

## **SONIA FRONTERA - Media Mentions**

**NBC News**

[Seeking a 'healthy divorce'? This is what 'Marriage Story' got right \(and wrong\)](#)

**MSN**

[23 Ways Divorce Impacts Your Life That No One Tells You](#)

**Publishers Weekly**

[February 2021 Indie Spotlight](#)

**Self**

<https://www.self.com/story/road-to-migraine-treatment>

**Marie Claire**

<https://www.marieclaire.com/health-fitness/a37202901/living-with-chronic-pain/>

**Prevention Australia**

<https://www.preventionaus.com.au/article/7-things-only-women-in-their-40s-and-50s-know-572710>

**Abacus Wealth Partners - Abacus Academy**

<https://www.learnwithabacus.com/course/financial-abuse>

**Eminetra (NZ)**

<https://eminetra.co.nz/a-winding-road-to-migraine-treatment/249239/>

**Stephen Baskerville**

<https://www.stephenbaskerville.net/how-to-know-if-you-are-in-an-abusive-relationship/>

**Bustle**

[What's Missing From My Relationship? 9 Ways To Figure It Out, According To Experts](#)

[9 Things Divorced Couples Wish They Did Differently, According To Experts](#)

[9 Ways To Boost Your Self-Esteem Around Valentine's Day](#)

[7 Things That Can Steer Your Relationship Away From Divorce](#)

[7 Good Reasons To Hold On To A Relationship Even If It Feels Like It's Falling Apart](#)

**yahoo!life**

[Women Focused on This One Thing Are 60 Percent More Likely to Get Divorced](#)

**Best Life Online**

[23 Effects of Divorce That People Don't Talk About, According to Experts](#)

**It's Over Easy**

[19 Experts Give Warning Signs Of Divorce You Need To Pay Attention To](#)

**Authority Magazine**

[Family Attorney Sonia Frontera: "5 Things You Need to Know to Survive and Thrive After A Divorce"](#)

**Medium**

[A Meditation on Love, Happiness, and Personal Satisfaction](#)

**Rocket Matter**

[Sexism in the Courtroom: Female Litigators Share Their Personal Experiences](#)

**Love to Know**

[How Do I Get a Divorce With No Money? | LoveToKnow](#)

**Woman on the Edge of Reality**

<https://womanontheedgeofreality.com/2019/04/24/meeting-sonia-frontera-author-of-solve-the-divorce-dilemma-do-you-keep-your-husband-or-do-you-post-him-on-craigslist/>

**UpJourney**

<https://upjourney.com/how-long-does-it-take-to-get-over-a-divorce>

<https://upjourney.com/best-books-on-happiness-and-joy>

**Boove UK**

<https://boove.co.uk/divorce-books-for-women/>

**Improve Her Health**

<https://improveherhealth.com/21-books-to-read-and-learn-about-marriage/>

<https://improveherhealth.com/12-energizing-books-to-move-on-from-divorce/>

<https://dz.wordpress.com/tag/self-help-books/>

**Fupping**

<https://fupping.com/zakparker/2019/03/03/21-books-about-to-learn-about-marriage/>

## **Book Authority**

<https://bookauthority.org/books/new-marriage-books>

<https://bookauthority.org/books/best-divorce-books>

## **Outwit Trade**

<https://outwittrade.com/authors-share-their-stories/>

## **KristinCragg.com**

<https://kristincragg.com/?s=sonia+frontera>

## **Healthination**

<https://www.healthination.com/health/what-migraines-feel-like>

## **JCFS**

<https://www.jcfs.org/blog/taking-break-world-around-us>

## **Guest Posts**

### **Divorce Magazine**

[COVID Divorce: Key Questions to Answer Honestly Before You Get One](#)

[Divorce Lawyers: Here's Why You Need to Hire One](#)

[Don't Waste Valentine's Day Mourning: Celebrate Love in Your Life Now!](#)

[Dropping the "D Bomb": How to Tell Your Husband Your Marriage Is Over](#)

[Should You Divorce Now, or Wait Until the Holidays Are Over?](#)

[6 Strategies to Make Your Solo Holidays the Best Ever!](#)

<https://www.divorcemag.com/blog/if-you-divorce-now-will-you-regret-your-divorce-later>

[Create a Life You Love Without New Year's Resolutions](#)

### **Divorced Moms**

[If You Divorce Now, Will You Regret Your Divorce Later?](#)

[5 Lessons From “Marriage Story” That Can Save Your Marriage And Your Sanity](#)

[Forgiveness After a Toxic Marriage: Here's Why It's Important](#)

[Let Intuition Guide You In The Decision To Divorce And Beyond](#)

[Letting Go: The Prerequisite for Healing From Divorce](#)

[Debunking the Myth of the Failed Marriage](#)

[7 Really Bad Reasons to Date After Divorce](#)

**Build Book Buzz**

[Five book marketing lessons I learned from my first indie book](#)

**Change Your Thoughts Change Your Life**

[Earth Day Is a Mindset – Embrace It Fully -](#)

[Saint Patrick's Day: Much More Than a Reason To Party -](#)

[Say Goodbye to New Year's Resolutions and Live on Course Each Day-Forever! -](#)

**Thrive Global**

[Redefining Success](#)

**Medium**

[Earth Day: An Invitation to Mindful Living | by Sonia Frontera](#)

[Don't Get Stuck in Hurricane Season | by Sonia Frontera](#)

[5 Easy Ways to Show Love to Your Favorite Authors](#)

**Abbey of the Arts**

[Monk in the World Guest Post: Sonia Frontera](#)

**Opinions - Nigeria**

[Should You and Your Spouse Kiss and Make Up? – Nigeria's Leading Opinion Hub](#)