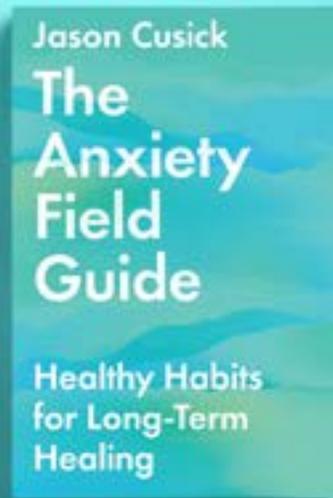


# PRESS KIT

MENTAL HEALTH AWARENESS MONTH



Issues of mental health affect most people, 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? During the month of May we are highlighting books that bolster the battle for mental health, whether you struggle with burnout, depression, addiction, or grief. In addition to [this full list of our mental health resources](#), we want to bring the following recent books to your attention, covering topics from trauma and counseling to anxiety and loneliness.



## THE ANXIETY FIELD GUIDE

*Healthy Habits for Long-Term Healing*

[View The Anxiety Field Guide](#)

“Anxiety can be debilitating. Liberation from it can be hard—and often takes time. *The Anxiety Field Guide* is a focused and practical discussion on how to get away from anxiety that recognizes it versus ending it. It teaches you how to cope with anxiety in healthy ways, including how faith can help you along the way. Take time with this book and it will help you be less anxious with the Lord at your side.”

**- DARRELL L. BOCK**

executive director for cultural engagement  
at Dallas Theological Seminary



Millions of people in our society suffer from anxiety. Pastor **[JASON CUSICK](#)** tells the story of his own history with anxiety and offers expertise, practical guidance, and empathy. The book is intentionally designed for the reader to be an easy entry point with short, easily digestible chapters and simple step-by-step instructions for developing healthy habits for long-term progress. Cusick presents clinical data alongside pastoral wisdom and care, addressing both the psychological and spiritual aspects of anxiety.



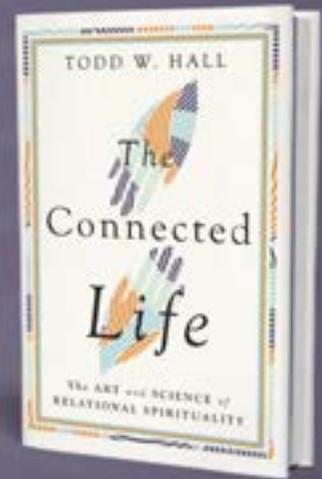
[Request a review copy or interview.](#)



# THE CONNECTED LIFE

*The Art and Science of  
Relational Spirituality*

[View The Connected Life](#)



## **TODD W. HALL**

(PhD, Rosemead School of Psychology) is professor of psychology at Rosemead School of Psychology at Biola University.

He is a faculty affiliate at the Harvard Human Flourishing Program at Harvard University and a founding partner at Flourishing Metrics. Hall is an award-winning researcher, coauthor of [Psychology in the Spirit](#) and [Relational Spirituality](#), and codeveloper of the Flourish Assessment.

“We live in the most distracted and disrupted culture in the history of the world. That radical disruption is affecting our families, personal relationships, careers, and spiritual lives, which is why I’m so thrilled Todd Hall has released *The Connected Life*. The truth is, this book is a road map for navigating today’s world—if you can’t change, the world will pass you by. So read *The Connected Life*, underline it, and keep it on your desk. It could very well be your ticket to the future.”

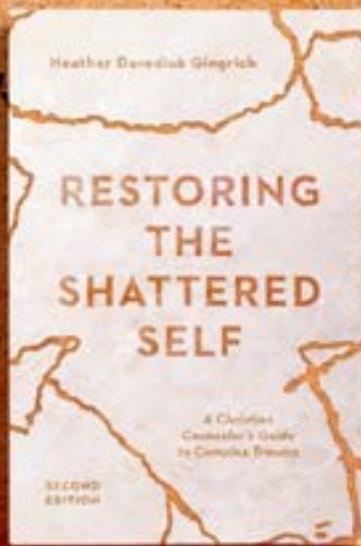
**-PHIL COOKE,**

filmmaker and media consultant, author of *One Big Thing: Discovering What You Were Born to Do*



[Request a review copy or interview.](#)





## RESTORING THE SHATTERED SELF

*A Christian Counselor's Guide to Complex Trauma*

[View Restoring the Shattered Self](#)

"Save yourself a decade of frustration, pain, and hard work through the wisdom in *Restoring the Shattered Self*. I constantly meet counselors, pastors, prayer ministers, and leaders of healing programs who have no idea of the established and verified models for treating complex trauma. Caring people continue to 'reinvent the wheel' and prolong the recovery process for trauma, suffer as counselors, and fall short of the recovery that is possible because they do not know the solid body of knowledge that Dr. Gingrich organizes and teaches in *Restoring the Shattered Self*."

