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Author Bio

Sonia Frontera is a divorce lawyer, empowerment trainer and author. The owner of Frontera Law in Lambertville, N.J., she offers forward-thinking legal solutions to help individuals end their marriages amicably and navigate the immigration maze.

The author of *Relationships Solutions: Effective Strategies to Heal Your Heart and Create the Happiness You Deserve*, Frontera offers practical advice and hope to people whose lives have been upended by marital troubles, teaching them how to dissolve their obstacles to happiness and create fulfilling lives.

Frontera is the survivor of a toxic marriage who has been happily remarried for 14 years. Through the years, she has supported domestic violence survivors as an advocate, speaker and empowerment trainer. She is a Certified Canfield Success Principles Trainer and offers inspirational workshops and retreats.

A graduate of Rutgers Law School and Syracuse University, Frontera contributes regularly to *Divorce Magazine* and *Divorced Moms* and has been featured on NBC, MSN and *The New York Times*.

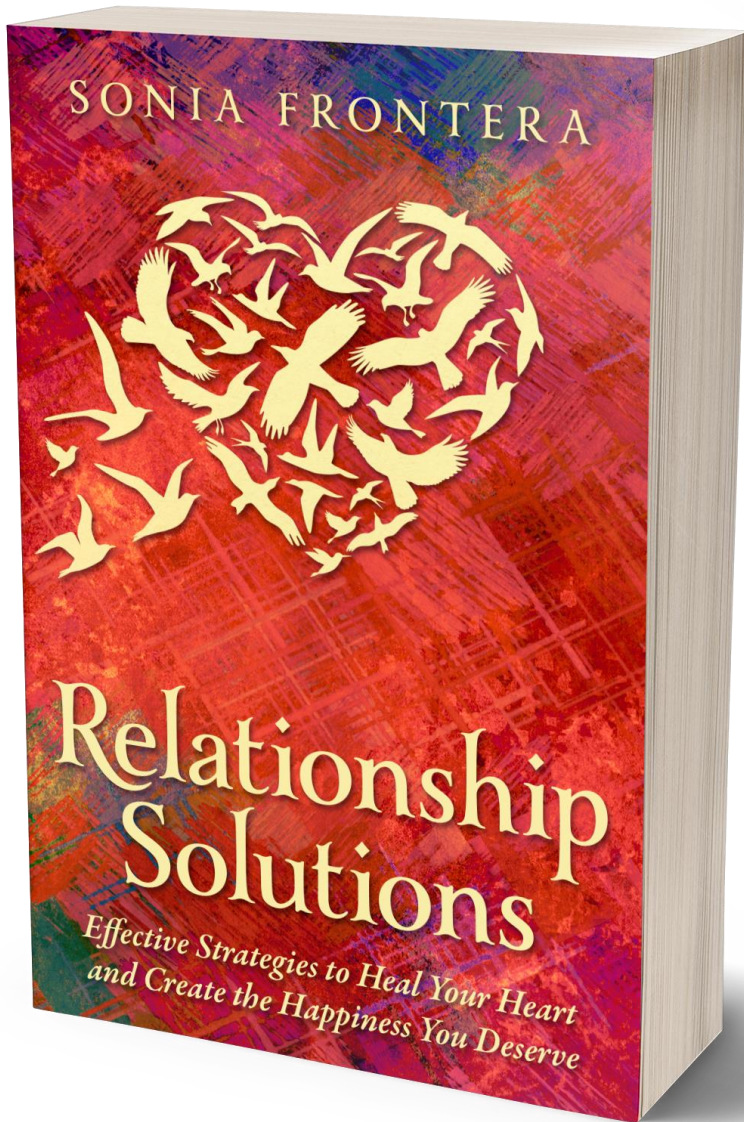
She is a compulsive knitter who is happiest hanging out at her New Jersey country home with her husband and their three street-dogs-turned-princesses.

Frontera enjoys hearing from readers who can learn more at www.soniafrontera.com.



Short Bio: Sonia Frontera is a divorce lawyer with a heart. She is the survivor of a toxic marriage who is now happily remarried. Frontera integrates the wisdom acquired through her personal journey, her professional experience and the lessons of the world's leading transformational teachers and translates it into guidance that is insightful and practical. She is a Certified Canfield Success Principles Trainer.

BOOK BIO



Your marital troubles are not the end of the road but a detour on the road to happiness.

Speed forward from heartache to healing!

