



Don't Go to Bed Angry: Stay Up and Fight

Deb DeArmond, Ronald G DeArmond

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In every marriage, there is conflict. And with every conflict, there is a choice for resolution.

Will you ignore the issue until it seemingly goes away? Or will you work together to find peace?

In *Don't Go to Bed Angry*, Deb and Ron DeArmond give you permission to fight - and to do it right. Conflict isn't the problem, after all; the real issue is how we deal with the conflict. Deb and Ron demonstrate how communication through conflict can safeguard--and even strengthen--your relationship. Immensely practical features including worksheets and discussion questions make this a definitive go-to resource to help you start fighting--together--for your marriage.

PRAISE FOR DON'T GO TO BED ANGRY:

"Don't Go to Bed Angry. Stay Up and Fight!" packs a one-two punch into the gut of all marital conflict no matter the source. The book is both transparent and practical, offering couples a variety of proven tools to develop marital muscles to knock out every opponent, and arise as Christ-like champions. An incredible resource!"--Clint and Penny A. Bragg, Authors of *Marriage on the Mend--Healing Your Relationship After Crisis, Separation, or Divorce* and founders, Inverse Ministries

"In *Don't Go To Bed Angry. Stay Up and Fight*, Deb and Ron DeArmond deliver a biblically-based book on the topic of marital conflict. Practical exercises will help the reader move away from the potential damage conflict can bring to the discovery that comes from learning to stand together as allies not enemies--even when you don't see eye-to-eye. We highly recommend this book as a creative guide for any couple, at any stage of life to find alignment with one another--and God--in their marriage."--Claudia & David Arp, Co-authors, *10 Great Dates to Energize Your Marriage* and founders of Marriage Alive International.

"Don't Go to Bed Angry has a solid Biblical foundation and is full of wise counsel and great practical tools. Deb and Ron are open and honest as they share from their experiences and those of others. I have been counseling couples for over thirty years, and this great, new title goes immediately to the top of my list of books on how to deal with conflict in marriage and grow your marriage God's way." --Kim Kimberling, PhD, author of *Seven Secrets to an Awesome Marriage* and the leader of the Awesome Marriage Movement.

"When my sons were teenagers, they often argued. Finally one day, I sat them on our couch and said, "I'm going to teach you how to fight." They were shocked. They thought they were experts. I gave a couple of steps to keep their arguments respectful and to help them own their own feelings. In their book, the DeArmonds have set us all down on their own couch and given us the principles to do right what we probably all do, and do wrong. These principles work! The sooner you start, the sooner you reap the benefits." --Joann Cole Webster, Vice President, Christian Men's Network

"In our work with couples in crisis for twenty years we have seen the value of having conflict resolution skills. "Fights"--loud and silent--can become long lasting wars with much devastation. In *Don't Go*

To Bed Angry, Deb and Ron give us a pattern to develop essential skills to resolve inevitable marital conflict. Read this book and let God guide the application to your marriage. Then you can begin the "fight for" your marriage. It's so worth it!"--Mona Shriver, author of Unfaithful and co-founder of Hope & Healing Ministries.

Praise for author Deb DeArmond and her previous book, I Choose You Today: 31 Choices to Make Love Last

"It's often been said that our choices define us. That's true personally, but it's also a key to our relationships. Deb DeArmond has provided a practical and insightful book detailing 31 choices we can...

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From reader reviews:

Terry Carr:

Reading can called head hangout, why? Because while you are reading a book particularly book entitled Don't Go to Bed Angry: Stay Up and Fight your head will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely will end up your mind friends. Imaging each and every word written in a book then become one application form conclusion and explanation in which maybe you never get prior to. The Don't Go to Bed Angry: Stay Up and Fight giving you one more experience more than blown away the mind but also giving you useful info for your better life within this era. So now let us present to you the relaxing pattern the following is your body and mind will probably be pleased when you are finished reading it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

Cheri Adamo:

Do you have something that you prefer such as book? The e-book lovers usually prefer to opt for book like comic, brief story and the biggest some may be novel. Now, why not striving Don't Go to Bed Angry: Stay Up and Fight that give your satisfaction preference will be satisfied simply by reading this book. Reading behavior all over the world can be said as the method for people to know world a great deal better then how they react to the world. It can't be explained constantly that reading habit only for the geeky person but for all of you who wants to always be success person. So , for all you who want to start reading as your good habit, you can pick Don't Go to Bed Angry: Stay Up and Fight become your starter.

Ralph Rodriguez:

Reading a book to get new life style in this year; every people loves to study a book. When you go through a book you can get a lot of benefit. When you read ebooks, you can improve your knowledge, due to the fact book has a lot of information upon it. The information that you will get depend on what forms of book that you have read. If you wish to get information about your research, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, these us novel, comics, in addition to soon. The Don't Go to Bed Angry: Stay Up and Fight provide you with new experience in examining a book.

Anthony Bankston:

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