WORDS AS A BREATH OF FRESH AIR

A book written thanks to more than 1,700 Instagram comments to lift our spirits during the lockdown.

"la Caixa" Foundation
miradasconalma.org
As a result of the coronavirus pandemic, we’re all living very different lives on World Book Day this year. But, without doubt, the stories of dedication and solidarity we’re hearing during these difficult times are also worth celebrating. The book *Words as a Breath of Fresh Air* is a reflection of this wave of solidarity, created from more than 1,700 comments made by our Instagram followers thanks to a digital campaign that invited everyone to share their most inspiring messages to lift peoples spirits during the lockdown. Now you can read the 23 most special phrases from this campaign promoted by “la Caixa” Foundation.

We believe, more than ever, that culture is vital to inspiring a better society. We’d like to thank all those who’ve taken part in this cultural, compassionate initiative and hope these words will, in some way, act as a breath of fresh air and encouragement for many people. Especially those most in need.

"la Caixa” Foundation
@fundlacaixa
@alma_laredsocialsocial
We may not be under the same roof,
or even under the same sky,

but we’re united by the same book.

A comment by @pinoira

Words as a breath of fresh air
It’s time for an internal journey.
Once again you'll feel the wind in your face, like when you used to pedal so fast in summer.

A comment by @graciagould
Even the ground always looks up to the sky.

A comment by @jordimartinez99

Words as a breath of fresh air
There’s no need to reach the end of the tunnel because the light is inside us, in you and me.
With the *world* at a standstill,

we’re starting to move more than ever,

to understand the value of a *song*,

to learn to *embrace each other* without touching.

*Words as a breath of fresh air*

*A comment by [@peraveure](https://twitter.com/peraveure)*
A comment by @mcarmenmb

We realised that we were fragile, and that made us more human.

Words as a breath of fresh air
Sometimes a

hug can

reboot your life.

A comment by @mireya.carrion

Words as a breath of fresh air
The feel of a hug may have been taken away but it’s come back in the form of applause.

Words as a breath of fresh air

A comment by @celiabomar
We’re free as long as we’re creative.

A comment by @virginiaculpa
Through our windows we all saw the empty streets, the spring, the silence and our longing for freedom.

A comment by @melladosara
Solidarity, love and the desire to be more united than ever.

All hidden within

a round of applause.

Words as a breath of fresh air

A comment by @luuucg5
There are so many things we have in common that one glance seems tiny.

A comment by @luolmedo_
Never has distance brought us so close together.

A comment by @pilarmarmed

Words as a breath of fresh air
Optimism is also a renewable energy.
Let the only curves we care about be the smiles of our elderly.

A comment by @beatrizcarretero22

Words as a breath of fresh air
When this comes to an end, the first times of many things will begin.

Words as a breath of fresh air

A comment by @merceditas2866
Every time you need to breathe open a book.

Words as a breath of fresh air

A comment by @rosa_gps26
As long as we can open a book, we can get out of the house.

A comment by @josearoda
How much light there is in “I can”.

A comment by @mariajjmontoro
When all this is over, be the person you want to meet.
After this
hugs will
speak
louder than
words.

A comment by @sanittud

Words as a breath of fresh air
It will pass, and we’ll remember how a balcony was enough to keep the fear away.

A comment by @letracobarde

Words as a breath of fresh air
#WordsAsABreathOfFreshAir