This expanded, gender-neutral edition of *Solve the Divorce Dilemma* delivers sound advice with compassion and humor, so people experiencing marital strife can:

- Understand how they ended up in an unsatisfying relationship and what they need to be happy in a marriage.
- Examine the viability of their marriages.
- Make the divorce decision with confidence.
- Have an amicable divorce if their relationship is not salvageable.
- Empower themselves to create the happiness they deserve with their spouses or alone.

Whether you're unhappily married, on the road to divorce recovery or somewhere in between, this inspiring guide will lead you step by step through a journey of self-discovery and personal transformation, so you can enjoy your best life now.

Author: Sonia Frontera

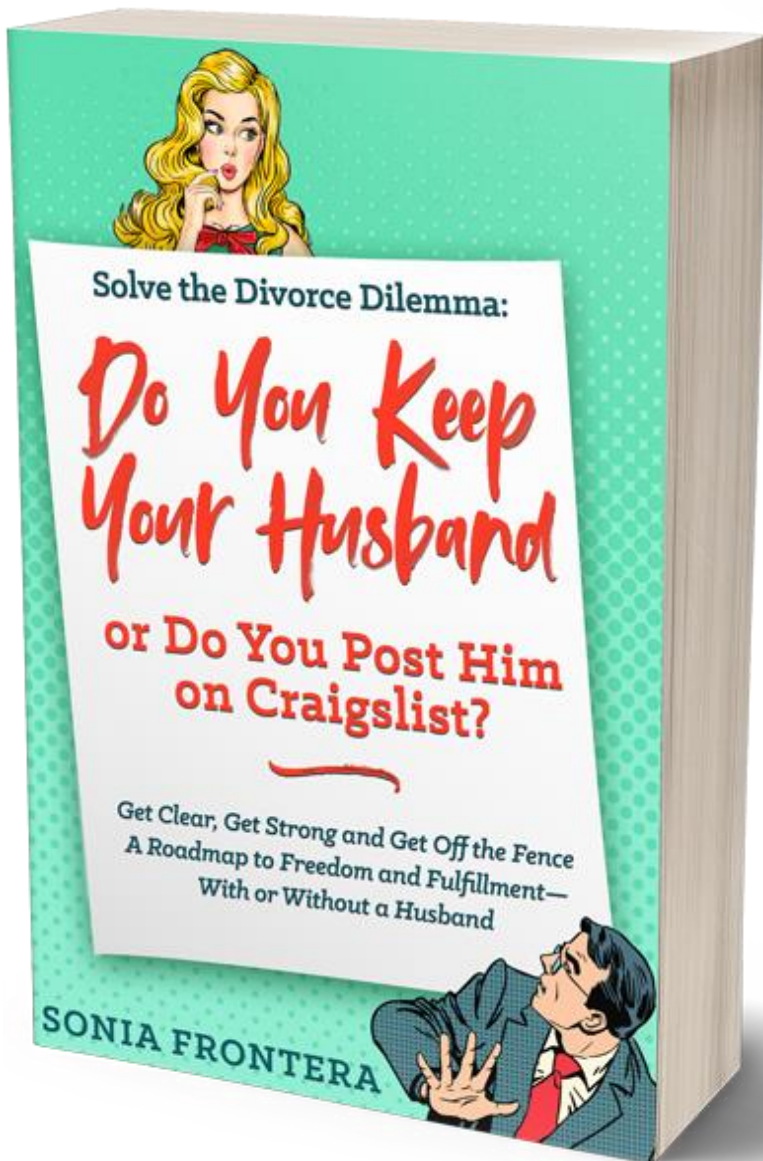
Publisher: Coventina House

Category: Self-Help, Relationships

ISBN: 978-1-7335695-5-2 (Ebook) \$ 8.99

ISBN: 978-1-7335695-4-5 (Paperback) \$15.99

Available wherever books are sold



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.

Author: Sonia Frontera

Publisher: Coventina House

Category: Self-Help, Relationships

ISBN: 9781733569521 (Ebook) \$ 6.99

ISBN: 9781733569538 (Paperback) \$12.99

Available wherever books are sold

TESTIMONIALS

Editorial Reviews

Solve the Divorce Dilemma

From cultivating forgiveness to approaching one's spouse with a request for divorce and handling the fallout from different kinds of reactions, *Solve the Divorce Dilemma* covers the entire emotional process. It is **highly recommended reading for anyone interested in making lasting changes in their psyches and lives.**

D. Donovan, Senior Reviewer
Midwest Book Review

"Using her own divorce experience as a guide, the author aims to help the reader understand the state of her union, explore the possibility of divorce, and, if necessary, walk away from the relationship. This guide explains the ins and outs of the long but potentially fulfilling process--from figuring out whether you married the wrong person, to being honest about your part in marital strife, to planning the divorce conversation, to embracing a healthy lifestyle, post-separation. Most of all, however, Frontera reminds readers that they deserve to be happy... Women who find themselves at this crossroads will appreciate Frontera's sympathetic framing of the issues, and her book will help them come to the conclusion that's best for them.

