



1 Litre of Tears

Aya Kito , Kita

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This diary written by Aya Kit? (July 19, 1962 - May 23, 1988) was published shortly before her death.

Aya Kit? was diagnosed with a disease called spinocerebellar degeneration when she was 15 years old. The disease causes the person to lose control over their body, but because the person can retain all mental ability the disease acts as a prison. So in the end she cannot eat, walk or talk.

Aya keeps a diary of not only what she does but how she feels and the hardships she must endure. Initially, the diary's purpose was for Kit? to chronicle impressions she had about how the disease was affecting her daily life. As the disease progressed, however, the diary became Kit?'s outlet for describing the intense personal struggles she underwent in coping, adapting, and ultimately trying to survive her disease. As she notes in one entry, "I write because writing is evidence that I am still alive."

Through family, medical examinations and rehabilitations, and finally succumbing to the disease, Aya must cope with the disease and live on with life until her death at the age of 25.

1 Litre of Tears Details

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Elif Kurumahmut says

Kitabı okuduktan sonra yapabildiğim tek şey sağıklı bir bedene sahip olduğum için şükretmek??

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Bin Damla Gözyaşı, Aya'nın günlüklerinden oluşan gerçek bir hayat hikayesi. Aya, on dört yaşında batarlı bir ortaokul öğrencisiyken bir gün vücudunda ters giden bir şeyler olduğunu fark ediyor. Gittikçe zayıflıyor, hareketlerini bazen kontrol edemiyor ve yürüyüşünde titremeler meydana geliyor. Aya'ya spino-serebellar ataksi teşhisi konuluyor. Bu hastalığın maalesef ne o yıllarda (1977) ne de günümüzde hâlâ bir tedavisi yok. Aya da ilaçlarla sadece hastalığın belirtilerini geciktiriyor, bastırıyor. Günden güne güçsüzleşen Aya, kendi sağlık durumuna değil de ailesinin üzülmeye sebep olduğunu için üzüyor.

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Bir gün sağıklı bir bedene sahipken yarın tek başına yürüyemeyecek, yemek yiyemeyecek konumuna gelmenin psikolojisini Aya'nın günlükleriyle anlamaya çalışıyoruz. "Çalışıyoruz" diyorum çünkü bunu başımızda gelmeden tam olarak anlayabileceğimizi düşünmüyorum.

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Aya'nın yaşadığı zorluklar ve bu zorluklara rağmen hâlâ hayata karşı umut dolu olması, iyileşmek için gösterdiği çabayı, çevresinde ona yapılan yardımlar için duyduğu minnet ve "yük" duygusunu okurken gözlerinizin dolmamasının imkanı yok. Hele bunun gerçekten yaşanmış olduğunu ve şu an bir yerlerde bunu yaşayan insanların olduğunu bilmek insanı daha çok üzüyor. Bazen hayatta en önemli şeyin sağlık olduğunu unutuyoruz.

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"Yaşamak için yazmak istiyorum." diyen Aya on yıl sürecek olan bu hastalığının ilk sekiz senesine dair günlük tutabiliyor. Geri kalan iki seneyi maalesef artık tamamen yatağa bağılı olarak geçiriyor.

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"Çok güzel ve kocaman açmış çiçeklerin olduğu bir halinin üzerinde, sevdiğim müziği dinleyerek uykuya dalsam ne güzel olurdu." sağlıklıyken söylediği bu söz gibi sevdiği arkadaşını dinleyerek 23 Mayıs 1988 tarihinde sonsuz bir uykuya daldı Aya.

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Gerçek bir hikaye için beğendim/beğenmedim gibi bir yorumda bulunmam mümkün değil. Hayattan gerçek bir kesit okumak isteyenlere, en önemli şeyin sağlık olduğunu unutup, hatırlamak isteyenlere bu kitap tavsiyemdir ?

Tha'er Marian says

it's really amazing ..

i don't have any words to describe this book ..

i gained many things from it .. about hope , faith , believe ,
and always go ahead although what i have ..

