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Author: Sonia Frontera

Category: Self-Help, Relationships

ISBN-10: 172865808X

ISBN-13: 978-1728658087

Available on Amazon and soniafrontera.com

Author Bio

Growing up, Sonia always wanted to have a sister. She discovered, later in life, that the best way to have a sister is to be one. Through her book series *The Sister's Guides to Empowered Living*, Sonia vows to inspire and empower women around the world to live full and satisfying lives.

Sonia draws from her education and vast personal and professional experience as a wife, attorney and empowerment trainer, to bring women a message of hope, possibility and joy. Sonia is a family attorney with a private practice in New Jersey.

Sonia has been a lifetime spiritual seeker and spends her free time studying the masters of personal transformation. She is a Canfield Certified Trainer in the *Success Principles*.

Through the years, Sonia has volunteered her time to support domestic violence survivors as an advocate, speaker and empowerment trainer.

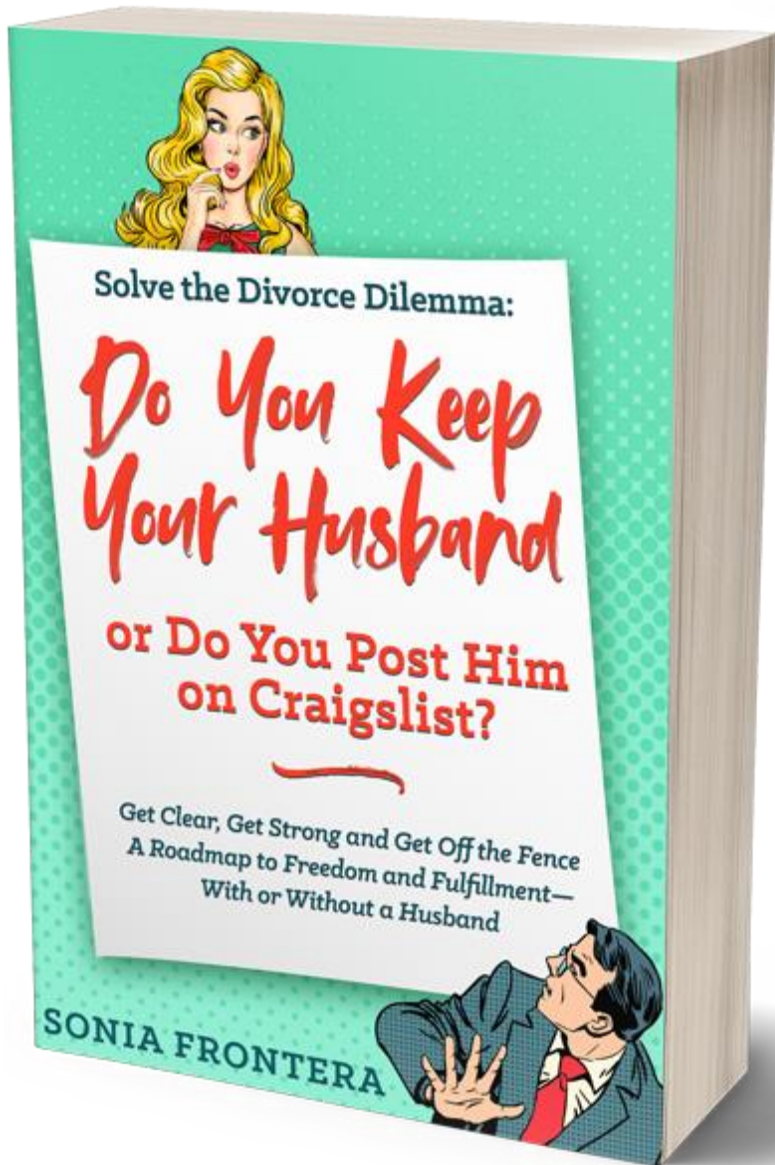
Sonia obtained a B.S. in Journalism and Finance from Syracuse University and a J.D. from Rutgers Law School.

