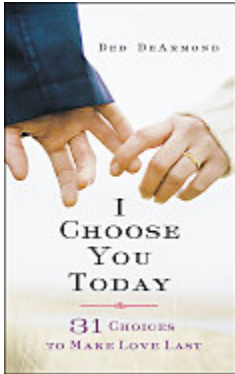


FOR IMMEDIATE RELEASE

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***I Choose You Today:
31 Choices to Make Love
Last***
By Deb DeArmond
Publisher: Abingdon Press

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9781426796005/ \$14.99
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**Highlights &
Things to consider:**

- *Features 31 biblical principles
- *Guide for encouraging choosing to love every day, while committing to be united in Christ
- * Tips from respected relationship expert
- * Beneficial for married couples as well as engaged and those in serious relationships

**Author interviews,
articles, excerpts,
and images are
available, contact:**

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31 CHOICES TO MAKE LOVE LAST **Relationship Expert Encourages Couples** **with I Choose You Today Challenge**

(Nashville, Tenn.) – In a society that embraces “no-fault” divorce and a disposable, one-time-use mindset, authentic commitment can be hard to achieve. Married for nearly 40 years, author Deborah DeArmond and her husband have made the spoken declaration, “I choose you today” a regular part of their communication. In her new book, *I Choose You Today: 31 Choices to Make Love Last* (Abingdon Press), DeArmond shares the simple principle that marriage is always a choice—one that benefits from a daily renewal of our commitment to one another.

“Love is not a feeling, and neither is marriage. Each is a choice made possible by God’s grace—one that must be made every single day, even if it’s spoken through gritted teeth,” says DeArmond, a **respected relationship expert**. “Couples whose marriages thrive have learned the secret: it’s all in the choices you make.”

Inspired by the traditional wedding ceremony line, “I choose you to be my lawfully wedded husband [or wife], to have and to hold . . .,” *I Choose You Today* features 31 biblical principles that support and help couples develop healthy, dynamic marriages. The principles stem from God’s Word, the foundation of truth, as opposed to wavering feelings.

“I want to encourage couples to remember that choice is a gift from God. He expects us to choose marriage, our spouse, and to live in a way that is pleasing to him in order to live the life he meant for us to enjoy,” says DeArmond. “A life committed to living the Scripture—being patient, kind, offering forgiveness, and loving one another heaps rewards on those willing to choose it. Everybody wins and Christ is honored.”

Whether married, engaged, or in a serious relationship, couples will benefit from these grounding principles and reflections arranged to allow couples to choose the topics that would provide the greatest benefit to their relationship at this time or are of the highest interest to them.

Inspired by the *I Choose You Today* book’s message, **Deb DeArmond is also posing a personal challenge to couples**. Starting in May, over the course of several weeks, by taking the “**I Choose You Challenge**” couples can participate in two online sessions where they’ll learn to believe in, listen to, and support each other. Each 10-week session teaches 10-11 choices and practical applications for their marriages and relationships, plus they’ll also receive free resources and giveaways. Couples can sign-up for the free challenges online at IChooseYouChallenge.com.

About the Author

Deb DeArmond, author of *I Choose You Today*, is a highly sought-after executive coach and speaker. Known as a relationship and conflict resolution expert, Deb is dedicated to helping others build successful solutions to the challenges they face at home and at work. She is the co-founder of MyPurposeNow.org, a website for Christian women 50+. Find out more at DebDeArmond.com.

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