

PRESS KIT

MENTAL HEALTH AWARENESS MONTH



We at IVP are joining with organizations around the country to provide education about mental illnesses and support for those who struggle with them. We have put together this list of six resources that offer various perspectives: from authors who have struggled with burnout, anxiety, and depression, from others who counsel and teach about mental illness; and from yet another author who starts with four words of advice for renewed mental health: **“Be kind to yourself.”**



WHY DO I FEEL LIKE THIS?

Understand Your Difficult Emotions and Find Grace to Move Through

[View Why Do I Feel Like This?](#)



“Hurt is what happens when our deep needs go unfulfilled. It’s the emotional fallout when these needs are disregarded, disrespected, or outright violated. Hurt, therefore, is self-protective. It acts as our first line of defense to psychologically threatening situations. Its goal is to alert us when there appears to be a problem in hopes of giving us a chance to fix things before permanent damage is done. *Hurt feels like a hole in our heart . . . because it is.*”

- DR. PEACE AMADI

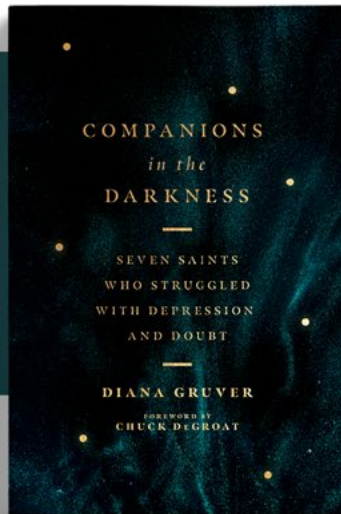
author of *Why Do I Feel Like This?*

Rather than bypass the reality of our feelings, we need to enter into them and listen to what they’re telling us. Psychology professor and personal development coach **DR. PEACE AMADI** helps us navigate the complexity of our emotions, from discouragement and hurt to trauma and depression. She explains the dynamics underlying what we feel and gives practical resources for living through our emotions in healthy ways.



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





COMPANIONS IN THE DARKNESS

*Seven Saints Who Struggled with
Depression and Doubt*

[View *Companions in the Darkness*](#)



DIANA GRUVER

looks back into church history and finds depression in the lives of some of our most beloved saints, including Martin Luther, Charles Spurgeon, Mother Teresa, and Martin Luther King Jr. Drawing on her own experience with depression, Gruver offers a wealth of practical wisdom both for those in the darkness and those who care for them.

“As I slogged through seasons of depression—and as I’ve looked back on those seasons from more stable footing—I have found the stories and presence of others who have experienced depression to be invaluable. I hear a hint of something I recognize—an aside, a metaphor, a hint of those marks left by the darkness—and I zero in on them. There is someone who knows, I think, someone who understands. ***They too have walked through the valley of the shadow of depression.*** There’s something about it that binds us, like brothers in arms—the battle we have fought ***knits us together.***”

Their stories bring me comfort that ***I am not alone.*** They remind me I am not the only one to walk this road, that this experience is not an alien one. The lie that ‘surely no one has felt this’ is cut down by the truth that others, in fact, have, and their presence makes me feel less isolated. ***These fellow travelers are my companions in the darkness of night.***”



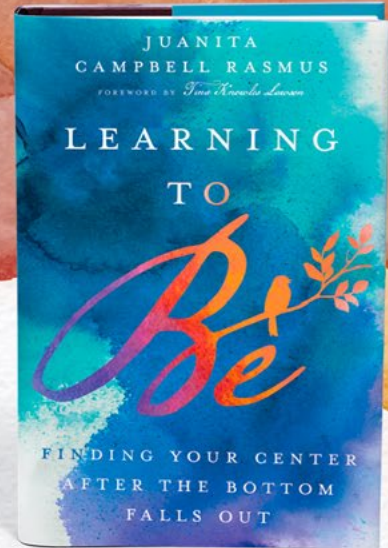
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LEARNING TO BE

*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.



