

## Fact Sheet

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### BOOK INFORMATION

<b>Title</b>	<i>Don't Throw in the Towel Yet!</i>
<b>Subtitle</b>	<i>If It's Worth Fighting About, It's Worth Fixing</i>
<b>Author</b>	Veronica L. Nabizadeh, Esq.
<b>Publication Date</b>	July 14, 2026
<b>Genre</b>	Relationships • Marriage • Personal Growth • Self-Help
<b>Formats</b>	Paperback • eBook
<b>Publisher</b>	Morgan James Publishing
<b>Website</b>	<a href="http://MarriageRelationshipRestart.com">MarriageRelationshipRestart.com</a>

### ABOUT THE BOOK

*Don't Throw in the Towel Yet!* is a practical and compassionate guide for battle-weary wives and couples who feel stuck in recurring conflict, emotional disconnection, or uncertainty about the future of their relationship.

Drawing on her experience as a mediator, marriage coach, and attorney, Veronica helps readers understand the hidden patterns driving conflict, improve communication, reconnect with themselves and their partners, and gain clarity about what comes next. The book offers practical tools, real-world insights, and actionable strategies designed to help readers move from frustration and confusion toward healthier relationships and empowered decision-making.

## **KEY MESSAGES**

- Most couples are fighting about more than they think—the real issue is often the "why beneath the what."
- Conflict is not necessarily a sign that a relationship is failing.
- Clarity comes from understanding patterns, not from making rushed decisions.
- Healthy communication can transform the direction of a relationship.
- People can learn to stop reacting and start responding with intention.
- Relationships become healthier when individuals reconnect with themselves first.

## **SIGNATURE FRAMEWORKS**

- Stop, Drop, and Roll, Baby!®
- The Seven Relationship Saboteurs
- Marriage as a Spiritual Practice

## **IDEAL AUDIENCE**

- Battle-weary wives
- Couples experiencing recurring conflict
- Individuals considering whether to stay or leave a relationship
- Marriage and relationship professionals
- Anyone seeking healthier communication and stronger relationships

## **INTERVIEW TOPICS**

- Why couples keep having the same fight
- How to know if a marriage can be saved
- 10 signs your marriage is in trouble
- The Seven Relationship Saboteurs
- The "fight beneath the fight"
- Communication mistakes that damage relationships
- Relationship burnout and emotional disconnection
- Marriage as a path for personal growth
- How to make relationship decisions with clarity rather than fear

## **ABOUT VERONICA**

Veronica L. Nabizadeh is a mediator, marriage and relationship coach, speaker, and author who helps individuals and couples navigate conflict, strengthen communication, and create healthier, more fulfilling relationships. Through coaching, education, and practical tools, she empowers people to move from frustration and disconnection toward clarity, growth, and meaningful connection.

## **GUIDING BELIEF**

"Because if it's worth fighting about, it's worth fixing."

## **MEDIA CONTACT**

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