When she is not writing, practicing law or pursuing her personal evolution, Sonia enjoys cooking, knitting and spending time with her husband, Peter, and their three rescue dogs.

She loves to hear from her readers and can be visited at:
www.soniafrontera.com



Sonia Frontera



BOOK BIO

Are you unhappy in your marriage? Are you contemplating divorce? Do you feel trapped and unfulfilled? Do you wonder if you'd be happier without your husband? Are you on the fence whether to leave or to stay?

SOLVE THE DIVORCE DILEMMA! Get off the fence and find out if your husband is a keeper and create a life you love—with or without him!

This empowerment guide offers you an easy and effective step-by-step method to help you **GET CLEAR, GET STRONG AND GET OFF THE FENCE!**

Solve the Divorce Dilemma is not like other books on relationship advice.

Solve the Divorce Dilemma is a roadmap for the journey from unhappily married to freedom and fulfillment.

This self-discovery guide is packed with tools to power you up for the next step—whether it is staying in your marriage—as a wiser, empowered **YOU**—or to divorce with dignity and confidence.

The author guides you through the process with the loving care of a sister—full of warmth, compassion and encouragement. You will benefit from the wisdom of a sister who's intimately familiar with the pain of a struggling relationship as a wife, attorney and empowerment trainer.

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TESTIMONIALS

THE QUINTESSENTIAL GUIDE: TO DIVORCE OR NOT TO DIVORCE...

Written by someone who's been there, done that...someone who has walked-the-walk, and is talking-the-talk...Author Sonia Frontera provides an authoritative examination of the divorce decision making process in this masterful guide. From page one, Frontera immediately engages with her boundless insight and wisdom, as she deftly guides the reader through minefields of complex emotions and stark realities. That this book is a lifesaver is an understatement considering that one begins her journey in utter darkness and confusion but, ultimately, arrives inspired, empowered, and with a more fully enlightened life direction... **Elizabeth Polster**

EDITORIAL REVIEW

A toolbox for a victim to take control of his or her life. This refined matrix becomes an invaluable guide for a survivor to attain an unshakable core as he or she plans every aspect of their escape to freedom and fulfillment. **Nancy C. Berkowitz, M.S., Counseling Advocate for Adults at the Domestic Violence Crisis Center (DVCC) in Norwalk, CT.**

Read this book to take back your power, truly excel, and improve your life whether you stay or go! **TJ Starr**

GREAT GIFT OF ENLIGHTENMENT! MUST READ AGAIN!

One of the many things I love about this excellent book is that so much of it pertains to life in general, not just a difficult time such as divorce. This author provides a resource to help others traverse the oftentimes difficult road of life, to learn how to forgive and move past the trying times to come out a winner! She shows practical, easy-to-understand ways to learn how to heal yourself, accept and love yourself. After reading this, you will come out transformed, empowered, and ready to conquer your challenges! **Robin G**

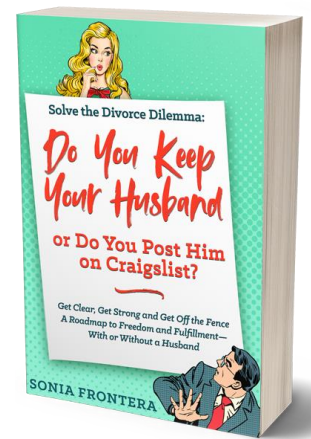
GREAT INSIGHT AND PRACTICAL ADVICE

This gem of a book is a wonderful guide not only for those contemplating divorce, but for those contemplating marriage. It is also a must read for those who want to reaffirm their marriage. Sonia Frontera lovingly shares great insight and practical advice. **J Rudin**

A BALANCED AND THOUGHTFUL BOOK

Whether you choose to divorce or remain married, this book will help you find your voice and power so that you can live your best life. Highly recommend! **Janna Walker**