"I really don't want to say things such as 'I want to go back as how things were before.' I recognize how I am right now, and I will continue to live on." Aya Kito

Don't worry, even if you fall over! It's all right. You can just pick yourself up again!
When you fall over, make the most of the chance to look up and see the sky.
You will see the blue sky spreading endlessly above you and smiling down.
Aya, you are alive! -Aya Kito, 1 Litre of Tears

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Haiiro says

Tôi ??c bài vi?t Tr?t t? trong th?m h?a, v? thái ?? và ph??ng cách ng??i Nh?t ??i di?n v?i "?c s?n" thiên tai. Tôi xem clip v? cách các em h?c sinh nh? tu?i ng??i Nh?t làm nh?ng công dân tí hon ??y g??ng m?u và trách nhi?m trong tr??ng h?c. Tôi h?c, ??c, nghe v? cách n??c Nh?t t? m?t ??t n??c nghèo nàn tài nguyên v??n lên hàng c??ng qu?c. Nh?t B?n th??ng làm tôi th?y kinh ng?c r?i nhanh chóng chuy?n sang tr??ng thái ch?p nh?n không ?m ?c.

Aya và nh?ng dòng nh?t kí c?a cô làm tôi th?y b?n thân kém c?i và ?áng h? th?n vô cùng. M?c dù b?t d?u ??c v?i áp l?c nho nh? r?ng bi?t ?âu mình không thích cu?n sách này gi?ng nh? m?i ng??i thích, bi?t ?âu mình không th? khóc gi?ng nh? m?i ng??i khóc, bi?t ?âu mình không th? tí?p nh?n nó b?ng trái tim ?m áp và rung ??ng nh? m?i ng??i tí?p nh?n...; thì t?i bây gi? khi ?ã ??c xong toàn b? và qu? th?c là tôi không khóc chút nào mà ch? ?ôi khi th?y nghiền ngh?n ch? cu?ng h?ng còn m?t thì cay cay, tôi hoàn toàn th?t tâm dành cho cu?n sách, cho Aya, m? cô và nhi?u con ng??i có th?t dù ch? xu?t hi?n ch?p nháo trong ?ôi ba dòng ch? ? ?ây nh?ng tình c?m và lòng khâm ph?c chân th?t nh?t. Tôi ng? m? và nghiêng mình tr??c h?. M?t lít n??c m?t ch?y ng??c vào trong.

Maryam says

"Studying is the mental food that keeps me alive"

These words were written by a brilliant and inspiring Japanese girl known as Aya kito, who suffered from spinocerebellar degeneration.

Despite her progressive incurable disease, she didn't stop learning and managed to graduate from Okazaki High School for the Physically challenged.

Sadly, Aya went to eternal sleep at the age of 25 years and 10 months, on May 23rd, 1988.

eKa says

Aya Kito udah hebat, tapi ibunya lebih hebat lagi. Begitu juga dengan para adik-adiknya. Pasti berat memiliki kehidupan seperti mereka. Jadi pengen nonton seriesnya, tapi yang versi aslinya. Versi Indonesianya pun nggak kalah bagus, sih. Sedih.

Ruba AlTurki says

..הנהגה זו היא חלק מההתנהגות הכללית של הממשלה, והיא לא נובעת מנימוקים של חסינות או של חסינות ממשלתית. ההנהגה הזו היא חלק מההתנהגות הכללית של הממשלה, והיא לא נובעת מנימוקים של חסינות או של חסינות ממשלתית.

Tomohiro Urakami says

The book that I have read is the book called, One Liter of Tears. This is a true story based on the diary of a girl, Aya who was infected to heavy disease, spinocerebellar degeneration that a person's cerebellum and spinal cord stops functioning little by little and the person become physically handicapped as the disease gets worse. I chose this book to read because my father had read this book before and told me that this book teaches many things that I need to know in life. I had other books that I would like to read, but I finally chose this book.

I was surprised to know that at the time when she was infected to this disease, scientists did not know the cause of this disease neither the treatment. Aya writes on her diary how shocked she was and she lost her dream. She was afraid of the death and did not know what she is living for. I was sore at my heart by reading slowly Aya's body becomes weaker and weaker. However, I was moved by Aya's strong intention to live her life as hard as she can until she dies. Aya's strong intention to live has taught me that no matter what happens in my life, I should never give up on anything and keep trying hard.

