

# PRESS KIT

## MENTAL HEALTH MONTH



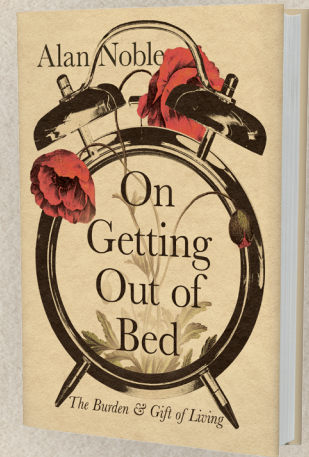
Issues of mental health affect most people in one way or another, especially as the world around us leaves us feeling increasingly troubled and alone. How can we help those we love—and ourselves—find hope and healing during hard times? In addition to [this full list of IVP's mental health resources](#), we want to highlight the following recent books that consider loneliness, grief, raising resilient children, and the struggle to simply get out of bed each day.



## ON GETTING OUT OF BED:

The Burden & Gift of Living

[View Book](#)



“If you take away one truth, the one thing in this book I know with certainty, let it be this: Your life is a good gift from a loving God, even when subjectively it doesn’t feel good or like a gift, and even when you doubt that God is loving. Please get out of bed anyway.”

—**ALAN NOBLE**



**ALAN NOBLE** (PhD, Baylor University) is associate professor of English at Oklahoma Baptist University, cofounder and editor in chief of [Christ and Pop Culture](#), and an advisor for the AND Campaign. He has written for the *Atlantic*, Vox, BuzzFeed, the Gospel Coalition, *Christianity Today*, and *First Things*. He is also the author of [Disruptive Witness](#) and [You Are Not Your Own](#).

*“I read everything Alan Noble writes, and this latest book is a tour de force. Having lost a son to his battle with mental health, I’ve personally seen and felt what Alan writes about in this beautiful, encouraging book. It is not a sin to be sick, and your illness is not your identity. I recommend this book to everyone.”*

—**RICK WARREN**, author of *The Purpose Driven Life*



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## COMPANIONS IN SUFFERING:

Comfort for Times of Loss and Loneliness

[View Book](#)



Have you experienced an ongoing trial that left you wrung out emotionally? Do you feel alone in your pain? Journey in these pages with Wendy Alsup through her story of suffering and, more importantly, with the God who walks with us in the wilderness.

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*"No one who is really suffering is interested in trite answers or simple formulas; we want something substantive. We want to hear from someone who has been there and is honest about the pain but offers genuine insight into what it looks like to persevere through the pain. That's what Wendy Alsup does in this book. While it's personal, it isn't personality-driven or all about her personal story, though her personal story gives her writing credibility. Instead, this book is saturated with insight into Scripture, presenting meaty truths that make a difference, helping to make sense of and bring peace and rest in the midst of the lowest days and the hardest things."*

—**NANCY GUTHRIE**, author and Bible teacher

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**WENDY ALSUP** is an author who encourages women to engage theology for themselves. She is the author of several books including *Practical Theology for Women*, *The Gospel-Centered Woman*, and *By His Wounds You Are Healed*. She also teaches math at a local community college and is editor at [theologyforwomen.org](http://theologyforwomen.org).



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## ALL WILL BE WELL:

Learning to Trust God's Love

[View Book](#)



### **LACY FINN BORG**

is also the author of [\*Faith Like a Child: Embracing Our Lives as Children of God\*](#). She teaches and provides spiritual direction for the Renovaré Institute and the Companioning Center. She especially loves meeting with children at [\*Haven House\*](#), a transitional facility for families without homes. Lacy holds a doctor of ministry in leadership and spiritual formation and a certificate in spiritual direction from Portland Seminary.

"In her beloved book *Spiritual Conversations with Children*, Lacy Finn Borgo tells us about placing a small round stone in a child's hand as a reminder that God is present and loves them no matter what happens. This tangible reminder comes to life through the falling of a hazelnut in the pages of this beautifully written book for children. The story of *All Will Be Well* moves us from the impending death of a beloved grandmother to gracefully engaging the wisdom of a great saint of our Christian heritage, Julian of Norwich, whose wisdom and legacy move throughout the pages in a tangible connection of love and hope. 'She rolled the hazelnut around in her hand and remembered that God loved her.'"

