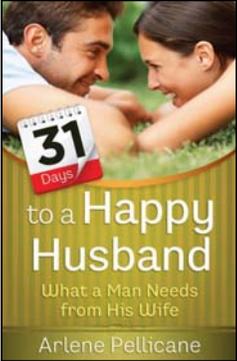


31 DAYS TO A HAPPY HUSBAND:

What a Man Needs From His Wife



San Diego, CA: Most women dream of a wedding day filled with beautiful memories shared with their closest family and friends as she begins a lifetime of happiness with her husband. But soon after their “big day,” couples encounter the challenges of domestic tranquility from the stress of daily life, employment, finances and family.

In a culture that is pessimistic about marriage, where we wonder whose marriage will last or end in divorce, author and wife **Arlene Pellicane** believes a wife has the ability to nurture their husbands, rather than nag, to fulfill their God-given role in their marriage, home, work or ministry.

“A meaningful read for any wife who wants to get closer to her husband.” - **David Jeremiah**, *New York Times* bestselling author, pastor, and founder of Turning Point Ministries

In her new book, **31 Days to a Happy Husband** (Harvest House), Arlene believes all couples can experience a marriage most “dream” about by following these five guidelines:

- D= Domestic Tranquility**-Your husband needs a peaceful haven (Days 1-5)
- R= Respect**-Your husband needs to be honored in his own home (Days 6-11)
- E= Eros**-Your husband needs a fulfilling sex life (Days 12-19)
- A= Attraction**-Your husband needs to be attracted to you (Days 20-26)
- M= Mutual Activities**-Your husband needs to have fun with you (Days 27-31)

While many women may wonder “why is it my responsibility to make my husband happy if he’s not making me happy?” Arlene reminds that the priority for a wife is to reflect and serve Christ in her marriage. “You don’t have to wait for your husband to obey God’s Word about marriage, you can obey God’s commands and trust Him to pour joy into you,” says Arlene. “Don’t require your husband to act loving before you submit to him. You submit first out of obedience to God and allow God to do the work in the heart of your man.”

31 Days to a Happy Husband features humorous and touching stories from Arlene’s marriage to the same man for over 13 years and with three children. Also featured is the perspective and wisdom from 31 notable husbands including David Jeremiah (Turning Point Ministries), actor Kevin Sorbo (*Hercules, Soul Surfer*), author Bill Farrel, Bob Lepine (FamilyLife radio), and John Fuller (Focus on the Family radio). Chapter themes include:

- **Treasure, Don’t Trash:** Treasure your husband’s efforts to please you and provide for your family. Don’t trash what he does either to his face or behind his back. Your words matter to him more than anyone else’s.
- **Don’t Go Changing:** Differences are inevitable. Don’t set out to change your husband. Instead, learn how to enjoy your differences by understanding one another better.
- **Let Him Get the Plan:** You don’t want to guilt your man into leading the family spiritually. Too much help can push your man’s soul into hiding.
- **Bless Your Husband:** You have incredible power to change the tone of your marriage. When you recognize your profound influence and choose to use it for good, your home will never be the same.

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Through *31 Days to a Happy Husband*, women will be saved from the dull fate of living more like roommates than soul mates with their spouses. “Before you know it, if you’re not proactive, you’re two roommates sharing a home, bank account, children, and nothing more,” says Arlene. “That doesn’t have to be the case. You can live out the marriage of your dreams.”

Additional topics that will challenge and encourage wives include attitude adjustments, bringing back date night, expressing your appreciation, encouraging his work efforts (or being empathetic if he is unemployed), tending to your physical appearance, participating in some of his interests and how to grow in a mutually fulfilling sexual, emotional and intimate marriage.

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About the Author



Arlene Pellicane is an author, speaker, and has been featured on *The Hour of Power*, *The 700 Club*, *Better TV*, *Home Made Simple*, *Turning Point with Dr. David Jeremiah* and a three-part interview with *FamilyLife Today*. Before becoming a stay-at-home mom, Arlene worked as the Associate Producer for *Turning Point Television*. She has also been an on-air features producer for *The 700 Club*. Arlene earned her BA from Biola University and her Masters in Journalism from Regent University.

