



# Married to Me: How Committing to Myself Led to Triumph After Divorce

*Dayanara Torres, Jeannette Torres-Alvarez*

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**Former Miss Universe Dayanara Torres shares her secrets for a happy, fulfilling life after divorce.**

After her divorce from superstar singer Marc Anthony, Dayanara Torres learned firsthand how to handle the challenges of starting over and creating a healthy environment for her two sons and herself. The most important lesson she learned is that the commitment a woman makes to herself is just as important as the commitment she makes to her spouse on their wedding day. Dayanara vowed to honor and respect herself, and in *Married to Me* she helps other women do the same.

Dayanara walks women through the critical stages of redefining life after a marriage ends: accepting, rebuilding, and rediscovering happiness and the self. With compassion and encouragement, she offers honest advice, personal mantras, and insightful tips on family, lifestyle, beauty, and health—so that women can move beyond the pain, set a new family dynamic, discover new passions, and build new relationships. Like Dayanara, readers will discover a life after divorce that is beyond their wildest dreams.

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