

LOANA

BRÛLÉE PAR LA LUMIÈRE

Portrait psychologique d'une icône

The Essentials of Applied Psychology

LOANA

Burned by the Light

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It is in no way a substitute for professional therapeutic care.

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PREFACE — Ethical note and clinical framework

This book was born from a simple question, posed the day after a news item that should never have been a news item: how did a twenty-three-year-old woman, acclaimed by millions of viewers, end up semi-conscious in her bathtub eight years later? And how did this same woman, a survivor of a life that few of us could have endured standing, die alone on March 25, 2026, in Nice, at the age of forty-eight?

Loana Petrucciani was not a character. She was a person. A person whose entire life unfolded under the spotlights of a society that consumes human beings the way it consumes television shows: with appetite, without responsibility, and with a troubling tendency toward forgetting.

This book is not an indictment. Nor is it a hagiography. It is an attempt — clinical, human, and necessarily imperfect — to understand what Loana's trajectory tells us about her, about us, and about the media system that raised her to the heavens before letting her fall.

I am a cognitive-behavioral psychotherapist. This book is not a clinical file. It does not constitute a diagnosis made from a distance on a person I never met in my office. I would, moreover, reproach myself for reducing the complexity of a human being to a diagnostic nomenclature, however precise it might be. What I offer here is a psychologically informed reading — a lens, not a verdict.

All the clinical hypotheses formulated in these pages are based on public sources: Loana's own statements, her two books, the documentaries she participated in, the shows in which she confided. When I invoke psychological mechanisms, I take care to present them as explanatory hypotheses, never as established truths. Caution here is not a rhetorical posture: it is a fundamental ethical requirement.

I must also say something about the moment this book is being published. Loana died two days ago. Some readers may find it indecent how quickly a pen seizes upon this grief. I understand them. But I believe, deep down, that the best tribute one can pay to someone whose life was so poorly understood, so poorly treated, is to finally try to truly understand it — and to do so while the collective pain is still raw, before time dulls memory and leaves room only for legends.

Loana deserved better than legends. She deserved to be seen.

This book is dedicated to her.

Structure of the book: the reader will find in these pages a biography organized into five major parts, each linking documented biographical facts with psychological analyses. Clinical references are gathered in a thematic bibliography at the end of the book. Loana's own words are systematically sourced. Every clinical hypothesis is explicitly identified as such.

One final clarification is in order regarding terminology. Throughout this book, I use concepts drawn from cognitive-behavioral therapy (CBT) and, more specifically, from the schema therapy developed by Jeffrey Young. These concepts — early maladaptive schemas, schema modes, coping strategies — will be defined throughout the text to remain accessible to the non-specialist reader. Clinical rigor does not require obscurity.

PART I

Before the Loft: the roots of the wreckage