

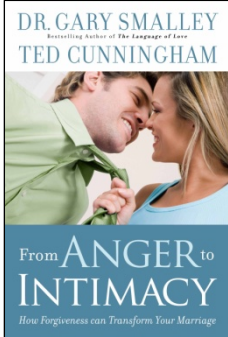
FOR IMMEDIATE RELEASE:

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Dealing with Anger & Forgiveness in Your Marriage

Advice for couples on resolving “the number one killer of love” in relationships

Los Angeles, CA – Divorce rates in the U.S. are skyrocketing while families are crumbling, fueled in



part by unresolved anger. However, according to bestselling author Dr. Gary Smalley in ***From Anger to Intimacy: How Forgiveness Can Transform Your Marriage*** (Regal Books, January 2009), couples can learn to properly deal with anger and transform their marriage by making forgiveness a lifestyle.

Smalley, a bestselling author with over six million books in print, teamed with coauthor Ted Cunningham, a pastor and speaker, to unlock the secrets of anger control. Reflecting on over 40 years of professional experience, Smalley says, “I’ve come to the conclusion that the number one killer of love in any relationship is unresolved anger.”

In fact, Smalley mentored Cunningham years ago, and has seen the same kind of positive transformation in his coauthor that he’s witnessed in thousands of lives through conferences and interactions with readers. “You would be amazed at just how prevalent the issue of anger is for both men and women,” Smalley says.

With honesty and transparency, both authors share openly of their own struggles with anger, pointing readers toward forgiveness and healthy relationships. “Marriage and other relationships do not work unless you create an atmosphere of forgiveness,” Smalley says. *From Anger to Intimacy* tackles difficult topics on breaking the cycle of anger to fostering forgiveness, including:

- Understanding the necessity of forgiveness in a marriage
- Successfully resolving marital conflict
- Forgiveness in a difficult relationship (marriage, family, friendship, employment)
- Identifying anger hotspots in your marriage, at work and other relationships
- Overcoming roadblocks to un-forgiveness
- Five ways to create the perfect apology
- After the confession: What happens after your spouse has revealed their secret

“Anger left unresolved produces poison that ultimately kills and destroys everything in its path,” says Smalley. *From Anger to Intimacy* is a practical book that will serve as a foundation for transforming marriages from anger to freeing relationships.

Gary Smalley is president and founder of the Smalley Relationship Center, which presents conferences nationwide and provides resources for families and family churches. Combined, his books have sold over six million copies. Smalley has been a guest on numerous national TV shows, including *The Oprah Winfrey Show*, *Larry King Live* and *The Today Show*.

Ted Cunningham is the founding pastor of Woodland Hills Community Church in Branson, Missouri. Cunningham is a speaker with the Smalley Relationship Center all around the country. He’s a graduate of Liberty University and Dallas Theological Seminary. Married for ten years to his wife Amy, they have children.

About *From Anger to Intimacy*:

From Anger to Intimacy: How Forgiveness can Transform Your Marriage by Dr. Gary Smalley and Ted Cunningham. Published by Regal Books. January 2009. Hardcover, 256 pages. \$22.99. ISBN: 9780830746750.

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Story Ideas: *From Anger to Intimacy*

Two Questions That Will Change Your Life and Marriage

On pages 27-33, Smalley and Cunningham unveil two questions that change marriages. “What am I angry about?” and “What am I going to do with my anger?” The section includes a short quiz that gauges readers’ natural reactions to anger.

How Hotspots at Work Often Follow Us Home

On pages 47-49, Smalley and Cunningham write about how frustrations in the workplace often invade the marriage relationship at home, and how couples can avoid this frustration.

Eight Opportunities to Nurture Your Emotions (pages 75-84)

1. As You Think in Your Heart, So You Are
2. What You Think About Affects Your Emotions
3. You Are 100-Percent Empowered to Control Your Own Thoughts
4. You Have Unlimited Access to Love, Peace and Hope
5. You Have Power to Take Every Thought, Belief, Dream and Idea Captive
6. Make the Words You Speak Honorable and Wholesome
7. Celebrate Both the Trials and the Joy that Will Soon Be Yours
8. Learn to Boast in Your Weakness

The Three Essential Elements of Forgiveness (pages 88-91)

1. No Limits: You cannot place any limits on your forgiveness.
2. No Remembrance: You have to let it go.
3. No Hanging On: You cannot forgive 99 percent and leave 1 percent unforgiven; you have to forgive completely.

Five Keys to Cultivating Forgiveness (pages 97-99)

1. Be Tender with Your Spouse
2. Practice Empathy
3. Affirm Hurt and Admit Any Wrong
4. Touch Gently
5. Seek Forgiveness and Wait for a Response

Five Tools to Craft the Best Apology (pages 104-110)

- Tool 1: Put Some Thought into It
- Tool 2: Focus on Feelings, Not Issues
- Tool 3: Become a Great Wordsmith
- Tool 4: Remember that Less Is More
- Tool 5: Apologize in Person

The Nine Roadblocks to Forgiveness (pages 115-122)

- Roadblock 1: Selfishness
- Roadblock 2: Pride
- Roadblock 3: Insecurity
- Roadblock 4: Resentment
- Roadblock 5: Unresolved Anger
- Roadblock 6: Inability to Recognize Your Weaknesses and Mistakes
- Roadblock 7: Misunderstanding Forgiveness
- Roadblock 8: Fear of Condoning the Offense
- Roadblock 9: The Passage of Time

Renew: Recovering from an Affair or Sexual Addiction

In Chapter 10, *From Anger to Intimacy* outlines the six requirements for recovering from an affair, on both sides of the relationship. The requirements are explained on pages 144-153.

Requirement 1: Hide Nothing

Requirement 2: Receive Forgiveness

Requirement 3: Redefine Yourself

Requirement 4: Recruit Assistants

Requirement 5: Practice Spiritual Disciplines

Requirement 6: Write Letters and Read Books

Maintaining the Light of Forgiveness (pages 166-167)

1. Write notes
2. Remember your date night, and keep it holy
3. Phone home while on the road
4. Talk pillow talk
5. Feed the kids early
6. Don't bring everything home

Interview Topics

Based on *From Anger to Intimacy* by Dr. Gary Smalley and Ted Cunningham

- Starting the New Year with a revitalized marriage.
- Understanding the importance of forgiveness in a marriage.
- How to effectively resolve marital conflict.
- How to craft the perfect apology.
- Breaking the cycle of anger.
- Removing the nine roadblocks to forgiveness.
- Surviving a marital affair.
- What to expect after your spouse has revealed deep secrets.
- Breaking the habits of sexual addiction.
- Forgiving a difficult spouse.

For an interview or to discuss an excerpt, contact Ben Laurro at Pure Publicity at 818.753.4056 or Ben@purepublicity.com