Rasha says

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Mia Prasetya says

Entah kenapa, saya suka buku yang bertema dekat dengan kematian, bukan gara2 baca death note lho ya. Tapi buku ala Mitch Albom, Ways to live forever, The Last Lecture dan juga One hour to live sangat sangat menginspirasi saya untuk senantiasa bersyukur. Contoh paling gampang, cuaca panas gini aja udah ngeluh,

tapi beneran deh Bali panas bangetttt *lap keringet*

4 bintang untuk 1 liter of tears, salut untuk Aya Kito yang sampai ajang menjelang tetap berjuang. Saya ga nonton serial tvnya sih dulu, yang kemudian ditayangkan di Indo lewat buku harian Nayla juga ga nonton. Kata temen-temen sih lebih mengharukan kalau nonton.

Ada satu adegan yang bikin saya mewek, saat Aya tidak bisa berjalan lagi, ia merangkak dan ternyata sang mama mengikutinya dari belakang dengan merangkak pula. Hukhuk, sedih banget. Salut untk mama Aya yang ikut berjuang habis-habisan demi sang anak tercinta. Memang kalau dari segi penulisan biasa aja sih, berasa baca diary anak SMP, perjuangannya yang luar biasa. Walau diberikan umur singkat, Aya telah membanggakan orang tuanya.

Jadi keinget mama saya, Mom, do i make u proud?? Huks.. Hayah, nulis review beginian jadi melo... Udah ah :)

Sách Chuy?n Tay says

“Lu?c ra ?i ma? ????c n??m trên tha?m co? xanh gi??a muôn hoa r??c r??, rô?i t?? t?? ?i va?o giâ?c ngu? trong tiê?ng nha?c du d??ng, h??n la? tuyê?t v??i l??m.”

L??i cu?a Aya lu?c co?n sô?ng ?ang vo?ng vê?.

Nga?y 23 tha?ng N?m n?m 1988, lu?c 0 gi?? 55 phu?t, Aya ra ?i vi?nh viê?n...

Quyê?n sa?ch na?y khiê?n tôi yêu me? mi?nh nhiê?u h?n. Tôi yêu cuô?c sô?ng na?y, tôi yêu ng??i yêu tôi. Ca?m ?n em ?a? ?ê?n trong tôi.

Ca?m ?n ???i.

Aya Hamza says

There is a Japanese series about Aya that **I loved so much**. It was heart touching, it made me cry many times!

I really recommend watching this before reading this diary.

? And here is a link to watch the series.

It's about a 14-year-old girl "**Aya Kito**" who had a **spinocerebellar atrophy** which made her lose her body's balance gradually and progressively until she couldn't walk.

Then she lost her ability to eat properly, she could choke and die if she was alone.

And lost the ability to write as usual, and couldn't speak well.

But she didn't lost hope in life to the very end! The diary talks about her suffering with her illness until she died at the age of 25.

And these are some quotes from the diary:

*"Everytime I walk, in every step I take, I can feel my unsteady body. it makes me feel weak, and I feel humiliated and miserable not being able to do what everyone else is capable of doing. Is that something you can't understand unless you experience it? Even if you can't feel what that person is feeling, I want you to at least try to think in my point of view.
But I think that's hard to do".*

*"My illness is worse than cancer!
It stole the beauty of my youth.
If I didn't have this weird illness, I could have had a love life.. I just want someone to rely on.
I just can't take this anymore!"*

*"Why can't I laugh naturally like I used to? I want to go back to the past!
I wanna make a time machine and ride it to go back to the past. Watch me run, walk, roll around, and play with you.. but then I come back to reality.
Do I have to come back to reality?
I don't wanna grow up!
Time.. please stop! Tears.. stop falling!
Ahh.. Aya just can't seem to stop crying"*

"You didn't choose to be sick. There are any things you can do, even if you are handicapped. If you were a person who didn't have the power to think, you wouldn't have been able to feel the kindness, and the warmth that people have, which you first realized after getting sick", says mom.

