

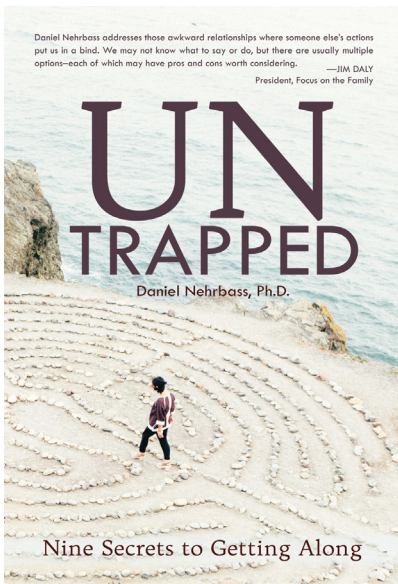


news release

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FEELING TRAPPED IN CONFLICT WITH THOSE YOU LOVE? HERE'S SOME HELP NINE SECRETS TO GETTING ALONG



RELEASE DATE: August 2017
TRADE Paperback
PAGES: 256
PRICE: \$16.99
ISBN: 9781620205860

For immediate release: Dr. Daniel Nehrbass opens *UnTrapped* with a dilemma that one of his clients and good friends is dealing with. Marie needs to confront her mother with an issue, but she doesn't know how to begin the discussion or even which avenue to take. She feels trapped. Dr. Nehrbass and Marie brainstorm nine options that Marie can choose from to resolve the tension she feels with her mother. But the real breakthrough isn't the resolution Marie can have with her mother. Instead it is the feeling of knowing there are multiple approaches. Marie isn't trapped by indecision, impulse, confusion, or fear. She has a plan.

In *UnTrapped* (Ambassador International; August 2017, \$16.99), Dr. Nehrbass shows that whenever a relationship has you feeling trapped, you have options. While you may not be able to control another person's behavior, you can take control of your happiness by determining how you respond. Dr. Nehrbass shares real-life stories of people who've tried these options for relational change and also offers biblical examples.

Next time you feel trapped, you'll be prepared with the options found in *UnTrapped*. And whichever option you choose, you'll know that God used this experience to grow you and the people around you.

About the Author: Dr. Daniel Nehrbass is the President of Nightlight Christian Adoptions, home of the Snowflakes Embryo Adoption program. He has worked as a pastor, professional counselor, and adjunct professor of biblical studies at Biola University. He is also a published author of four books and numerous articles in adoption and religious magazines. Daniel has a Ph.D. in pastoral counseling, and three master's degrees in theology, ministry, and divinity. He and his wife, Kristina, have been best friends since they were thirteen years old. They are adoptive parents and have six children.

For more information about the author visit www.danielnehrbass.com. To connect with the author please contact publicist Keli Garrett at media@emeraldhouse.com.

ABOUT THE PUBLISHER: Ambassador International was founded in 1980 in Belfast, Northern Ireland and expanded to Greenville, South Carolina in 1995. Ambassador International's books and materials have been distributed in dozens of countries and are sold worldwide. For more information visit www.ambassador-international.com. You can also follow @AmbassadorIntl on Twitter or check out [Facebook.com/AmbassadorIntl](https://www.facebook.com/AmbassadorIntl).

Suggested Interview Questions for the Author:

1. What led you to write *UnTrapped*?
2. What led you to become a Christian counselor?
3. Who has been most influential in your life?
4. Did you learn these options from schooling? Your church's teaching? A mentor?
5. Which option are you most inclined to use? Which one are you weakest in?
6. What is the most damaging habit people possess in relationships? Apathy? Anger?
7. What do you hope readers will glean from your book, besides the nine options you give?

Endorsements:

Daniel Nehrbass addresses those awkward relationships where someone else's actions put us in a bind. We may not know what to say or do, but there are usually multiple options—each of which may have pros and cons worth considering.

—Jim Daly, President, Focus on the Family

In this excellent book, Daniel Nehrbass leads anyone who feels trapped and in need of relational change how to experience a break-through. His message is compelling, practical, hope-filled, and inspiring. His nine options for relational change are life transforming.

—Jim Burns, Ph.D. President, HomeWord
Author of *Confident Parenting* and *Closer*

Healthy relationships. We all want them, but sometimes we feel trapped in our interactions with friends and family. What are your options? Daniel Nehrbass reminds us that the answer might be more simple than we think. From his real-world perch, interacting with hundreds of clients, Daniel reminds us there are only nine possible responses to choose when relationships frustrate us. Dive into learning and bring your relationships to a place of freedom, openness, and trust.

—Greg Leith, Chief Executive Officer, Convene

We humans subconsciously try to change other people, especially when we feel frustrated, helpless, or trapped. A classic irony is that nearly everyone comes for counseling help in their relationships with the expectation and desire that the other person(s) change! Dan Nehrbass both understands and helps us with this futile and foolish temptation. In his powerful guide to personal freedom and relational health, *Untrapped: Nine Secrets to Getting Along*, Dr. Nehrbass provides us with Biblically grounded and psychologically sound advice which is tangible, practical, and effective. If you internalize and apply these liberating and life-changing principles, you will revolutionize and redeem your relationships!

—Rev. Jared Pingleton, Psy.D. Minister/Clinical Psychologist, Author of *Making Magnificent Marriages*, co-author of *Be Strong and Surrender: A 30 Day Recovery Guide* and *The Struggle is Real: How to Minister to Mental and Relational Health Needs in the Church*. Vice-President, American Association of Christian Counselors

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DANIEL NEHRBASS *Author of "UnTrapped"*



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