is no "how are you?", no "I'll help you."

She does not protest, she does not complain. She puts a hair tie

on, washes her face, and starts cleaning. Her tiredness is no one is concerned, not even herself.

### **The parent who suddenly becomes a child**

One evening, her mother calls her in a voice she does not recognize. Within minutes, she understands that life will change direction. From that day on, after work, she gets in the car and rushes to her mother's house: medicine, groceries, cleaning, paperwork.

She has no time to feel bad, no time to stop. Her life becomes a corridor between two houses. No one asks her how she does it. The truth is simple: she cannot help but do it.

### **The work that does not give her any breathing space.**

When the company cuts staff, she is out. She finds another job, worse, with longer shifts and uncaring colleagues. At thirty-three, she learns what it means to have to work even when you are out of breath.

She works unpaid overtime and comes home with shaking hands. She does not complain. It is not in her nature. No one will ever know that during that period, she considered quitting.

### **The birthday that no one remembers.**

She turns thirty-five and does not tell anyone. She spends the day as usual: work, kids, home, mother, silence. That evening, while packing up the last things, she finds a note on the street that says, "Celebrate yourself."

She looks at it, gives a half-smile, and puts it in her pocket. She returns home without the cake, without candles, without a phone call. And she does not think about it anymore.

## **WOMEN BORN IN THE 1970S**

### **The girl with two houses but no home**

At fifteen, she lives with a suitcase always packed. Two days at her father's, five at her mother's. Different rooms, different rules, different silences. Every time she puts her things down, she feels like eventually she will have to pick them up again.

She does not complain to anyone. She does not want to disturb anyone. She gets used to the idea that no place is truly hers.

### **The escape that no one notices.**

One afternoon, after yet another pointless argument, she takes a train and goes away for two days. She waits for someone to call her, even if only with a text message.

Nothing comes. She returns home as if nothing had happened, and no one asks her where she has been. In that moment, she realizes that her presence is a minor detail, not a priority.

### **The friend who drags her off the road**

She becomes attached to an older girl, one of those who knows what she is doing. She smokes, skips school, and hangs out with boys who do not look her in the eye.

She does so she does not feel invisible.

One day, she sees her friend hitting another girl out of jealousy. She realizes that this is not a world where she can escape unscathed. And she breaks away. From then on, she learned that choosing who you spend time with saves you.

### **The wrong love that marks her**

At nineteen, she falls in love with a man who controls her more than he loves her. He decides everything: how she dresses, who she goes out with, what to say.

One day, he looks at her and says, "Without me, you're nothing." She believes him. When he leaves, years later, she no longer knows who she is. But at least she understands who she does not want to become.

### **The train was taken without notifying anyone.**

At twenty, one morning, she leaves home aimlessly. She hops on the first train that passes. She arrives in a city she does not know, sits on a bench, and breathes as if it were the first time.

For an entire day, she does not answer anyone. Not because she is angry, but because she finally feels she can choose something for herself. She returns changed, even if no one notices.

## **WOMEN BORN IN THE 1980S**

### **The little girl who learns the world from screens**

She is ten years old and spends her afternoons in front of the TV. Commercials tell her how she should be in the series show her perfect families. She looks at everything with wide eyes and feels a thought growing that she cannot formulate:

"I'll never be like this." It is not sadness. It is a realization.

### **The divorce that wakes her up in one night**

One evening, while doing her homework, she hears a loud noise: a door slamming. Then silence. Her mother comes into the room and says simply, "Daddy won't be here tomorrow."

She does not cry. She simply understands that adults are not trustworthy.

### **The responsibility that comes too soon**

She is eight years old and makes breakfast for her little brother because her mother works early. She pours the milk without

spilling it and cuts his bread.

She does not feel good. She feels needed. And it is worse.

### **The teacher who breaks trust**

One day she is unfairly accused of cheating. Her teacher humiliates her in front of the class. She lowers her gaze, does not respond, and sits down.

That evening, she thinks that she is not as smart as she thought. Little does she know that this is the first step towards the insecurity she will carry for years.

### **The phrase that changes her in front of the mirror**

During gym class, a classmate tells her, “You’re getting fat.” She is nine years old. From that day on, she looked at herself in the mirror as if judging someone else. It is not vanity: it is survival in the world that awaits her.