"I believe in God. Thinking that God is propably testing me through these hardships, made me feel a lot better. Somehow, I do not want to forget this feeling".

*"It's okay if you fall.
You can just get up again.
Why don't you look up at the sky, while you're down there.
the blue sky spreads across above you.
can you see it smiling at you?
You are alive"*

"I feel loved in the warmth of my home. But I can't express my love to everyone. I can't speak and I can't make any actions to express it.. The best I can do is smile in response to their love".

"I'm living the life of an old woman: no youth, no energy to live, no goals to work toward. All I have is my deteriorating body. Why do I have to be alive? On the contrary, I want to live. The only things I enjoy are eating, reading and writing, I wonder what other 19-year-old enjoy?"

"Gather up your fighting spirit or the disease will defeat you!"

*"Each person has unspeakable distress.
When I remember the past,
Annoyingly, I cry;
The reality of today
Is too cruel, too severe,*

*And doesn't even offer me a dream;
Imagining the future
Brings me yet another kind of tears''.*

Deniz Balcı says

Aya Kito on dört ya??nda, hayata umutla bakan, mutlu bir genç k?zd?. Japonya'da, ailesiyle standart bir hayat ya??yor ve gelece?i için planlar yap?yordu. Ancak on dört ya??n?n içinde h?zla zayıflad???n? fark etti. Bir gün okula giderken dizlerinin ba?? çözüldü ve yere dü?üp, yaraland?. Zamanla yürüyü?ü yavaşlad? ve hayat?n? normal bir ?ekilde devam ettirememeye ba?lad?. Herkes gibi de?ildi art?k. Ender rastlanan, ölümcül bir hastal??a yakalanm??t?. Ailesinden ve evinden uzak, bitmek bilmeyen hastane dönemleri bu zamanlarda ba?lad?. Kaldırabilece?inin üzerinde testlere sokuluyordu, her ?ey Aya için korkunç bir h?zla berbatla??yordu ve en zoru hayat hala devam ediyordu.

Bu öykü, 23 Mayıs 1988'de spino-serebellar ataksi hastal??ndan dolayı? bu dünyadan ayrılan Aya Kito'nun hayat?n?n korkunç döneminin ba?langıç?n?n k?sa bir özeti. Kurmaca bir karakterin öyküsü de?il, gerçek bir genç k?z?n hikayesi. Öldü?ünde yirmi üç ya??ndayd? Aya ve geriye hastal??? boyunca yazd???, yer yer a?latan, yer yer de umuduna hayran bırakan satırılarla dolu bir günlük bırakt?. Bu günlük Aya'n?n ölümünden iki sene önce, benzer ?eyleri ya?ayanlara 'yalnız de?ilsiniz' diyebilmek ve tedavisi bulunmam?? hastal?klara dikkat çekmek amacıyla 1986'da, Aya'n?n annesi tarafından Japonya'da yayımland?. Ç?kt??? günden itibaren senelerce Japonya'da önemli bir okuyucu kitlesine ulaşan 'Bin Damla Gözya??' ayn? zamanda de?er arz eden t?bbi bir hatırat olarak de?erlendirildi. Edebiyat tarihinde Macar yazar Frigyes Karinthy'in yazd??? 'Kafatas?m?n Etraf?nda Yolculuk' gibi önemli t?bbi edebi hatıratlar yazılm?? olsa da, hastal??n ki?i üzerindeki y?k?m?na paralel bir ?ekilde a?ama a?ama anlatan ilk metinlerden biri olarak tarihe geçti.

2005 senesine gelindi?inde günlük, Fuji Televizyon tarafından on bir bölümlük bir dizi olarak hazırlan? ve bu dizi dünyada da ilgi görerek Aya Kito'nun günlü?ünün ba?a dillere çevrilmesine olanak sağlad?. 2007 senesinde ?ngilizceye çevrilen günlük o günden itibaren dünyanın birçok ülkesinde yayımland?. Ülkemizde ise ?stanbul Üniversitesi Tıp Fakültesi öğrencileri ba?latm?? olduklar? 'Leyla'dan Sonra' projesi kapsamında bu eseri Türkçeye kazandırarak Türkiye'de de bu konuda bir farkındalık yaratmak istediler. Bu amaç doğrultusunda Prof.Dr.Ümmühan Çiftçi, günlü?ü Japonca'dan Türkçe'ye çevirerek okumam?za olanak sağlad?.