TARGET AUDIENCE



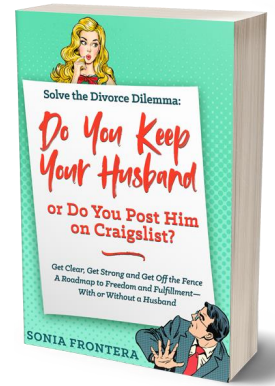
WHO SHOULD READ

- Unhappily married women
- Women contemplating or undergoing divorce
- Women in abusive relationships
- Couples' counselors
- Matrimonial attorneys
- Life/Financial Coaches
- Clergy
- Divorce support group leaders
- Domestic violence support professionals

TEACHES READERS HOW TO

- Discover and dissolve the traps that lead them to enter and stay in unhappy marriages.
- Evaluate the quality of their marriages and determine if they can be repaired.
- Assess if they are in abusive relationships and escape safely.
- Make the decision to stay in the marriage or to divorce.
- Prepare, survive and thrive through the divorce journey.
- Find the correct divorce lawyer.
- Move on with confidence and self-reliance.

BOOK EXCERPT



Breaking the Spell

If you are wondering whether you married the wrong person, or how you ended up marrying the wrong person, congratulate yourself! You're on the right track. Looks like you're ready to wake up!

Psychotherapist, author and spiritual teacher, Anthony de Mello, S.J., said most people don't know it, but they are born asleep, live asleep, marry in their sleep, and die in their sleep without ever waking up. This statement, while shocking, makes perfect sense. It encapsulates the key reasons why we live unsatisfying lives and get in and stay in unhappy marriages.

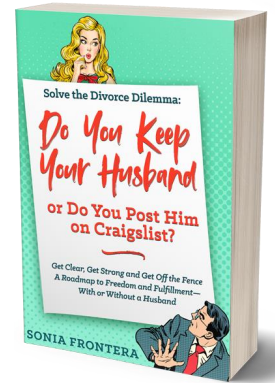
De Mello blamed our social programming, and maintained that awareness, "waking up," offered the way out of our suffering. Think about it... We are conditioned to live under a spell. The roadmap for our journey in this world comes from our authority figures: parents, teachers and social institutions like the church, the media, and advertising. We inherit our beliefs, our religion, our fears and prejudices, political affiliation—pretty much our whole make up—from our families and communities. We have assimilated society's ideas and behavioral norms without question and have come to accept them as our own.

This lack of awareness often gets us into trouble. Many of us live unexamined lives, following the footsteps of our parents and their parents, perpetuating generations of mindlessness. We go through life on autopilot, obediently following the course laid out for us.

We are trained to graduate high school, go to college, get a job, get married, have kids, work for 40 years, retire and die.

Our programming also includes a list of marital rules, things like the right timing (you don't want to be a spinster), what kind of spouse is acceptable (a nice Irish boy, a doctor or a lawyer), how to interact with our spouses (he wears the pants), as well as how to raise our children (children need both parents to be happy).

BOOK EXCERPT CONT.



As a result, we often make major decisions without reflection, not recognizing the factors that influenced our choices, while social forces operate surreptitiously in the background.

No wonder we marry the wrong person, at the wrong time, pursue the wrong profession—or fail to pursue our fondest dreams. Then one day we find ourselves miserably unhappy but have no idea why. After all, we played by the rules and did what we were supposed to do!

So, we end up feeling stuck in unfulfilling lives because we think that's as good as it gets. We don't realize that we are not living our own lives, but lives that have been prepackaged for us and may not suit us. And, unfortunately, "the package" doesn't include the tools to help us dig ourselves out.

The antidote to this poison? Active awareness. Awareness breaks the spell. Awareness sets us free. With an aware mindset, you will no longer accept a life that is prepackaged by others.

You may feel imprisoned because you married the wrong person and are paying the high price of a sequence of wrong choices. But rather than defaulting into blame, you are going to use active awareness to understand how you got in this mess. You will take responsibility for the choices you made and consciously decide how to repair the effects of your poor choices. You will have the power to bounce back and plot your next moves.