### **Epilogue**

The 1990s offered no respite to any of the three generations. Those born in the 1960s entered adulthood with no choice: hard work, immediate responsibilities, families to support. They knew neither protection nor shortcuts. They became strong because no one would have held their own in their place.

Those born in the '70s navigated the decade like a gray area: without fixed points, without role models, without anyone to guide them. They built their identity while everything around them was changing. They grew up halfway and remained halfway for a long time.

Those born in the 1980s entered the world at a speed they did not choose. They lost their childhood before they even understood it and began to pay the price of comparison exceedingly early. The 1990s shaped them without any gradual progression.

Three generations, three different countries, one reality:  
in the nineties no one was ready and no one was spared.

It is the decade that paved the way for all the fractures to come.  
It is here that we understand why subsequent generations will  
never have the same strength, nor the same naiveté. Life was  
harder, but clearer. And each of them paid for it in their own way.

## Reflections

*(Separate, clean, analytical. No frills.)*

The 1990s were a decade of forced transition.

There was no digital culture, no social protection, no language to  
explain what was happening. People just lived. Change arrived  
unannounced and unexplained.

Those born in the '60s faced the full impact of adulthood.

Those born in the '70s lived in constant uncertainty. Those born in  
the '80s learned too early what it means to be exposed.

The decade created three completely diverse types of women, yet  
united by the same flaw: lack of guidance. There were no healthy  
role models, no stable references, no instructions.

This generated only one thing: adaptation.

The adaptation of the 1990s was silent, harsh, and ungrateful.

None of the three generations were equipped to understand what  
they were experiencing. They did not know they were during a  
historic shift because no one told them.

Those born in the '60s shouldered everything.

Those born in the '70s searched for a place to live. Those born in  
the '80s absorbed the most modern blow: judgment.

If many women today bear deep scars, many come from here. From a decade in which much was asked, and little was explained.

The '90s were not an era: they were a dress rehearsal for the world to come. A world they had to figure out for themselves.

## **WOMEN BORN IN THE 1960S**

### **The woman who works even when she sleeps**

She comes home from her evening shift, her uniform smelling of fatigue. As soon as she closes the door, she takes off her shoes and checks the house: curtains drawn, dishes tidied, her children's backpacks packed. It is no use; they are twenty years old; they could do it themselves. But she does it anyway because it is the only way she knows to keep things together.

When she finally lies down, her mind continues to work. She does not sleep, she does.

### **The summer without holidays for twenty years**

Everyone plans vacations. She does not. She cannot. Every year she says, "Maybe next summer," but next summer never arrives. Too many commitments, too many expenses, too many unexpected events.

One morning, watching her children packing their bags to go to the beach with friends, she realizes she cannot remember the last time she set foot in the water. She promises herself she will go next year. She will not.

### **Mother and daughter at the same time**

She finds herself shopping twice: once for her home, once for her mother. When she passes the medicine aisle, she feels a knot in

her stomach. Becoming a parent to one's parents is a role no one explains, and no one thanks her.

She returns home with two heavy bags. She does not know which weighs more.

### **The relationship that resists by inertia**

Her partner is still there, but her love is not. They speak little, see each other rarely, and only share the bills they must pay. She knows it is not life but leaving everything at forty means risking collapse.

So, she stays. Not for him. To avoid yet another war.

### **The day the body says enough.**

One morning, while getting dressed, a pain in her back stops her. She cannot bend over. She stands still, motionless, like a cracked statue.

For the first time, she thinks that she is pushed too hard. Then she forces herself, gets up, and goes to work as usual. Life does not wait.

## **WOMEN BORN IN THE 1970S**

### **The woman who runs but never arrives**

She has a job, a young son, a house, groceries, and a schedule. She rushes around all day, but by the end of the evening she feels like she has accomplished nothing.

One day she stops in front of the mirror and asks herself, "What am I really chasing?" She cannot find the answer. And she starts again.

## **Love that breaks in half**

After years of living together, one morning she realizes she no longer loves him. There is no betrayal, no argument: it is usury. She does not know how to tell him. He realizes it before she opens her mouth.

They part without tears.

