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NEW "50 WAYS" BOOK OFFERS HOPE, HELP AND HAPPINESS FOR MARRIED COUPLES

MITCHELLVILLE, Md — Challenges have always awaited husbands and wives in their quest to remain happy — and remain happily married. That's especially true today, considering modern society's stress, economic crisis and abundance of negative images in pop culture.

But couples should preserve their marriages and fight for them as necessary, even rocky unions that border on hopelessness. There are proven methods that can benefit any couple, and that's the message in "50 Ways to Put Christ in Marriage: And Live Happily Every Day."

Written by Vanessa Snyder, a public school teacher, and Deron Snyder, an award-winning journalist, "50 Ways" helps couples navigate the sometimes difficult road of marriage, using the spiritual principles of Christ. "This comes from the experiences of 18 years of marriage," says Deron, who wrote about the subject in his syndicated column. "We believe couples can avoid or work through many problems by using this book as a resource."

"50 Ways" focuses on praying for your marriage, guarding against obstacles, spending time, sharing feelings and giving of yourself. The Snyders planned to write it soon after their first book, "50 Ways to Put Christ Back In Christmas: And Keep the Spirit All Year." But with several more years under their belts – including a rough stretch — they have more to offer after waiting. "It's interesting how the book came together," Vanessa says. "I'm not sure we were ready to write this 10 years ago. Now that we've had some more challenging experiences, we can reflect on our marriage and see what we've done wrong and what we can do better."

Each of the 50 ways is accompanied by a Scripture, because God loves marriage and will lead and direct any couple that follows the Biblical guidelines. The book makes the perfect gift for newlyweds and established marriages alike, and it's great for churches' group discussions in men's, women's or marriage ministries.

Copies are $9.95 each – personally autographed upon request – and can be ordered online at www.blackdoorventures.com (add $3.50 for shipping and handling, plus $1 for each book after the first one). Additionally, Vanessa and Deron welcome speaking engagements and book-signing opportunities. They're ready, willing and able to share their experiences – good and bad – to help encourage other married couples.

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