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Isadora Pacelli

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Il primo romanzo della collana: Lo sport che cura. Di cui è autrice Isadora Pacelli.
La storia vera di una grande trasformazione. Elena è una donna vittima di violenza domestica da parte del suo compagno, si rifugia nel cibo cadendo nel totale abbandono di se stessa. In seguito all'ultima aggressione, viene soccorsa di nascosto dal vicino e riuscirà a scappare salvandosi la vita. Si avvicina allo sport e alla difesa personale. Incontra il suo coach, Sam, che per lei diventa un mito ed un punto di riferimento, l'uomo la trasforma in una vera atleta. Sam ed Elena, combatteranno per mantenere l'equilibrio in un rapporto fatto di disciplina ed attrazione, uniti per il raggiungimento di un grande obiettivo. Un romanzo nel quale lo sport si dimostrerà una vera e propria cura dei postumi e del terrorismo psicologico che derivano dal problema delle aggressioni domestiche sul partner.

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