It is a clean breakup because the pain has already been healed.

## **The woman who finds work and loses herself.**

She gets a stable job after years of precarious employment. It is serious work, the kind expected of her.

After three months, she feels like she is becoming a different person. She has no time to breathe or even think. But she keeps going, because giving up would mean admitting she could not do it.

## **The mother without a manual**

Her son enters adolescence like a runaway train: he talks back, closes the door, isolates himself. She tries to talk to him, but he does not understand anything, he fears everything.

One evening, after yet another argument, she sits on the floor with her head in her hands. She understands that raising a child means hoping not to make too many mistakes. Not being perfect. Being enough.

## **Rebirth after fall**

When she loses everything in one fell swoop—job, relationship, stability—she sits still for days, feeling empty.

Then one morning she opens the window and feels the breeze coming in. It is not optimism. It is survival. She decides to start over. And she does.

## **WOMEN BORN IN THE 1980S**

### **The first job that does not resemble your dreams.**

She leaves college with a head full of hope. After two months, she finds herself doing a low-paying internship in a noisy office. No one looks her in the eye; no one pays attention to her. She realizes that adult life is not an elevator: it is a staircase.

### **The short relationship that changes her**

She meets a boy, they like each other, they live everything quickly, too quickly. Then they break up without drama. But when he leaves, she feels an emptiness she did not expect. It was not love it was the need to be chosen.

### **Independence that costs more than expected**

She moves out on her own. At first, it feels like pure freedom: loud music, random food, no rules. After a month, the first bill arrives so that she cannot pay. It is then that she understands the true price of freedom.

### **Fall that no one sees.**

One day she cannot get out of bed. It is not sadness; it is not depression: it is mental exhaustion. She texts work saying she is sick. She sits on the floor and stays there for hours. She does not tell anyone. She does not want to worry.

### **The moment she chooses herself.**

After years of bad relationships, she accepts that the problem is not always with other people. She decided to end a relationship that was consuming her. She does so without making a scene.

She closes the door and for the first time thinks,  
"I don't want to waste any more time with people who don't see me."

## **Epilogue**

The 2000s confronted women with stark reality: unstable jobs, heavy responsibilities, failing relationships, children to raise, parents to support, identities to rebuild.  
None of the three generations emerged unscathed.

Those born in the '60s have endured everything, as always.  
Those born in the '70s discovered who they were the hardest.  
Those born in the '80s have paid the price of freedom the hardest of all.

It is the decade that transformed life into a continuous task.  
And each of them, in their own way, completed it.

## **Reflections**

The 2000s explained nothing.  
They only demanded. Relationships ended, financial stability, motherhood, work, identity: all at once. Women navigated the decade without tools, without support, without recognition.

Anyone who says "women are stronger" has no idea what it really means to carry that burden.  
Strength is not a choice: it is a duty. And the 2000s are proof of that.

# **WOMEN BORN IN THE 1960S**

## **The woman who starts over from scratch at 48**

One morning, her husband tells her he wants to separate. She does not scream, she does not cry she stands there, the world vibrating

beneath her feet.

The next day, she goes to work as if nothing had happened, but when she gets home, she realizes it is no longer her home. She buys three boxes, packs the essentials, and starts over in a studio apartment. It is not a tragedy. It is a forced new beginning. And she surprises herself when she discovers she prefers the silence of that empty house to the noise of a misguided life.

### **The first medical check-up really scared her.**

For years, she has ignored the signs: fatigue, pain, irregular periods.

One day, the doctor tells her, "It can't go on like this." She nods, undergoes checkups, and takes the medication. For the first time, she sees herself as vulnerable. Not fragile: vulnerable. And she is scared, not by the disease, but by the knowledge that for thirty years she has put everyone else before herself.

### **The adult child who still asks for too much**

Her son is thirty but lives like he is eighteen: unstable job, impulsive decisions, and financial problems.

Every time he falls, he calls her. And she runs. Until one day she tells him, "This time you'll get back up on your own." He hangs up on her. She cries in the kitchen, silently. Then she dries her eyes and keeps her word.

### **The friendship that ends without a sound**

She shared everything with a woman she had met years before: secrets, problems, family complications.

