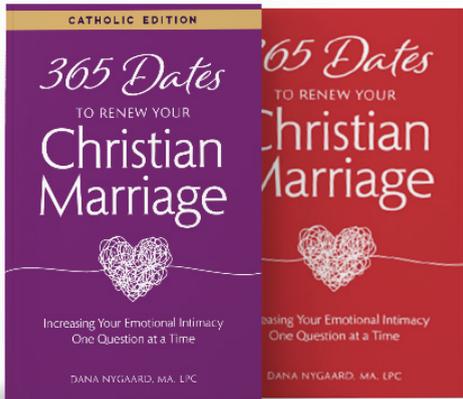


Dana Nygaard's, newest book '365 Dates to Renew Your Christian Marriage: Increasing Your Emotional Intimacy One Question at a Time' is a marriage must-have that guides Christian couples through loving and captivating conversations.



PLANO, TX., October 1, 2021 - Dana Nygaard, a Licensed Professional Counselor has completed her newest book '365 Dates to Renew Your Christian Marriage: Increasing Your Emotional Intimacy One Question at a Time'. This marriage enrichment book aims to nourish and draw Christian couples closer through emotional and spiritual intimacy.

A Licensed Professional Counselor of over ten years, Dana was discouraged by the dating materials that were offered to Christian couples. Knowing dating is key for a healthy marriage, Nygaard set out to create an engaging resource for marriages that will stimulate fresh conversations through a series of questions leaving a couple's time together never dull.

Couples are navigated through questions in what Dana coins 'Courtship Conversations'. Every date consists of three questions: The Ready questions allow couples to reconnect in conversation, often the readers share a laugh easing them into further discussion. The Set questions were formed to deepen the couple's conversation while they are enjoying their date night. Lastly, the Go question is meant for couples to enter into a thought-provoking conversation stirring curiosity while gaining new insights into their spouse's perspectives.

"As a LPC who specializes in couples counseling, I saw the need for a marriage resource that would allow couples to engage in lively and healthy conversation. My goal was to create a non-threatening and faith nourishing tool that any Christian couple can bring along during their date night." - Dana Nygaard

The book is written in two editions allowing readers of diverse faiths to dive into questions that are reflective of their own Christian theology. The Catholic & Protestant editions compel couples to ask engaging questions fueling intimacy and reviving the emotional connection leading them closer to Christ.

Dana Nygaard is a Licensed Professional Counselor, speaker, wife and mother. Nygaard is a down-to-earth, cradle Catholic with a heart for the New Evangelization. Her unique blend of Cognitive Behavioral Therapy techniques, authentic Catholic spirituality, and a splash of humor provides her clients and audiences with practical solutions that have life-changing effects. Inspired by the desire to help individuals and married couples seeking emotional, psychological, and spiritual healing from a Catholic psychotherapy perspective, she earned her counseling degree from Dallas Baptist University.



For author interviews please email info@dananygaard.com
Books available for purchase on Amazon & Ingram Spark