

## Media Press Releases

### General

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FOR IMMEDIATE RELEASE

### **DON'T THROW IN THE TOWEL YET!: If It's Worth Fighting About, It's Worth Fixing launches July 14, 2026**

JACKSONVILLE, FL — After years of helping wives and couples navigate conflict, communication breakdowns, and life-changing relationship decisions, marriage and relationship coach, mediator, and attorney Veronica L. Nabizadeh is releasing her new book, *Don't Throw in the Towel Yet!: If It's Worth Fighting About, It's Worth Fixing*, on July 14, 2026.

Written for women who feel exhausted, discouraged, and uncertain about the future of their relationships, the book offers practical tools, fresh perspectives, and compassionate guidance for navigating the challenges that often leave couples feeling stuck and disconnected.

Drawing on decades of professional experience—as well as her own personal journey through marital struggles—Nabizadeh helps readers understand the hidden patterns that fuel conflict, break destructive cycles, reconnect with themselves, and gain clarity about what comes next. "This is not a book about staying in a marriage no matter what," said Nabizadeh. "It's about understanding what is really happening beneath the conflict, learning healthier ways to respond, and making important decisions from a place of wisdom rather than fear, exhaustion, or pressure."

At the heart of the book is Nabizadeh's signature Stop, Drop, and Roll, Baby!® technique, a simple yet powerful process designed to help individuals interrupt emotional reactivity and respond more intentionally during difficult conversations and conflicts.

The book also explores the Seven Relationship Saboteurs—common behaviors that quietly erode connection and trust—and offers practical strategies for creating healthier communication patterns and stronger emotional resilience.

While many relationship books focus solely on saving a marriage or ending one, *Don't Throw in the Towel Yet!* addresses the reality that many women find themselves in an emotionally complex middle ground. Rather than rushing readers toward a particular outcome, Nabizadeh encourages thoughtful self-reflection, personal growth, and intentional decision-making.

The book is especially relevant for women who feel trapped in recurring arguments, are questioning the future of their marriage, or are searching for hope after years of disappointment and frustration.

Nabizadeh is a mediator, marriage and relationship coach, speaker, and founder of Relationship Restart. She has spent years helping individuals and couples navigate conflict, rebuild trust, improve communication, and make empowered choices about their relationships and lives. To celebrate the release, Nabizadeh will host a book launch event on July 9, 2026, in Jacksonville, Florida. The event will feature a reading, book signing, refreshments, and an opportunity for attendees to connect with the author and learn more about the inspiration behind the book.

*Don't Throw in the Towel Yet!: If It's Worth Fighting About, It's Worth Fixing* will be available through major booksellers beginning July 14, 2026.

For additional information, media inquiries, speaking opportunities, or interview requests, please contact:

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#### About Veronica L. Nabizadeh

Veronica L. Nabizadeh is a mediator, marriage and relationship coach, speaker, and author dedicated to helping individuals and couples navigate conflict, strengthen communication, and build healthier, more fulfilling relationships. Through coaching, education, and practical tools, she empowers people to move from frustration and disconnection toward greater clarity, growth, and meaningful connection. As the author of *Don't Throw in the Towel Yet!: If It's Worth Fighting About, It's Worth Fixing*, Veronica encourages people to look beyond the conflict, understand the patterns driving it, and create lasting change. Her guiding belief is simple: Because if it's worth fighting about, it's worth fixing.

## Local—Jacksonville Media

FOR IMMEDIATE RELEASE

### LOCAL MARRIAGE COACH AND ATTORNEY LAUNCHES BOOK TO HELP STRUGGLING WIVES FIND HOPE

Jacksonville Author Veronica L. Nabizadeh Celebrates Release of *Don't Throw in the Towel Yet!* with Community Book Launch Event

Jacksonville, FL – July 14, 2026

Jacksonville marriage coach, mediator, attorney, and speaker Veronica L. Nabizadeh is celebrating the release of her new book, *Don't Throw in the Towel Yet!: If It's Worth Fighting About, It's Worth Fixing*, a practical guide designed to help wives navigate conflict, reconnect, and make healthier relationship decisions.