Then one day she realizes that person no longer listens, demands, and drains her. She slowly stops responding to messages. No arguments, no scenes.

Just a natural estrangement.

Relationships at 50 end like this: not out of anger, but out of exhaustion.

### **The job that wants her young and she does not give in**

The company is starting to favor younger people: fresh, fast, and paid less.

She feels the atmosphere changing. She does not feel finished, but she gets the message. She continues to do her job better than others, without seeking approval. She knows that value is not demonstrated: it is shown. And she demonstrates it every day.

## **WOMEN BORN IN THE 1970S**

### **The woman who discovers she is the only pillar of the house.**

Her partner loses his job, her mother gets sick, her son enters a difficult age.

She finds herself juggling three lives in addition to her own. One evening, while washing the dishes, her hands shake from exhaustion. She leans against the sink to keep from falling. She does not ask for help. She already knows it will not come.

### **Exhaustion that comes without noise**

She no longer sleeps. She works, cooks, tides, drives, carries, collects, fits everything together.

One morning she cannot get out of bed. Her body says enough before her mind does. She remains still, immobile, with her eyes open.

It is not an emotional breakdown: it is a short circuit.

The first real sign is that she is paying too much.

## **Reconstruction after bankruptcy**

She loses her job.

At first, she thinks her life is falling apart. Then she realized it was a job that was consuming her. After months of trying, she finds a different job, smaller, lower-paid, but humane. She begins to breathe again. It is not a success. It is a recovery.

## **The teenage son who puts her in front of the mirror**

One afternoon, her son yells at her, "You don't understand me." He is right. She does not even understand herself. That sentence hurts her, but it awakens her. She decides to change her tone, her presence, her approach. Motherhood is not predictable: it is a job you learn by the bucketload.

## **The first real "no" of her life**

For forty years, she has always said yes: at work, in her family, in relationships.

One evening, tired, she says "no" to a favor they were going to ask her for the umpteenth time. It is a simple no, but it changes the atmosphere in the room. From that day on, she slowly begins to recover.

# **WOMEN BORN IN THE 1980S**

## **The thirty-year-old who discovers how much it costs to live alone.**

She earns little, spends too much, and runs around everywhere. The freedom she dreamed of as a girl turns into a budget she cannot keep up. One evening, looking at her account balance, she realizes she is not weak: she is alone. And that no one will save her. That realization turns her into an adult overnight.

## **The liquid relationship that destabilizes her**

He wants it, he does not want it, he comes back, disappears, reappears.

She accepts it all because she thinks "that's how it is today." One day, after yet another day of silence, she looks in the mirror and asks herself why she is settling. She leaves him without drama. Her identity begins there.

## **The professional fall she had not foreseen.**

She had studied, she had believed in merit.

She discovers that merit is not enough. A boss excludes her from an important project and assigns it to someone more "suitable." That evening, she cries on the landing, silently. Then she decides she will not wait for anyone's recognition anymore.

## **The first real clash with loneliness**

She has many contacts, many acquaintances, and many messages. But no one really knows her. One Sunday she stays home alone all day. Nothing happens, and that very "nothing" scares her. She understands that the worst loneliness is the one filled with noise.

## **The decision that marks the end of the girl and the beginning of the woman**

At 35, she moved to cities.

Not for love, not for work, not to escape. For herself. It was the first time she made a choice without asking for opinions. She understood that becoming a woman precisely meant this: no longer delegating.

## **Epilogue**

The 2010s are the decade of truth.

Those born in the '60s realize they can no longer protect

everyone. Those born in the '70s face the most challenging decade of their lives. Those born in the '80s discover what it truly means to become an adult.

It is a decade that gives nothing, that does not forgive, that does not lighten.

It divides those who hold on to grow stronger, those who fall rebuilt, those who stumble learn. No one emerges from these years the same as they entered.

## **Reflections**

The 2010s erased any remaining illusions.

It showed women that strength is not enough, that resilience has a price, that the body is not infinite, and that relationships are not guarantees. It taught them that shedding their skin is mandatory, not optional.

Those born in the '60s had to stop.

Those born in the '70s had to hold on. Those born in the '80s had to wake up.

The 2010s closed one cycle and opened another.

