



About Isabella

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 characteristic wit and candor.

With a lifetime of extraordinary experiences and challenges, Isabella has a heart for struggling Christians, seekers, people in recovery, and intellectual skeptics. She shares hard-won lessons grounded in practical spiritual truths drawn from the Bible, recovery, and a range of therapeutic sources.

Drawing on her compelling background, deep and practical Bible knowledge, and twenty years of recovery and therapeutic study, Isabella is an author and 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 also written several near-death experience accounts for Guideposts’ “Witnessing Heaven” series and a Bible study/workbook entitled “Embracing Life: Letting God Determine Your Destiny,” aimed at helping people navigate challenging life events hand in hand with God.

Isabella was anonymous editor and contributor for the Co-Dependents Anonymous Conference-approved “Growing Up in CoDA” about healing childhood trauma and co-author with Dr. Beverly-Carnes-Lowe for “Bitterness Runs Deep: Seven Steps to Uprooting the Seven Roots of Bitterness.”

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 lush Suncoast with her two teenage sons.