

# helping you help them

Shaunti  
feldhahn

Game-changing research.  
Eye-opening insights.  
Life-transforming results.



Hi Leaders! Thank you for all you do! I have a suggestion for an upcoming habit-changing initiative that will dramatically help the couples in your church, small group or counseling practice.

In one of my early *For Women Only* radio interviews, Nancy Leigh Demoss suggested something to her listeners that I have since researched and found to be one of *THE most important habits for transforming a hurting relationship or making a good one great -- because it actually makes someone much more satisfied with their marriage!* We are starting a thirty-day initiative shortly, and I'd love to recommend it to the couples you work with! They can follow along on our [social media](#), or you can do it entirely from yours (we will give you all the posts to share.)

[Click here for more.](#)

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## I'D LOVE TO SPEAK AT YOUR CHURCH OR EVENT

I was just on the Dave Ramsey show, and he had so much fun busting divorce myths and talking about my research! I'd love to share my life-changing findings with your church or event.

**FYI, we still have a few Sunday mornings in March and April free for [pastoral interviews on Restoring Hope for Marriage, Understanding Men / Women, etc.](#)**

Contact Naomi at [NDuncan@shaunti.com](mailto:NDuncan@shaunti.com) to explore ideas.

## Am I coming to your town?

**January 29** | Collegedale, TN | Southern Adventist University

**January 31** | Virginia | Private Event, Marriage and Family

**February 6** | Westlake, TX | First Friday - Women's Group

**February 12** | Gilbert, AZ | MISSION Community Church

**February 14-21** | Eastern Caribbean | Love, Laugh and Learn Cruise

**March 4** | Detroit, MI | Women's Leadership Event

**March 19-21** | Honolulu, HI | HIM Conference - Convention Center



## THE CHALLENGE:

For 30 Days Change What You Think, Say and Do,  
And Watch Your Marriage Change Too!

Starting January 16 and ending Valentine's Day, February 14, we hope you will join us for the [30 Day Kindness Challenge](#)! What is the challenge? For 30 days:

1. **Don't say anything negative to or about your spouse or significant other.**
2. **Find at least one thing each day that you appreciate about your mate, and tell them and at least one other person.**
3. **Each day, do one little act of kindness for your mate.**

It's that simple! Whether your relationship is rah-rah or rocky, doing these three little things will be the best possible gift you can give yourself and your relationship. Try it and see! Maybe get some friends to join you and do it as a group. Then join us for the [30 Day Challenge](#) by [liking us on Facebook](#) so that you can receive our tips and ideas for each day of the challenge!