They prepared us for the toughest decade of all: the next.

## **WOMEN BORN IN THE 1960S**

### **The woman who understands that she no longer must save anyone.**

When her son asks for yet another helping hand, she opens her wallet, looks at the bills, and closes it.

"Not this time." It is not cruelty: it is clarity. She has saved everyone for forty years. Now she is saving herself. He gets angry, slams the door, and does not call for two weeks. For the first time, she sleeps.

## **The house that finally becomes hers**

After a lifetime spent sharing every room, the day comes when she is alone.

She sits on the couch, stretches out her legs, and looks at the ceiling. She does not feel sad. She feels space. And she realizes she does not need to fill it.

## **The work that replaces her and she does not break.**

They tell her the company is "restructuring" and she will have to leave.

At fifty-nine, the world tells her she is out of date. She leaves the office without bowing her head. She does not feel finished: she feels free.

The next day she starts working in a local shop and discovers that dignity is not a role, but a character.

## **Health becomes a priority.**

A persistent pain forces her to undergo serious checkups.

When the doctor tells her she needs to slow down, she smiles: "It's about time." For the first time, she puts her body before her obligations. And she does not apologize to anyone.

## **The love she finds when she is no longer looking for it.**

She meets a man at the bus stop.

Two conversations, a coffee, a date. It is a lighthearted, adult, unpretentious love. It is not passion: it is honest companionship. And: he does not ask anything about her.

## **WOMEN BORN IN THE 1970S**

### **The woman who holds up three generations without recognition**

She still has children to look after, parents whose health is deteriorating, an unstable partner, and a job that demands more. She fits it all in. No one says thank you. One night, while driving to the hospital for her mother, she realizes that no one will ever support her the way she supports others. And that realization makes her tougher, not meaner.

### **The emotional crisis that surprises her in the car**

She is stuck in traffic, feeling her heart racing, her breathing shallow.

It is not sadness: it is saturation.

She rests her forehead on the steering wheel and realizes she cannot continue at that pace.

When she sets off again, she is a different person. More selective, less available.

### **The partner who cannot take it and the woman who does not drag him along anymore.**

The relationship has been faltering for years.

One day he says, "I'm having a crisis." She replies, "Me too, but I'm not taking mine out on you." She realizes she cannot save someone who does not want to save themselves. And she ends it. With calmness she would not have had twenty years earlier.

### **The adult son who comes home**

At thirty, he is unemployed and asks to come back to her "for a while."

That "while" lasts for months. She sets clear rules for him: hours,

contributions, responsibilities. It is not strictness: it is adult education. It is the moment she understands that being a mother never ends, but changes shape.

### **The professional turning point that comes late but arrives**

For years, they considered her dependable but "not ambitious enough."

In 2023, they called her to replace the manager on an important project. She accepted without enthusiasm, without fear. And she discovered she was better than many who had always underestimated her.

## **WOMEN BORN IN THE 1980S**

### **The woman who enters forty without a parachute**

Unstable work, high rents, temporary relationships.

One evening she realizes that no one will support her if she falls. The freedom she's celebrated becomes a burden. But that burden finally makes her pragmatic. She begins to build a life that does not depend on others.

### **The relationship that collapses during a trivial argument**

They argue about the detergent.

But it is not the detergent. Everything is left unsaid, everything left unheard. She realizes the relationship was already over. She leaves the house, walks for an hour, and feels, strangely, relief.

### **Burnout disguised as chronic fatigue**

She works remotely, her internet connection always on, notifications everywhere.

One day, in front of her screen, she burst into tears for no reason. She realizes it is not stress: it is a breakdown. She turns everything off, goes out, and walks aimlessly. And that walk saves her mind.

### **Motherhood that comes without instructions**

When her son is born, she discovers that motherhood has nothing to do with online photos.

It is hard work, fear, and self-absorption. But it is also a kind of strength she had never known. It does not make her better: it makes her more concrete.

### **the move that changes everything**

She leaves the city she has always known.

She moved into a smaller, cheaper, quieter apartment. It is not an escape. It is a choice. And for the first time, she feels that life is not dragging her down: she is listening to it.

### **Epilogue**

The 2020s have stripped women of their protection.

