



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:

Lee Flynn:

Have you spare time for any day? What do you do when you have a lot more or little spare time? Yes, you can choose the suitable activity intended for spend your time. Any person spent their spare time to take a walk, shopping, or went to typically the Mall. How about open or read a book titled Don't Go to Bed Angry: Stay Up and Fight? Maybe it is being best activity for you. You understand beside you can spend your time together with your favorite's book, you can wiser than before. Do you agree with the opinion or you have additional opinion?

Lillie Rose:

The knowledge that you get from Don't Go to Bed Angry: Stay Up and Fight may be the more deep you looking the information that hide into the words the more you get interested in reading it. It does not mean that this book is hard to recognise but Don't Go to Bed Angry: Stay Up and Fight giving you joy feeling of reading. The author conveys their point in specific way that can be understood by simply anyone who read the item because the author of this book is well-known enough. This particular book also makes your own personal vocabulary increase well. Therefore it is easy to understand then can go along, both in printed or e-book style are available. We advise you for having this Don't Go to Bed Angry: Stay Up and Fight instantly.

Rebecca Beal:

Spent a free time and energy to be fun activity to complete! A lot of people spent their leisure time with their family, or their particular friends. Usually they doing activity like watching television, likely to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? May be reading a book could be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to try out look for book, may be the guide untitled Don't Go to Bed Angry: Stay Up and Fight can be good book to read. May be it could be best activity to you.

Connie Curtis:

As a student exactly feel bored in order to reading. If their teacher questioned them to go to the library or to make summary for some guide, they are complained. Just little students that has reading's spirit or real their passion. They just do what the professor want, like asked to go to the library. They go to there but nothing reading critically. Any students feel that studying is not important, boring and also can't see colorful photographs on there. Yeah, it is for being complicated. Book is very important to suit your needs. As we know that on this era, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. Therefore this Don't Go to Bed Angry: Stay Up and Fight can make you truly feel more interested to read.

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