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DeArmond, D., & DeArmond. R.'s "Don't go to bed angry: Stay up and fight" (Book Review)

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DeArmond, D., & DeArmond, R. (2016). *Don't go to bed angry: Stay up and fight*. Nashville, TN: Abingdon Press. 179 pp. \$14.99. ISBN 9781426790935

Dispelling the premise that good marriages never experience conflict, Deb and Ron DeArmond give readers permission to fight – and fight well – using key strategies outlined in this introductory text to safeguard and strengthen marriage. Rather than seeing conflict as cause for separation, the authors propose that “it is possible to achieve a level of communication that unites us, even in the midst of our differences” (p. 37). The book is a well-rounded compilation of tools and advice for the struggling marriage, stemming from the authors’ combined 30 years of experience in various roles of ministry. Deb is a well-known executive coach, writer, and speaker, and has written other recognizable titles, including *Related by Chance*, *Family by Choice* and *I Choose You Today: 31 Choices to Make Love Last*.

A bulk of the book is dedicated to identifying communication styles, as well as the traps that cause dissention in a marriage – like manipulation, silence, or aggression – and how to avoid them. Tangible strategies for fighting are offered, making the read worthwhile to gain personal rules of engagement and understanding for how to manage an argument. The strength of this title lies in its ability to name and diffuse the major issues that hinder the free flow of conversation. It offers questions and simple prayers to encourage spouses toward discussion post reading. A small reference list, including a link to the author’s website, and suggestions for next steps is included in the appendix.

The book could effectively be used for small groups or couples counseling, falling under the self-help umbrella of Christian publishing. Although the authors’ application was biblically sound, exegesis was lacking. The verses selected seemed to offer a sampling of scripture to support their intents without a commitment to deeper knowledge of Bible context. With that said, it is highly accessible for the general reader. It is recommended for public library settings.

Reviewer

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Reid, R. (2016). *A dream of miracles*. Nashville, TN: Thomas Nelson. 323 pp. \$15.99. ISBN 9781401688318

A Dream of Miracles, the third in the series ‘The Amish Wonders Novels’ aptly illustrates the conflict between modern culture and the traditionally conservative ways of the Amish.