'Bin Damla Gözya??' bir gazete sayfas?nda denk gelip okudu?umuz, içimizi acıtan o k?saca bahsedilmi? olaylardan birinin içine balıklama dalm???z hissiyat? yarat?yor. Sayfalar ilerledikçe Aya'n?n çaresizli?i katlanarak üzerimize çullan?yor ve okuyucunun elini kolunu ba?lı?yor.

Peki nedir bu spino-serebellar ataksi hastal???? Kitapta açıklan??? üzere beyincik ve omurilikteki hücrelerin dejenere olmas? sonucu ortaya çıkan nörolojik bir hastalıktır. Genel olarak yürüme, konu?ma, hareketlerde zamanlama ve koordinasyon; bununla beraber solunum ve kalp rahatsızlıklar? gibi ölümcül problemlere yol açmaktadır.

Kitab?n sonunda Aya'n?n annesi ve doktorunun da görüşlerine yer verilmi? ve Aya'n?n fotoğraflar? konulmu?. Bu eklerle Aya'n?n durumu ve hastal??? daha belirgin hatlarla çizilmi?.

Bu tarz kitaplar? kurmaca dahi olsa okumak zordur. 'Bin Damla Gözya??' ise duygusal sertli?iyle çok zor bir

metin. Ama bize u?ramam?? dahi olsa bu tarz hastal?klar? ya?ayan insanlarla duyguda?l?k kurmak ve onlar? anlamak iin bulunmaz bir hazine.

Asl?nda geti?imiz aral?k ay?nda okumu?tum bu kitab?. Ama sonundaki baz? notlar? tamamlayamam??t?m. Kitap beni zdü?ünden bir süre uzak kalmam daha iyi olur diye dü?ünmü?, rafa kald?rm??t?m. Sonunda o paralar? da okudum. Yukar?da yazd???m yaz? da 'Japon Sinemas? Dergisi'nin 12.say?s?nda yay?mlanm??t?. Tekrar benzer ?eyler yazmak yerine, oradaki yaz?m? burada direkt payla?mak istedim. Duygusal olarak ok sars?lmayacak herkese öneririm.

?yi okumalar!

Iyah says

There was a series for this book which I thoroughly loved. It was a certified tear jerker. I really felt like I did shed a liter of tears. I hated the fact that Aya was so pretty and intelligent, and yet she was burdened with a disease that she didn't even deserve to have. So because of the series I got curious and I wanted to know more about the real Aya. Not the actress that plays Aya's character. I wanted to know the true, unbiased and unedited story behind Aya's disease. Unfortunately it was not available in our country, and can only be bought at Singapore and Japan, so I asked my aunt in Sing. to buy the book for me.

At first, I was expecting it would be twice a tear jerker as the series is, but I was wrong. I didn't cry throughout the book. But don't get me wrong because it's still a very sad, sad book. While reading I came to ask myself that how can someone as intelligent and creative like Aya be burdened with Cerebrospinal degeneration disease? She's just a young girl who had a lot of dreams for herself and for her family. But life was unfair for her. She was not given the chance to maximize her potentials.

Aya had an incurable disease, so she sees the world differently. She values the small things and treasures every single day of her life. Aya had a very hard life due to her illness. She was not able to have the normal life of teenagers. She dreams of going out on dates and marrying but it was just not meant for her. Despite of this, she has a family who cares for her. Her daily struggles were written in her diary, and it would actually make you see and realize how lucky you are to be normal.

Aya's diary has drawings at some pages. I loved her drawings and it shows her creative side. It also has some pictures of the real Aya Kito (who is very far from the Aya Kito who played on T.V).

It was very moving book.

One quote that inspired me so much:

"A handicapped person is a human being with the same heart as anyone else. It's not a misfortune if you can't hear-it's just an inconvenience." ---Aya Kito.