Those born in the '60s have finally chosen themselves. Those born in the '70s have paid every responsibility without discounts. Those born in the '80s have faced the harshest reality of their lives.

It is the decade that separates what is left from what is no longer useful.

A natural, emotional, and practical selection. A decade without filters: those who adapt live better, those who resist live worse.

### **Reflections**

The 2020s have exposed the actual cost of modern life: structural loneliness, constant pressure, constant responsibility.

Those born in the '60s settled their accounts.

Those born in the '70s endured everything. Those born in the '80s understood that no one would save them.

It is the decade in which everyone learned a fundamental lesson:

**life can no longer be lived as before.**

And none of them will.

## WOMEN BORN IN THE 1960S

### The woman who finally stops fixing everything

She has spent her life putting things back together: children, partner, work, family.

One day, during dinner, she overhears an argument that does not concern her and instinctively starts to intervene. Then she stops and thinks, "It's none of my business anymore." She leans back, pours herself a glass of wine, and observes. For the first time, she chooses not to fix anything. And nothing falls apart.

### The journey she never had the courage to take.

At sixty-eight, she takes a flight alone.

She does not tell anyone. She arrives in a city she had always wanted to see and walks slowly, without an itinerary. She does not want photos; she does not want souvenirs. She just wants to see the world with open eyes. And she discovers that freedom, at her age, is not a prize: it is a right to be postponed for too long.

### The medical visit that changes her priority

During a routine checkup, the doctor tells her she needs to take care of her blood pressure and heart.

She listens, nods, and takes notes. She leaves the office and cancels two commitments that do not interest her. Health becomes the new boundary: anything that crosses it is out of her life.

### **The silent house that stops scaring her**

For years, she feared silence: she associated it with solitude. In the 2030s, however, she discovers that silence is a clean room where no one enters uninvited. She lights a candle, listens to the radio, and reads three pages. She needs nothing else. Peace, finally, is not suspicious.

### **The friendship that lasts when all others end**

She had many, too many. In the end, only one remains, the true one. A woman who calls her not to ask, but to share. They meet once a month, drink coffee, and talk about real things. It is the only bond that does not weigh you down. And that is enough.

## **WOMEN BORN IN THE 70S**

### **The woman who accepts herself without having to explain herself**

In the mirror, she sees wrinkles, gray hair, scars. She no longer apologizes for anything. She does not want to look young; she does not want to look perfect. She wants to be exactly what she sees: a whole woman. It is the first time she's stopped chasing the image others have of her.

### **Reconciliation with an elderly parent**

A mother or father with whom she had argued for years falls ill. She goes to visit. There are no deep conversations, no cinematic embraces. There is a chair, a hand on a hand, a slow breath. Peace is not forgiveness: it is acceptance.

## **The relationship that works because no one demands it.**

She meets a man her age.

He does not promise anything, he does not ask for anything, he does not push things. They see each other when they want, they talk, when necessary, they keep quiet when it is right. It is the first adult relationship of her life. Not because it is perfect, but because it is balanced.

## **The work that finally looks like her**

After decades of imposed roles, she finds a smaller, more human, more personal role.

She does not seek advancement, she does not seek power, she does not seek prestige. She seeks dignity. And she finds it.

## **The adult son who truly respects her**

One day her son, now grown up, looks at her and says, “I don’t know how you did it.”

She does not respond. But that sentence means more than Mother’s Day.

# **WOMEN BORN IN THE 1980S**

## **The forties that are no longer scary**

They had feared forty as a biological deadline.

Arriving in the 2030s, they discover that life is more theirs now than it was in their twenties or thirties. They have less time, but more mind. Fewer illusions, but more direction.

## **The work they finally build for themselves.**

Tired of precarious employment, many start small businesses: freelance, consulting, an online store, a craft workshop.

They do not make easy money, but they make free money. It is the first time their work has not consumed them.

### **The choice no longer settles.**

A lukewarm relationship, a man who does not make decisions, a story that does not grow.

In the 2030s, they dismiss him without tears. They do not want half-hearted affection. They do not want dead promises. They want a life that matters.

### **Adult motherhood does not suffer.**

If they become mothers now, they do so with clarity, not under pressure.

