



## About Isabella

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Isabella is an author and speaker who cherishes opportunities to share how God has transformed her mayhem into messages of encouragement, comfort, wisdom, and hope with sober wit and candor.

With a lifetime of extraordinary experiences, Isabella has a heart for struggling Christians, seekers, survivors of trauma (including the religious kind), intellectual skeptics, and women in recovery of all kinds. She shares hard-won lessons grounded in practical spiritual truths drawn from extensive Bible and theological study, lived experience, and twenty years of recovery-oriented and therapeutic study.

Isabella wrote a Bible study/workbook entitled *“Embracing Life: Letting God Determine Your Destiny,”* a short Bible study aimed at helping people navigate challenging life events hand in hand with Jesus. She also wrote *Waterworks: Tales of Redemption & Grace* a collection of short fiction including reflective prompts, prayers, and a book club guide, and *Sage, Sayings & Slogans* a daily reader for those in recovery from anyone or anything, including those wounded or wary of institutional religion.

Biblically grounded and ecumenical in orientation, she cherishes church unity and the rich legacy of many faithful Christian traditions, while deeply sensitive to Christ’s call to purity and scriptural integrity. She affirms our equalizing, unceasing, humble dependence on The Cross and the grace of God for ongoing spiritual transformation into His likeness. She believes the Holy Spirit is active today.

Isabella is a longtime Guideposts contributor to more than twenty books, including “Mornings with Jesus” (2018-2026), *“Daily Guideposts for Recovery”*, Guideposts 2024 Advent and 2025 Lenten readers, *“One-Minute Daily Devotions,”* *“Pray a Word a Day,”* *“Every Day with Jesus,”* *“From the Garden,”* and *“God’s Comforting Ways,”* a book on grief for which she wrote the introductory chapter alongside New York Times bestselling pastor/author Don Piper. She’s written several near-death experience accounts for Guideposts’ *“Witnessing Heaven”* series.

Isabella was anonymous editor and contributor for Co-Dependents Anonymous Conference-approved *“Growing Up in CoDA”* about healing childhood trauma and with Dr. Beverly-Carnes-Lowe, co-authored *“Bitterness Runs Deep: Seven Steps to Uprooting the Roots of Bitterness”* based on Hebrews 12:15. In addition, Isabella has ghostwritten several other books, including faith-based non-fiction, self-help, and memoirs.

Isabella is a dynamic speaker and teacher who has led weekend retreats, workshops, and small groups on biblical topics, recovery, and inspirational writing.

Holding an MS in PR/management and BA in communications from the University of Maryland, Isabella had a long career in corporate communications specializing in health & wellness, biopharma, healthcare benefits and insurance, behavioral health, non-profits, and faith-based topics.

A first-generation Italian-American, Isabella was born in southern California, grew up in Maryland, and now lives on Florida’s Suncoast with two wonderful sons—one in college. She enjoys Jesus, travel, deep conversation, Bible and theological study, contemplation, cooking, writing, reading, running, random adventures, arts and culture, dancing, singing, all things water and beach, music, and pondering.