**-JIM WILDER**

neurotheologian and theoretician at Life Model Works (formerly Shepherd's House), author and international speaker on relational Christianity, trauma recovery, and character development in community



Drawing on over thirty years of experience with complex trauma survivors in the United States, Canada, and the Philippines, **HEATHER DAVEDIUK GINGRICH** ably integrates the established research on trauma therapy with insights from her own experience and an intimate understanding of the special concerns related to Christian counseling.



[Request a review copy or interview.](#)



# WAIT WITH ME

Meeting God in Loneliness

[View Wait With Me](#)



"Anyone who has experienced loneliness knows this. Loneliness is a primal disorientation," writes **JASON GABOURY**. "Quiet anxiety gives way to restlessness. We look for distractions to numb ourselves and take the edge off. Anger and resentment simmer in successive waves. Loneliness is no joke. Isolation is so powerfully disorienting that solitary confinement is classified as a form of torture."

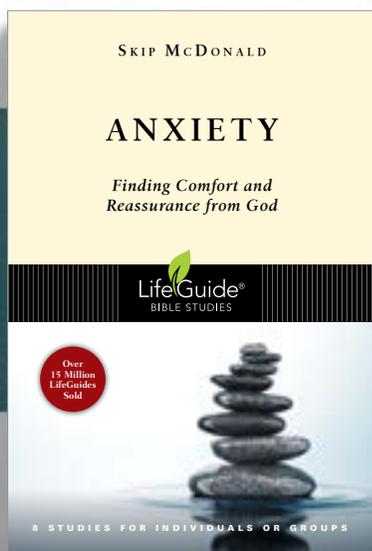


Gaboury has wrestled with loneliness ever since he can remember, perhaps before he can remember . . . through childhood, college, and into adulthood. When Friar Ugo challenged him to see loneliness as a context for friendship with God, things began to change. In these pages God invites you to stop and wait with him in your own moments of isolation and anxiety.



[Request a review copy or interview.](#)





# ANXIETY

*Finding Comfort and  
Reassurance from God*

[View Anxiety: Finding Comfort and  
Reassurance from God](#)



Anxiety is that vague feeling that something isn't right, that something bad may happen. Worry becomes an all-consuming part of life. In this eight-session **LifeGuide® Bible Study**, nurse and Bible study writer **SKIP McDONALD** looks at a variety of Old Testament and New Testament Scripture passages that cover experiences of general anxiety, worry, and panic.



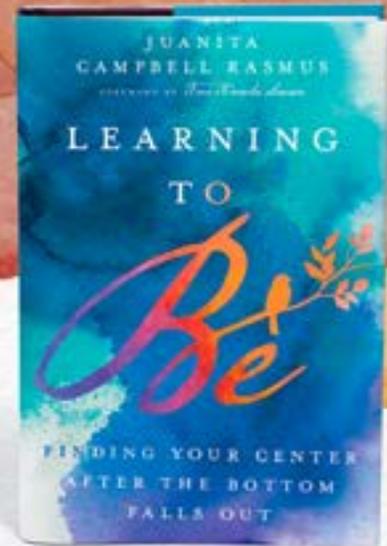
[Request a review copy or interview.](#)



## LEARNING TO BE

*Finding Your Center After  
the Bottom Falls Out*

[View Learning to Be](#)



“It felt as though every nerve in my body was popping. Imagine large, strong hands slowly applying pressure while breaking a family-size package of uncooked, dry spaghetti. I was the spaghetti. *Breaking down one piece at a time.*”

**-JUANITA CAMPBELL RASMUS**

author of *Learning to Be*



This is how [JUANITA CAMPBELL RASMUS](#) begins the wise, frank, and witty account of what she later called “The Crash” and what her counselor labeled “a major depressive episode.” This experience landed Juanita, a busy pastor, mother, and community leader, in bed. In addition to exhaustion and depression, on the spiritual front she experienced a dark night of the soul. When everything in her life finally came to a stop, she found that she had to learn to be—with herself and with God—all over again.



[Request a review copy or interview.](#)