The book is the culmination of years spent working with wives and couples facing some of life's most difficult relationship challenges. Through real-world experience, coaching insights, and practical tools, Nabizadeh helps readers understand why couples become stuck in recurring arguments and how they can begin creating healthier patterns of communication and connection. "Many couples believe they are fighting about dishes, money, intimacy, or parenting," says Nabizadeh. "What they're actually fighting about often runs much deeper. When we understand the 'why beneath the what,' everything can begin to change."

To celebrate the launch, Nabizadeh will host a Book Launch Celebration on July 9, 2026, at Deerwood Country Club in Jacksonville. The evening will bring together clients, colleagues, friends, and community members for an event focused on hope, healing, and relationship renewal.

In addition to the book, Nabizadeh offers coaching, workshops, educational programs, and resources designed to help individuals and couples strengthen their relationships and make thoughtful decisions about their futures.

As divorce rates, relationship stress, and emotional disconnection continue to impact families nationwide, Nabizadeh hopes the book will provide practical tools and encouragement to wives who may feel overwhelmed, discouraged, or uncertain about their next steps.

*Don't Throw in the Towel Yet!* will be available through Barnes & Noble and major online retailers beginning July 14, 2026.

For interviews, event coverage, or additional information, visit [MarriageRelationshipRestart.com](http://MarriageRelationshipRestart.com).

## ABOUT VERONICA L. NABIZADEH

Veronica L. Nabizadeh is a Jacksonville-based marriage coach, mediator, attorney, speaker, and educator. She helps individuals and couples navigate conflict, improve communication, and create healthier relationships through coaching, education, and practical relationship tools.

## National

FOR IMMEDIATE RELEASE

### RELATIONSHIP EXPERT CHALLENGES THE "LEAVE OR STAY" NARRATIVE IN NEW BOOK FOR BATTLE-WEARY WIVES

New Release Offers Practical Guidance for Women Caught Between Hope, Hurt, and Hard Relationship Decisions

Jacksonville, FL – July 14, 2026

At a time when relationship advice often pushes women toward extremes—either fight harder or walk away—marriage coach, mediator, and attorney Veronica L. Nabizadeh is offering a different perspective.

Her new book, *Don't Throw in the Towel Yet!: If It's Worth Fighting About, It's Worth Fixing*, provides battle-weary wives with practical tools to navigate conflict, understand destructive relationship patterns, reconnect with themselves, and make thoughtful decisions about their futures.

Rather than focusing solely on saving marriages or ending them, Nabizadeh encourages women to slow down long enough to gain clarity.

"Many women are trying to make life-changing decisions while operating from fear, exhaustion, resentment, and emotional overwhelm," says Nabizadeh. "Clarity rarely comes through panic. My goal is to help women understand what's really happening in their relationships so they can move forward with confidence, wisdom, and self-respect."

Drawing on years of experience as a marriage coach, mediator, and attorney, Nabizadeh explores why couples repeat the same arguments, how emotional triggers fuel conflict, and what healthy relationship repair actually looks like. Readers will learn her signature Stop, Drop, and Roll, Baby!® technique, discover the Seven Relationship Saboteurs, and gain practical strategies for improving communication and emotional connection.

The book arrives at a time when conversations around marriage, mental health, personal growth, and relationship satisfaction continue to dominate social media, podcasts, and women's lifestyle platforms. Nabizadeh offers a balanced voice that acknowledges both the challenges and possibilities within committed relationships.

AVAILABLE FOR INTERVIEWS ON:

- Why couples keep having the same argument over and over again
- The hidden "why beneath the whay"
- How to know if a marriage can be saved

- The Seven Relationship Saboteurs damaging modern relationships
- Why clarity is more important than quick decisions
- Marriage as a spiritual path for personal growth and self-discovery
- Communication mistakes even good couples make
- What battle-weary wives need most when they feel stuck

*Don't Throw in the Towel Yet!: If It's Worth Fighting About, It's Worth Fixing* is available through Barnes & Noble and major online retailers beginning July 14, 2026.

For media inquiries, podcast bookings, speaking engagements, or review copies, visit [MarriageRelationshipRestart.com](http://MarriageRelationshipRestart.com).

#### ABOUT VERONICA L. NABIZADEH

Veronica L. Nabizadeh is a marriage coach, mediator, attorney, speaker, and relationship educator who helps women and couples navigate conflict, improve communication, and make empowered relationship decisions. Through coaching, workshops, and educational programs, she has helped countless individuals move from confusion and conflict toward clarity and connection.