



**Author:** JILL COOPER

**Title:** **A LIFE OF MY OWN**  
**(UNA VITA TUTTA MIA)**

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**ELIZABETH COLE KNOWS WHAT IT MEANS TO HIT ROCK BOTTOM, BUT SHE ALSO KNOWS THAT SHE DESERVES THE BEST LIFE HAS TO OFFER: NOW THE TIME HAS COME TO GRAB IT. A STORY OF DETERMINATION, BRAVERY AND REBIRTH.**

Elizabeth Cole knows what dreams are worth. She was barely in her twenties when she left the States for Italy chasing a love that turned out to be a sham. And then she decided not to go back, enchanted by Rome's warm and colorful atmosphere. Italy becomes her home, and she falls for a man she thinks might bring back the feelings of her first love. This affair too will turn into a nightmare, though, but along with submission and abuse will come the best life has to offer: a sweet, wonderful daughter. After hitting rock bottom she finds the strength to fight back, leave her old life and start anew, for her sake and her daughter's.

Alone and abroad, deserted by her family in the States and harassed by her vengeful ex-boyfriend, Elizabeth struggles in search for an identity of her own and a renewed confidence. She knows, however, that her daughter's future is in her hands. And she knows that destiny exists, just as miracles and second opportunities. A phone call can bring you success; a red traffic light can bring back a never-forgotten love. It's up to us to seize the day and put ourselves on the line with determination, keeping an open heart and without missing out on our dreams.

**In her first novel, Jill Cooper tells us a heartbreaking and yet romantic tale of female rebirth. A novel that is both passionate and genuine, a message of hope for all women.**



**JILL COOPER** was born in Wichita, in Kansas, grew up in Florida, studied in New York and graduated in Rome. She is a fitness expert and personal trainer of TV stars and has been a consultant and teacher for some of the most successful programmes on Italian TV: Maria De Filippi's *Amici*, *Grande Fratello*, *Verissimo*, *Maurizio Costanzo Show*, *Pomeriggio Cinque*, *Mattino Cinque*, *Forum* and *Buona Domenica*. In 2017 she took part in *Pechino Express*, where she reached the final.

She presents a show on HSE 24, the digital TV channel specializing in fitness and wellness. She is the founder of "Coal Sport" and creator of the SuperJump training method which is becoming increasingly popular worldwide.

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