—**TREVECCA OKHOLM**, author of *The Grandparenting Effect: Bridging Generations One Story at a Time*



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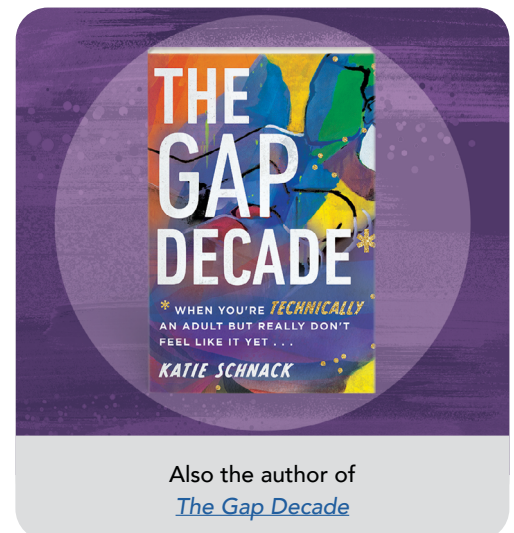


## EVERYTHING IS (NOT) FINE:

Finding Strength When Life Gets Annoyingly Difficult

[View Book](#)

In this honest, inspirational, and humorous book, Katie Schnack goes deep into the hard stuff of life with no sugar coating or toxic positivity to find sustenance she could not imagine. Faced with a child's medical challenges in the midst of a global pandemic, having strength to get up in the morning and actually enjoy the day was so unlikely that she knew it had to come from God. Schnack's plucky authenticity shows us how when life is complicated, self-compassion and humor can bring healing and life. *Everything Is (Not) Fine* looks at the hard realities of life but also gently reminds us of the good. Even in dark times, we can get glimpses of light.



Also the author of  
[The Gap Decade](#)

**KATIE SCHNACK** is a writer and book publicist. She is the author of [The Gap Decade: When You're Technically an Adult but Really Don't Feel Like It Yet](#). Her articles have appeared in such places as *Relevant*, *Today.com*, *Hello Giggles*, *Romper*, and *Scary Mommy*. Katie and her family now live in West Palm Beach, Florida, on an acre of land with five chickens, three goats, and a senior mini pony.



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## FORMING RESILIENT CHILDREN:

The Role of Spiritual Formation  
for Healthy Development

[View Book](#)



### **HOLLY CATTERTON ALLEN**

(PhD, Talbot School of Theology) served as professor of Christian ministries and family science at Lipscomb University in Nashville, Tennessee. She had previously taught at John Brown University, Biola University, and Abilene Christian University. She is the editor of *Nurturing Children's Spirituality* and *InterGenerate* and the coauthor of [\*Intergenerational Christian Formation\*](#).

All children need to be able to deal with stress, cope with challenges, and persevere through disappointments. While we cannot protect children from all hardships, we can promote healthy development that fosters resilience. In this interdisciplinary work, Holly Catterton Allen builds a bridge between resilience studies and children's spiritual formation. This book equips educators, counselors, children's ministers, and parents with ways of developing children's spirituality to foster the resilience needed to face the ordinary hardships of childhood and to persevere when facing trauma. It offers particular insight into the spiritual experiences of children who have been hurt by life through chronic illness, disability, abuse, or disasters, with resources for healing and hope.



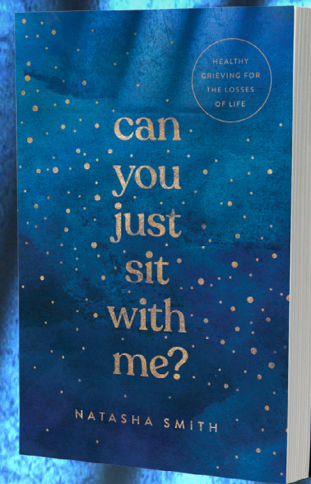
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# CAN YOU JUST SIT WITH ME?

Healthy Grieving for the Losses of Life

[View Book](#)



Drawing from her own experience with grief, Natasha Smith invites us into a reflection on what it means to grieve and how to cling to hope even in our darkest moments. Instead of providing quick-fix solutions, this book creates space for us to take time to just sit and grieve, learn, and heal in healthy ways. In *Can You Just Sit with Me?* Smith provides personal stories, biblical reflections, relevant research, practical tools, and prayers that point us to God who always sits with us in our grief.



## **NATASHA SMITH**

is a wife, mother, and writer from North Carolina. Her work has appeared at Her View from Home, Focus on the Family, and TODAY Parents. You can find her online at [imnatashasmith.com](http://imnatashasmith.com).

*"As a therapist, I have always sought a book for my clients navigating their grief journey that would offer comfort, guidance, hope, and support in one place. This is that book. Through devastating personal losses and the growth that accompanies them, the author provides a faith-based road map complete with nurturing exercises following each chapter. They allow readers the safe spaces needed to walk with their grief, embrace it, understand it, and ultimately find the healing they desperately seek. Can You Just Sit with Me? speaks in equal parts to one's heart, mind, spirit, and soul. I consider it a privilege to recommend this masterpiece to anyone trying to find the courage and strength to heal."*

—**LISA LESHAW**, mental health professional and coauthor of *How Are You Feeling, Momma?*



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