An earnest, practical manual for those considering divorce."

Kirkus Reviews

Relationship Solutions

"Relationship Solutions is **one of the most effective books about relationships (and living) I have ever read.** It addresses one of the deepest, most personal topics in clear, simple terms, and puts the focus on success exactly where it belongs; with the reader."

Ronald D. Ousky, Esq., Author of *The Collaborative Way to Divorce: The Revolutionary Method that Results in Less Stress, Lower Costs and Happier Kids--Without Going to Court*

"In this wonderful book, Sonia Frontera uses **a spiritual GPS to guide psychological growth.** It's a book about self-empowerment not spousal-blaming; it's about waking up and seeing both the strengths and the shadows that each spouse brings to the relationship – taking ownership of both and beginning the transformation."

Father Seán ÓLaoire, Ph.D, Transpersonal Psychologist and author of "Souls on Safari"

TARGET AUDIENCE



WHO SHOULD READ THESE BOOKS

- Unhappily married individuals
- People contemplating or going through divorce
- Domestic Abuse Survivors
- Couples' counselors
- Matrimonial attorneys
- Life/Financial Coaches
- Clergy
- Divorce support group leaders
- Domestic violence support professionals
- Human Resources Professionals

READERS LEARN 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 right divorce lawyer.
- Move on with confidence and self-reliance.

INTERVIEW QUESTIONS

What inspired you to write your books and how do they benefit readers?

I wrote *Solve the Divorce Dilemma* and *Relationship Solutions* to help people hurting at any point in the divorce continuum, from contemplating divorce to divorce recovery. I wish books like these existed when my first marriage was on the rocks. They lead readers step by step on a journey of self-discovery and personal transformation, so they can understand how they ended up in an unhappy marriage, avoid repeating the same mistakes in the future and intentionally create lives they love.

What is your message to unhappily married people who are on the fence?

Unless you find yourself in an abusive situation, give your marriage an honest chance to avoid divorce regret. Carefully evaluate the viability of your relationship, weighing the positives and the negatives and factoring in, not only your spouse's behaviors, but also how you may contribute to marital strife. Explore what actions you may take to turn things around. Consider couples counseling and, if after giving it your best shot, you conclude your marriage can't be salvaged, end it amicably, so you can both be happy separately.

What is the secret sauce to happiness in relationships?

The three ingredients are accepting that:

- 1)** You deserve to be happy.
- 2)** You are responsible for your own happiness (and nobody else's); and
- 3)** You can create the happiness you deserve.

We enter marriage with the expectation that marriage is going to make us happy; that our spouses are supposed to make us happy; and that we need to make others happy. Once you accept that you deserve to be happy and that you're responsible for your own happiness, you are free to create it any way you want—with your spouse, in a different relationship or alone. By the same token, by owning responsibility for your happiness, you relieve your spouse from the "obligation" to make you happy, opening the way to accepting your partner "as is" and building your relationship from a place of authenticity. It is empowering and liberating.

How has COVID 19 affected couples?

The pandemic and associated lockdowns have forced us to spend more time with our partners, and spouses are getting on each other's nerves. Meanwhile, lawyers worldwide are reporting a surge in divorce cases. I think people need not panic fearing their marriages are over. It's essential to take emotional inventory and assess if their strife is caused by the pandemic or if it is indicative of more serious problems in the relationship. Ask yourself, "Are these problems likely to resolve themselves after the pandemic is over?" Accept the COVID challenge to strengthen your relationship and work through these issues in good faith. You may be surprised by the results.

Why do divorced people give in to the “failed marriage myth” and how can people generate feelings of success while going through or recovering from a divorce?

The myth of the failed marriage is part of our social conditioning. Our authority figures and social institutions tell us that the end of our marriages is a failure. Because these messages come from trusted sources, we accept them as truth and some people continue to wear the label of failure long after their divorces are over. But these feelings of failure are nothing but a mindset. And your mindset can be changed to obtain different results. Ending your marriage doesn't make you a terrible person or a loser; it only makes you and your spouse incompatible. Replace the failure mentality with a success mindset and to consider the possibility that marital problems may be a blessing in disguise—an unexpected path to happiness and personal growth.

