

# Sticks and Stones

Sticks and stones may break bones, but words can crush the spirit.



Since childhood, Julie Matthews has felt closest to God when singing. Mere days away from realizing her lifelong dream of singing professionally, she awakens in a hospital room unable to speak. Suddenly her dreams and God seem distant.

Rick Matthews supports his ambitious wife, but has no solution for the constant tension between them. During Julie's recovery, Rick becomes Julie's caregiver and their marriage undergoes a wonderful change--they rediscover each other.

But as Julie's voice grows stronger, unseen wounds surface and years of unhealthy habits begin again to pull them apart. Faced with losing their newly rekindled love, Julie and Rick are forced to evaluate the state of their marriage and how their dysfunction has affected their marriage and their children.

## Endorsements

*Sticks and Stones* offers readers an intimate peek behind the closed doors of the Matthews family and their pain—both past and present. This book has something vital to convey to every reader, no matter their circumstance in life. In a transparent and powerful way, author Shellie Arnold reminds us that it is both the things we say and the things left unsaid that matter most.

~ Clint and Penny A. Bragg, Authors of *Marriage on the Mend—Healing Your Marriage After Crisis, Separation, or Divorce*.

In *Sticks and Stones*, Shellie Arnold does a remarkable job of telling a captivating story that penetrates to the heart and soul of common marital blind spots and the roles we unintentionally adopt to deal with stress and conflict. Although merely fiction, the truths it brings to light about the complex destructive patterns found in many marriages are amazingly accurate. As a marriage mentor, I see these patterns all too frequently in marriages on the verge of collapse, and I'm thrilled to see a story that not only shows in meticulous detail how they develop, but also how couples can find resolution and reconciliation.

~ Linda Rooks, Author of *Broken Heart on Hold, Surviving Separation*



**SHELLIE ARNOLD**  
Author. Speaker.

Biblical Marriage Strategist.  
Host of *Christian Marriage Uncensored*.

Shellie Arnold's novels depict the perfect storms in marriage--what happens when a husband's and wife's weaknesses hit head-on, and they're both left wondering if anything can be salvaged.

Tell our viewers why you write novels about couples whose marriages are in trouble.

What's unique about your novels?

In *Sticks and Stones*, the birth of an unexpected and special needs child puts pressure on what seems to be an otherwise healthy marriage. Tell us about that.

What's the husband's main issue in the book?

Tell us a bit about the story.

What would you say to someone God is prompting to change ingrained habits that are damaging their marriage and family?

What would you say to someone whose spouse is trying to overcome unhealthy habits they learned while growing up?

What kind of ending can readers expect from your novels?

Your website offers ways to help Christian husbands and wives think strategically, work with God, and transform their marriages. How does *Sticks and Stones* demonstrate this?

## INTERVIEW QUESTIONS

Shellie Arnold's passion is helping Christian marriages thrive. As a child of divorce and a sexual abuse survivor, the odds of her having a healthy, thriving marriage were small. Then God started teaching Shellie how to think strategically, work with Him, and transform her marriage. She longs to share all God continues to teach her. Visit Shellie at [shelliearnold.com](http://shelliearnold.com).

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