

Barbara L. Parker's 'A Powerful Divorce' Debuts at No. 78 on the USA Today Bestseller List

Licensed mental health counselor, entrepreneur, and women's empowerment advocate earns national recognition.

AKRON, OH, UNITED STATES, August 22, 2026

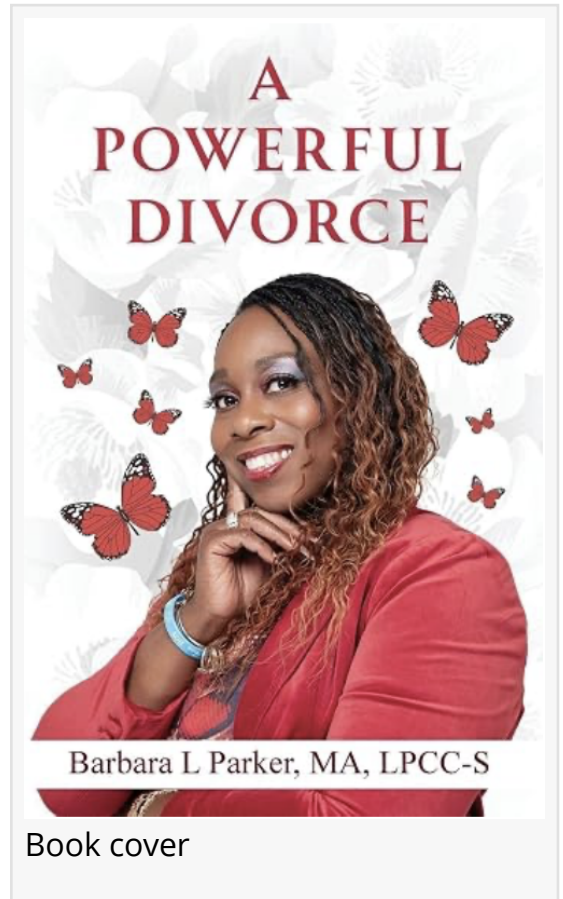
/EINPresswire.com/ -- Licensed mental health counselor, entrepreneur, and transformational strategist Barbara L. Parker, MA, LPCC-S, has officially become a USA Today bestselling author. Her new book, [A Powerful Divorce](#), debuted at No. 78 on the USA Today bestseller list.

Blending memoir, psychology, therapeutic insight, and practical reflection, *A Powerful Divorce* moves beyond traditional conversations about the end of a marriage. The book examines what it means for a woman to rebuild her relationship with herself after years of loneliness, emotional exhaustion, financial instability, or self-abandonment.

"For every woman who has ever felt that something in her life or relationship wasn't right, I want this book to be a reminder that she is not broken, she is not alone, and it is never too late to choose herself," Parker said. "Becoming a USA Today bestselling author is an incredible honor, but what matters most to me is knowing that this message is reaching the women who need it."

With honesty and hard-earned wisdom, Parker explores experiences many women struggle to articulate: feeling invisible within a relationship, carrying the emotional weight of an entire family, grieving the future they expected to have, and learning to establish healthy boundaries without guilt or shame.

Rather than centering bitterness or blame, *A Powerful Divorce* offers readers validation and a path forward. Parker guides women through recognizing unhealthy patterns, rebuilding emotional safety, rediscovering their self-worth, and creating future relationships rooted in



Book cover

respect, peace, and genuine intimacy.

Parker draws upon both her professional expertise and her lived experience. After navigating divorce, motherhood, housing instability, and the pursuit of advanced degrees in psychology and clinical mental health counseling, she transformed adversity into a mission dedicated to helping others create healthier, more purposeful lives.

Today, Parker is the founder and CEO of BF Empowerment Center, a growing behavioral health organization serving individuals, couples, children, and families. Her work spans mental health counseling, leadership, relationship education, violence prevention, professional speaking, and women's empowerment.

She is also the host of the Powerfully Broken Podcast, where she explores how life's most painful fractures can reveal—and ultimately unleash—a person's greatest strength.

"Barbara does not simply teach transformation; she embodies it," said Marie Incontrera, founder and CEO of Incontrera Consulting and Bestseller in a Weekend®. "She is an extraordinary entrepreneur who turned her own experiences into an organization and a body of work that change lives every day. This national bestseller recognition is profoundly deserved, and our entire team is honored to have helped bring her message to a wider audience."

The success of *A Powerful Divorce* marks another significant milestone in Parker's expanding work at the intersection of mental health, entrepreneurship, leadership, and women's empowerment. Through her clinical practice, speaking engagements, educational programs, media platforms, and writing, Parker equips people to move from survival to strategy—and transform personal breakdowns into meaningful breakthroughs.

A Powerful Divorce is available now through Amazon and other major booksellers.

About Barbara L. Parker

Barbara L. Parker, MA, LPCC-S, is a licensed mental health counselor supervisor, entrepreneur, author, professional speaker, and transformational strategist. She is the founder and CEO of BF Empowerment Center, a behavioral health organization committed to helping individuals and families create safer, healthier relationships.

Known as the "Queen of Transformations," Parker combines clinical insight, leadership experience, and practical strategy to help people navigate crisis, conflict, divorce, and other major life transitions. Her broader mission is to equip millions of people with the communication, mindset, and relationship skills necessary to build powerful, purposeful lives.

For more information, visit www.bfempowerment.com.

About A Powerful Divorce

A Powerful Divorce is a candid exploration of what happens when a woman stops shrinking, releases destructive relationship patterns, and begins choosing herself. Blending personal storytelling, psychology, and practical guidance, the book helps readers understand the emotional realities of divorce while rebuilding their confidence, identity, boundaries, and capacity for healthier relationships.

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