

## Preface

Lucia Pereira Leite

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# Preface

Science has sought ways to better understand the human being, in a way that encompasses the richness of its behaviour and subjectivity. Various methods have been employed for this purpose, since the intention is to improve life conditions in society. Such attempts occur both in the individual sphere and in social processes and focus on the arduous mission of building a plural and universal society, which has as its foundation the respect and welcoming of different ways of thinking and acting in a common coexistence, seeking to legitimise the citizenship of all.

Qualitative studies are emerging on the scene and gaining new formats in investigations in the field of Human and Social Sciences in order to get closer to this commitment.

The Life History is brought to light, which has been configured as a robust methodological procedure to enable researchers to know in depth the trajectory of lives in a rather unique way. With this, there is the possibility of sharing experiences loaded with idiosyncrasies, allowing the researcher, in an intense joint dive, to investigate and unveil with property the narratives that date and mark the human subjectivity of the participants. In other words, it allows us to apprehend in the speeches the human movement in a particular way in its intensity. Making use of such a procedure makes it possible to identify and analyse these social processes.

This book is a surprising read, as it provokes a mixture of thoughts, anguishes, breaths, and reflections. In the pages that follow, the authors bring the richness of *Beatriz's* narratives, a woman

who abruptly becomes blind at the age of 28. From that date onwards, crossings occur in her life, implying considerable changes in the most diverse spheres.

How to talk about disability and its implications in a context marked by stigma and prejudice? Can life be interrupted and lived in another way, as if we died and were reborn into the same person? Does the rupture with who you were, with your friends, your work, your relationship with your family, your dreams, and fears cease to exist or start to be configured in another way? Would it be possible to have a new identity?

These issues, and many others, are brought up in detail, allowing the reader to act as a spectator of a life full of singular movements that imply the daily life of people with disabilities, allowing us to observe that, even after the enactment of a series of norms and policies deemed inclusive, it is clear that there is still a long way to go before we can get away from a position in which we have little respect for bodies and behaviours considered different.

The book presents us with an ethical and careful posture of the person conducting the research, with due concern to ensure attentive listening. Through the presentation of questions, it gives the participant the opportunity to revisit events and also to think about future actions, shifting the gaze from the self to the wider context during dialogic moments.

Gathered in the following pages, it is possible to find information about the procedure steps in the use of Life History and its adjacent instruments, which, in this case, bring a digression of what constitutes the *becoming* of a blind person, who needs to tread a new human constitution in such a challenging universe.

*Lucia Pereira Leite*