

Marriage Triggers: Exchanging Spouses' Angry Reactions for Gentle Biblical Responses

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Foreword by Dave and Ashley Willis, authors of The Naked Marriage and hosts of The Naked Marriage Podcast

A husband-wife team offers practical advice for married couples to end the cycle of reactionary arguments by examining the most common issues that trigger disagreements and applying God's Word to radically transform relationships.

Many couples know their marriage has room for improvement, but it is hard to pinpoint exactly why a relationship is suffering. Often times everyday triggers are the culprit. If you are wondering how to break out of the cycle of reactionary outbursts, cold shoulders, resentment, and pain that harms your relationship, you are not alone. Experiencing peace and joy rather than anger and frustration is not as hard as you think!

Marriage Triggers walks you through thirty-one of the most common marital issues that sabotage great relationships, like poor communication, lack of spiritual leadership, busy schedules, and different parenting styles. Married for fourteen years, authors Amber and Guy Lia are your typical couple and they share tips for countering negative reactions to triggers with gentle, biblical responses.

Rather than run from the things that cause conflict, Amber and Guy believe these triggers are opportunities for growth, both individually and as a couple. They challenge you to let Marriage Triggers renew your commitment to responding gently and biblically towards your partner.

Amber and Guy Lia live in Southern California with their four sons. They are coproducers and owners of their faith- and family-friendly production company, Storehouse Media Group in Los Angeles.

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Other Books

Intimate Deception, Nothing destroys trust like sexual betrayal. Beyond broken vows, a woman who discovers that the man she loves has been viewing pornography or having an affair must deal with devastating blows to her self-image and self-worth. She must grapple with the fact that the man she thought she knew has lied and deceived her. She may even bear the brunt of shame and judgment when the people around her find out. Drawing from her experience both as a marriage and family therapist and a woman who personally experienced the devastation of sexual betrayal, Dr. Sheri Keffer walks women impacted by betrayal through the pain and toward recovery. She explains how the trauma of betrayal affects our minds, bodies, spirits, and sexuality. She offers practical tools for dealing with emotional triggers and helps women understand the realities of sexual addiction. And she shows women how to practice self-care, develop healthy boundaries, protect themselves from abuse or manipulation, and find freedom from the burden of shame and guilt.

MacDonald, Linda J. How to Help Your Spouse Heal from Your Affair: A Compact Manual for the Unfaithful. Gig Harbor, WA: Healing Counsel Press, 2010.
Magness, Milton S. Stop Sex Addiction: Real Hope, True Freedom for Sex Addicts and ..."