



Create a Life You Love—With or Without a Husband!

Family Lawyer Sonia Frontera Empowers Unhappily Married Women with a Roadmap to Freedom and Fulfillment.

Most women marry with the intention to live happily ever after. The sad reality, however, is that almost half of marriages end in divorce. In fact, every 13 seconds there is a divorce in the U.S. alone.

But marital woes do not signal the end of the road and Sonia Frontera is here to prove it. She is on fire to inspire and empower women around the world to live full and satisfying lives—with or without a husband.

Known for her “common sense” approach, Sonia offers a model of personal empowerment based on self-awareness, self-expression and self-care that is attainable by all.

Sonia is a divorce lawyer with a heart and the survivor of a toxic marriage. She 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 had to work hard to earn her own freedom. For seven years, she felt trapped in an unhappy marriage to a psychologically abusive man. A good Catholic girl raised not to divorce, she gave her best efforts to saving the marriage until it became clear that it could not be repaired. During her unhappily-married years, Sonia’s faith kept her alive and led the way to freedom.

Her journey taught her that the road to fulfillment lies in personal empowerment and spiritual evolution, and she’s thrilled to share the good news. 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. She has translated her insights into a roadmap for her audiences, with easy-to-apply strategies that provide a short-cut to freedom and fulfillment.

Sonia Frontera is a sought-after trainer and speaker. She offers empowerment programs for women and Success Principles workshops for professionals and small businesses. She is known for her warm, personal style and ability to engage audiences and open their hearts.

Sonia’s debut title “Solve the Divorce Dilemma: Do You Keep Your Husband or Do You Post Him on Craigslist?” was a #1 bestseller. Her second book in the series “The Sister’s Guides to Empowered Living” will be released in 2020.

If you would like to have Sonia Frontera on your show for a powerful, insightful and entertaining interview, please send an email with the name of the show, your contact information, a proposed date and time and the calling details.

Sonia Frontera

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