

Author's 'Fall' inspires local book

By Zach Jones
STAFF WRITER

CARLSBAD — For days on end, Diana Marie Weitzel locked herself in a room and searched for answers. On the eve of her 18th wedding anniversary, the 40-year-old mother of two had no job, no direction and a soon-to-be-ex-husband who had just declared his love for another woman.

After countless hours of meditation, Weitzel was finally able to leave her room. Sixteen years of research, reflection and academic study (she earned a master's degree in psychological counseling from Chapman University) later, the Cardiff resident was ready to put her experiences — and more importantly her discoveries — down on paper for others to share.

The result is Weitzel's newest book, "Fall Into

Freedom: An Affair Inspires One Woman's Search for Truth," which she will be signing at 7 p.m. Aug. 6 at the Sacred Pathway Bookstore, 300 Carlsbad Village Drive, Suite 10.

"I had no place to go, no place to run and had two children," Weitzel said of her desperate situation. "I knew I had to seek understanding, or I'd be living in fear the rest of my life."

After her mediation led Weitzel to a deeper understanding of her relationship with her ex-husband, she sought academic knowledge, earning her bachelor's degree in psychology at Cal State San Marcos.

"Fall Into Freedom," which chronicles the six-month period following her separation, could be considered the final step of an 18-year journey. While describing the events that transpired, the book also lays out

principles that Weitzel came to view as central to her life and which enabled her to cope with personal tragedy.

The author sums up her new philosophy with the letters UFC (understanding, forgiveness and compassion) and says that recovering from her breakdown would have been impossible without the realization of their importance.

Weitzel said that moving on with her new philosophy in hand was "like remembering the dream I always had since childhood." She has since begun a counseling practice, and her Web site (fallintofreedom.com) presents visitors with a variety of counseling options in addition to information about the book.

Contact staff writer Zach Jones at zjones@coastnewsgroup.com.

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Cardiff's Weitzel signing "Fall Into Freedom" Aug. 6

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