They know what it means to lose themselves, so they do not lose themselves. They are present mothers, not martyrs. And this is the greatest revolution.

### **The peace they find in chosen solitude.**

They live alone without fear.

They do not wait for anyone; they do not chase anyone. They fill their home with objects they absolutely love. Loneliness is no longer a flaw to be corrected, but a space to inhabit.

### **Epilogue**

The 2030s mark the end of sixty years of women's lives.

Those born in the 1960s are settling into a freedom they have never had before.

Those born in the 1970s are finding the definitive identity they have pursued for decades.

Those born in the 1980s are consolidating everything they have worked so hard to build.

They no longer seek to please.  
They no longer seek to survive. They live. Period.

## Reflections

The 2030s are the natural point of arrival of the three generations.

Those born in the '60s come full circle.

Those born in the '70s achieve emotional stability. Those born in the '80s become full-fledged women, not temporary versions.

There is no more competition, no more rush, no more demonstrations.

Life is no longer a race: it is a territory. And they, finally, walk in it without fear.

## POST-SCRIPTUM

At the end of it all, one question remains:  
what has this race of decades, generations, collapses and restarts really taught us?

The provocation is simple:

**women supported the world while the world pretended not to see them.**

Nothing more needs to be said.

This book closes a cycle.

It tells what was, not what could have been. Women born between 1960 and 1989 lived through decades without manuals, without safety nets, without anyone to explain to them how to live in a world that changed every ten years.

They lived without instructions, they endured without help, they paid without discounts.

I do not try to explain them: **I achieve them.**

This book is the concluding chapter of my female universe. The rest belongs to memory, not writing.

### **Women born in the 1960s.**

1. They did not choose force: they suffered it.
2. They all supported them and no one supported them.
3. Discipline became character because life left no alternatives.
4. No one has ever seen their tiredness except them.
5. They learned not to ask because no one answered.
6. Their freedom came late, but it became clean.
7. They built entire families without a day off.
8. They were never afraid of suffering, only of stopping.
9. They got lost many times, but no one noticed.
10. They were not heroines: **they were necessary.**

### **Women born in the seventies.**

1. They grew up in a world that never expected them.
2. They learned too early to fend for themselves.
3. Confusion has been their most faithful teacher.
4. No one ever really understood how tough they are.
5. Their life has been a constant negotiation with chaos.
6. They paid for every choice twice: once to make it, once to survive it.

7. They said yes for years, until one day they learned no.
8. They became women without knowing when.
9. They rebuilt everything at least once.
10. They no longer seek approval: **they seek peace.**

### **Women born in the eighties.**

1. They grew up fast, too fast.
2. Modernity has seduced and punished them at the same time.
3. They bore the weight of the confrontation before they even understood who they were.
4. Loneliness has been their most constant companion.
5. They discovered that freedom comes at a high price.
6. No one taught them how to live: they learned it by falling.
7. They believed in others more than others believed in them.
8. They changed their lives several times without telling anyone.
9. They stopped settling only when they realized they were worth more.
10. They became women the exact moment they chose themselves.

## **FINAL ARCHIVE**

It is not a tribute to women, it is not an act of devotion, and it is not intended to be a moral manifesto.

It is the final archive.

**A full stop, not a comma.**

I have lived through the lives of these three generations for decades.

I have seen them sustain families, jobs, failures, fragile individuals, and even more fragile systems. I have seen them fall, get back up, disappear, or simply continue. I have seen it all without telling it. Now I do.

This book exists for one simple reason:

**Real life has no narrator.**

Here it does. Not to save them, but to record them. Without judgment. Without rhetoric. Without fear of the truth, even when it is inconvenient.

## Considerations

There is no way to truly restore what these generations have left behind.

You can only record, organize, and acknowledge. The rest belongs to silence: to the looks, the sacrifices, the renunciations that do not make the news.

This volume does not pretend to represent them. It pretends **not** to forget them.

It is different.

## Epilogue

Every female generation has a dominant characteristic: those born between 1960 and 1989 learned to survive without asking for help. They crossed the turn of the century with a discipline that will never return. This book closes my relationship with that world, with that kind of strength and that silence. It is

not a farewell. It is the acknowledgement that an era has ended.  
And that I have finished telling it.