What is the greatest obstacle to healing in relationships?

Unforgiveness—in and out of marriages. Sometimes people stay in marriages while harboring resentment towards their spouses, making happiness and healing impossible. Then there are people who, decades after their divorces, are still seething over the wrongs their exes committed against them. You cannot rebuild your life until you let go of these hurts. People are often unwilling to forgive because they think that makes them weak and that, by forgiving, they are condoning despicable behaviors. But forgiveness is about releasing yourself from the hurt those events caused you, so you can be free, and making room in your heart for love to flow in.

How can people going through marital troubles or divorce alleviate their suffering?

Having strong support systems and practicing self-care are essential. Surround yourself with positive people. And let go of those who drain you of your energy. If your friends and family don't provide the support you need, create new relationships that will sustain you along the way, whether it is a support group, new friends or a therapist. And remember that YOU are the most important person in your support team. Become your new best friend and make your physical and emotional health a priority.

What are your thoughts about dating after divorce? Is there a right time?

If you're contemplating dating after divorce, get over your ex first, so you can become emotionally available to love again. Also, devote some time to loving yourself and enjoying single life. Pursue activities that fulfill you and learn to enjoy your own company. When you become happy and confident, you will organically attract healthy people into your life—including a partner. Don't barricade yourself from romance. You will instinctively know when you're ready to recouple. And open your heart to the happiness you deserve.

People often remain bitter after their marriages break down. Do you have any advice for them?

Moving on is the best revenge! Divorce is about getting on with your life, not about getting even. Constantly thinking or talking about your spouse sends your energy in his or her direction, depleting the resources you need to move forward. Instead of harboring resentment and entertaining revenge fantasies, invest your energy on creating your best life.

BOOK ANNOUNCEMENT

FOR IMMEDIATE RELEASE

Media review copies available upon request

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Divorce lawyer offers unhappily married couples a roadmap from heartache to healing in new self-help guide

LAMBERTVILLE, NJ--November 15, 2020.

The COVID crisis continues to wreak havoc in our lives and relationships. As divorce lawyers predict a tsunami of divorce filings post-lockdown, many people are wondering if their marriages will survive. With the holidays right around the corner and January (aka, "Divorce Month") fast approaching, anxiety levels are skyrocketing.

To the rescue comes Sonia Frontera. In her new book, ***Relationship Solutions: Effective Strategies to Heal Your Heart and Create the Happiness You Deserve***, she reveals the shortcuts from heartache to healing—whether you and your spouse stay together or divorce.

"Divorce is devastating. People contemplating or going through a divorce feel like it is the end of the world and can't envision being happy ever after," says Frontera. "But what they don't realize at the time is that life does get better and that they can take simple steps to speed up the process and spare themselves from needless suffering."

Frontera shows them how, leading readers on a journey of self-discovery and personal transformation. She delivers sound advice with compassion and humor, so people experiencing marital strife can:

- Understand how they ended up in an unsatisfying relationship and what they need to be happy in a marriage.
- Examine the viability of their marriages.
- Make the divorce decision with confidence.
- Have an amicable divorce if their relationship is not salvageable.
- Empower themselves to create the happiness they deserve with their spouses or alone.

Whether you're unhappily married, on the road to divorce recovery or somewhere in between, this guide offers easy strategies to gain clarity and experience a fulfilling life.

Frontera is a divorce lawyer and the survivor of a toxic marriage who's been happily remarried for 14 years. She has supported domestic violence survivors as an advocate, speaker and empowerment trainer. She is a Certified Canfield Success Principles Trainer and offers inspiring workshops and retreats.

Relationship Solutions: Effective Strategies to Heal Your Heart and Create the Happiness You Deserve (\$15.99, ISBN 978-1-7335695-4-5), a 284-page paperback published by Coventina House, is available at most major online book retailers and directly from the author at <https://www.soniafrontera.com>.

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To the Media: Sonia Frontera can provide advice, story ideas, articles, background and commentary. She responds quickly to media requests. Contact her at sonia@soniafrontera.com or by phone at (908) 881-5095.