With the application of active awareness, you will be creating your life intentionally and deliciously! You will step out of your role as an obedient member of the clan and embrace a life in which you always have choice and create from your conscious choices. I am going to repeat that: you always have choice!

You can choose what you do, how you feel, and how you respond to circumstances and events. And if you make a wrong choice, it's okay. Instead of beating yourself up, I invite you to pick yourself up, examine your mistakes, own them, and learn from them. And then you can choose again.

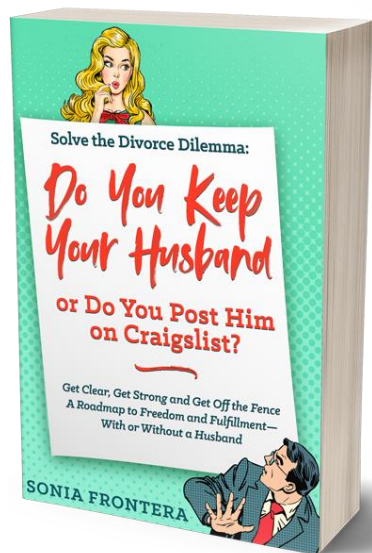
INTERVIEW QUESTIONS

1. What inspired you to write this book?
2. Who can benefit from this book?
3. How is this book different from other divorce books on the market?
4. How has your personal and professional experience influenced you in writing this book?
5. Why do women and men get into marriages that are wrong for them?
6. What is active awareness and how does it help readers?
7. How can this book help a woman contemplating divorce?
8. Does this book help women in abusive relationships?
9. Does the book encourage divorce?
10. What is your advice for a woman on the fence?
11. Should I be nervous if I see my spouse reading this book?
12. What tips can you offer to women going through the divorce process?
13. What techniques does the book offer for readers to rebuild readers' lives post-divorce?
14. Where can you purchase the book?

STORY IDEAS



1. Who's the stranger in your bed and how did he get there?
2. You married the wrong man. Now what?
3. There's light at the end of the tunnel. Build a joyous life after divorce.
4. Don't let your divorce lawyer be the second wrong choice in your life. Insider tips on how to pick the lawyer that's right for you.
5. Did you marry in your sleep and are living a nightmare? Wake up to a life of freedom and fulfillment.
6. Not 100% monster. Decide whether your husband is a keeper or to post him on Craigslist.
7. Who's the girl in the wedding dress and what happened to her? When you don't recognize the woman that is living your life.
8. Unmask the impostor that is living your life and send her packing. Dissolve limiting beliefs with active awareness.
9. Heal the wounds of a toxic marriage.
10. Throw in the towel or go back in the ring? Make the divorce decision with confidence.



MEDIA PHOTOS

I appreciate requests for photographs for press use. Email and let us know where you post your article so we can link to it.

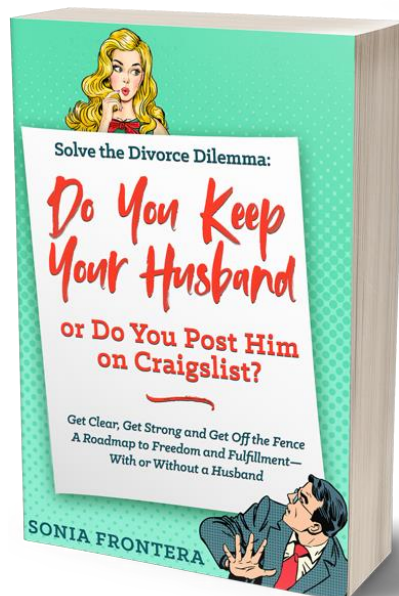
-Thank you.



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unfulfilled? Do you wonder if you'd be happier without your husband?
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Solve the Divorce Dilemma: Do You Keep Your Husband • Sonia



Solve the Divorce Dilemma:

Do You Keep Your Husband

or Do You Post Him on Craigslist?

*Get Clear, Get Strong and Get Off the Fence
A Roadmap to Freedom and Fulfillment—
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