Arlene knows the ups and downs of pregnancy (she was pregnant five times in six years in her thirties). Arlene suffered a miscarriage at 26 weeks and is able to relate to moms who have also suffered a similar loss.

Arlene loves speaking to women at retreats, moms groups, seminars, and special events. Arlene lives in the San Diego area with her husband James and their three children, Ethan, Noelle, and Lucy. **www.thehappyhusband.com**.

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Suggested Interview Questions for Arlene Pellicane

1. How can a wife determine if her husband is happy in their marriage? Why should the wife feel responsible for her husband's happiness?
2. What motivated you to write *31 Days to a Happy Husband*? What else is required besides 31 days?
3. How can a husband present this book to his wife and encourage her to read it?
4. Who are some of the notable men featured in your book? What was some of the feedback you received from these husbands regarding happiness in marriage?
5. What is your message to those women who try to make their husband happy but are not having much success?
6. What are the five guidelines regarding a D.R.E.A.M. marriage?
7. How can couples best recognize their differences and learn to adapt to those differences?
8. Why do you believe a wife's affirmation of her husband is vital to a happy marriage? Why don't more men admit they desire this affirmation?
9. How can a wife focus more on the positive aspects of her husband than the annoying qualities?
10. What are some ideas to keep the romance and intimacy alive in a marriage?
11. How important is it for a couple to be spiritually compatible? What are some ways to strengthen the spiritual bond with your spouse?
12. You remind couples that it is important they plan some time together (without the children). Why do so many couples forget to do this? What can they do together?
13. What are some thoughtful ways a wife can express her love to her husband?
14. Your wedding day started out with a humorous tone (minister started the ceremony without you there). How can couples learn to laugh more throughout their marriage?
15. What are some of the differences you and your husband, James, have overcome?
16. Do you have a Facebook page or web site?

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What People Are Saying About *31 Days to a Happy Husband*

“A meaningful read for any wife who wants to get closer to her husband.” - **David Jeremiah**, New York Times bestselling author, pastor, and founder of Turning Point Ministries

“*31 Days to a Happy Husband* gives every wife the tools she needs to have a joyful home. You’ll learn how to set Biblical priorities that may save your marriage or change the dynamic of your relationship from good to great. Arlene shares her own experiences along with expert advice from many happy husbands to help you have a happy husband yourself!” - **Beverly LaHaye**, Founder, Concerned Women for America and bestselling author of *The Act of Marriage*

“We believe in the great advice in *31 Days to a Happy Husband* because we know Arlene and her husband, James—and he is happy! Arlene is always practical and personal so this book is likely to make your husband very happy you bought it.” - **Pam** and **Bill Farrel**, authors of over 35 books including *52 Ways to Wow Your Husband*, *Red Hot Monogamy* and best-selling *Men Are Like Waffles*, *Women Are Like Spaghetti*

“Sound, practical wisdom for any wife who wants to bless her husband and be the wife God has called her to be.” - **Bob Lepine**, cohost, **FamilyLife Today**

“As a woman who has been married for 40 years (obviously a *very* young bride), I plan to have just as much fun if not more in the next 40! *31 Days to a Happy Husband* is going to help make that happen! I thank you, Arlene, and so does my hubby John!!” - **Kendra Smiley**, popular speaker and author of bestselling *Journey of a Strong-Willed Child* (co-authored with her happy husband John)

“If you’re going to talk about a happy husband – and a happy wife – you have to talk about a mutually fulfilling sex life. Arlene’s book helps you identify roadblocks to intimacy while discerning true passion. No doubt you will benefit from this 31-day journey to greater joy inside and outside the bedroom.” - **Clifford and Joyce Penner**, bestselling authors of *The Gift of Sex*.