Visit Sonia Frontera's Website <https://www.soniafrontera.com>, Connect with her on Twitter <https://twitter.com/FronteraSonia> and on Facebook <https://www.facebook.com/sistersguides/>

Sonia Frontera's high-resolution photo is at <https://www.flickr.com/photos/soniafrontera/>

STORY IDEAS



"Everybody" Is Rushing to Divorce Court--Should You? Making the Divorce Decision in the Age of COVID

Ever since the lockdown ended in Wuhan, China, divorce lawyers around the world are predicting a tsunami of divorce filings. And the COVID crisis is far from over. Is it hype or is your marriage in danger? Divorce lawyer Sonia Frontera helps you sort fact from fiction.

BFF Yourself: The Secret to Divorce Survival

Divorce is one of the most stressful life events a person can experience. Divorce lawyer and empowerment trainer Sonia Frontera explains how self-empowerment and self-love soften the impact of divorce and offers tips to speed up healing and create a satisfying life.

Don't Let Your Divorce Lawyer Be the Second Worst Choice in Your Life

Picking the wrong spouse is bad. Picking the wrong divorce lawyer is worse. Divorce lawyer Sonia Frontera offers insider tips on how to select the lawyer that's right for you--and how to avoid the ones that are wrong.

Don't Put Your Divorce Lawyer's Kids Through College

Divorce lawyer Sonia Frontera Offers 7 Tips to Save You Money on Legal Fees

Are You Divorced from Your Spouse or to Your Spouse?

Divorce lawyer Sonia Frontera reveals the keys to freedom after divorce.

Is Your Marriage on Life Support?

Don't be a victim of divorce regret. Answer these 7 questions before you pull the plug.

Do You Really Need a Divorce Lawyer?

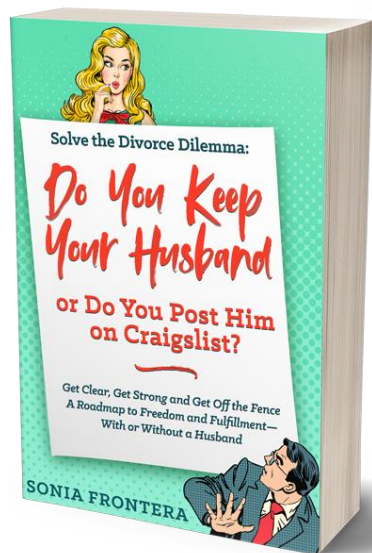
An insider explains the steep price of going solo.

Is It Worth the Fight?

Divorce lawyer reveals when to fight for your marriage and when to dart for the door.

The Worst Reasons to Date After Divorce

Avoid a disaster do-over. Prime yourself for successful recoupling with these insider tips.



MEDIA PHOTOS

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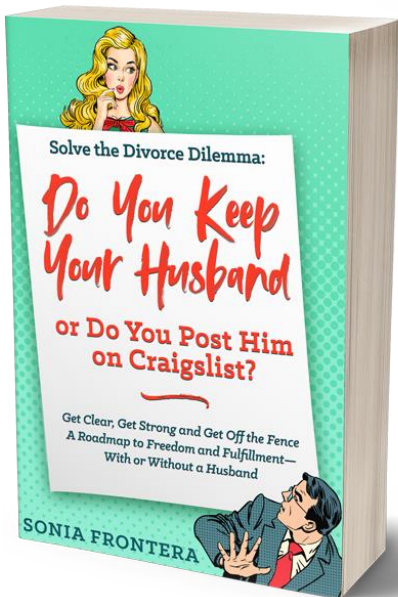
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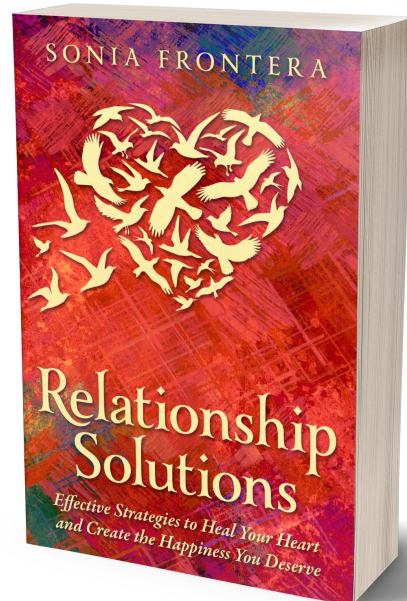
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Are you unhappy in your marriage?
Are you contemplating divorce? Do you feel trapped and
unfulfilled? Do you wonder if you'd be happier without your husband?
Are you on the fence whether to leave or to stay?

Solve the Divorce Dilemma!

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!

Find out if your husband is a keeper and create a life you love—
with or without him!



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 collaborative law 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.

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.

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—
With or Without a Husband*