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PRAYER IN THE NIGHT

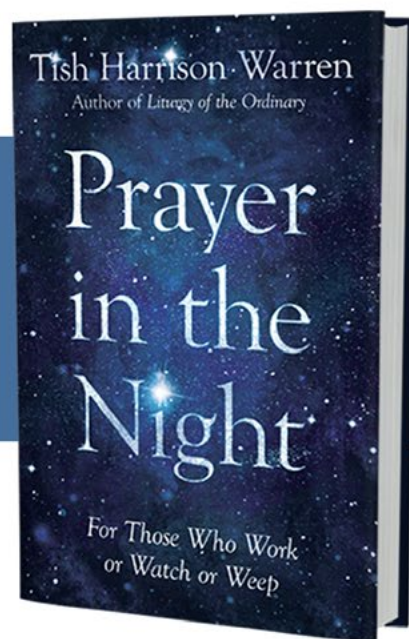
For Those Who Work or Watch or Weep

[View *Prayer in the Night*](#)



Framed around a nighttime prayer of Compline, **TISH HARRISON WARREN**, author of *Liturgy of the Ordinary*, explores themes of human vulnerability, suffering, and God's seeming absence. When she navigated a time of doubt and loss, the prayer was grounding for her. She writes that practices of prayer

"gave words to my anxiety and grief and allowed me to reencounter the doctrines of the church not as tidy little antidotes for pain but as a light in darkness, as good news."



"When we're drowning, we need a lifeline, and our lifeline in grief cannot be mere optimism that maybe our circumstances will improve because we know that may not be true. We need practices that don't simply palliate our fears or pain but that **teach us to walk with God in the crucible of our own fragility.**"



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





GRACE FOR THE CHILDREN

*Finding Hope in the Midst of Child
and Adolescent Mental Illness*

[View Grace for the Children](#)



Psychologist **MATTHEW S. STANFORD**, author of *Grace for the Afflicted*, turns his focus to youth in *Grace for the Children* to educate Christians about a range of common child and adolescent mental health disorders, from both scientific and biblical perspectives. This book covers

- autism spectrum disorder
- attention deficit hyperactivity disorder
- disruptive behavior disorders
- depression
- bipolar disorders
- anxiety
- posttraumatic stress disorder
- obsessive compulsive and related disorders
- eating disorders

“As a community of believers, we must not withdraw from or ignore childhood mental disorders but instead **choose to face them with God’s grace and wisdom**. Christ said that the world would know we are his disciples because of our love for one another (John 13:35). Where better for children, whether they have a mental disorder or not, to look for love and acceptance than the church? Where better for parents to go for support and comfort than the body of Christ? **As a community of faith, our approach to mental disorders should be one of love and grace.**”



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BE KIND TO YOURSELF

Releasing Frustrations and Embracing Joy

[View *Be Kind to Yourself*](#)



Editor and spiritual director **CINDY BUNCH** calls us to self-care through greater compassion for ourselves. She writes, “When we are tender with ourselves, we cultivate a greater tenderness and empathy toward others. It is a fruit of goodness to ourselves that we increase in goodness toward our neighbor. Anne Lamott describes how she learned from others who were getting sober that ‘extending ourselves to others would help us stay sober and sane.’ The pattern of getting a sponsor in AA follows this principle. But then Lamott continues, ‘They also wanted us to extend ourselves to our own horrible selves, at our most ruined, to speak gently to ourselves, get ourselves a lovely cup of tea.’ For many of us, offering grace to ourselves is harder than extending grace to others.”

“Be Kind to Yourself is chock full of essential truths and insights, and creative, empowering, and practical tools. As a writer, counselor, and spiritual director, this book challenged and encouraged me to be more gentle with myself and others.”

-SHEILA WISE ROWE, counselor, spiritual director, and author of *Healing Racial Trauma*



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

