

PRESS KIT

MENTAL HEALTH MONTH



May is Mental Health Awareness Month.

During the month of May, IVP is raising awareness about books that bolster us in the battle for mental health. In addition to this [full list of our mental health resources](#), the IVP publicity team is highlighting the following recent books, covering topics from leadership trauma and counseling to anxiety and stress.



TOMORROW NEEDS YOU

Seeing Beauty When You Feel Hopeless

[View Book](#)

Fear is our biggest enemy. It sneaks into our lives as worry, uncertainty, or discouragement, clouding our vision for a brighter future. It pauses our dreams, making us doubt the people we want to become and the lives we wish to lead. Naeem Fazal opens a new chapter, one where fear no longer dictates our lives.

“Naeem Fazal has done it again! His first book, Ex-Muslim, was a jaw-dropping, fantastic story of a life completely transformed by the living Jesus. Now he lays out a narrative that every person, Christian and non-Christian, needs to read. Naeem guides us through the process of leaving past fears and failure in yesterday. Through biblical wisdom and heartfelt storytelling, he sketches out a road map into the unknown future of tomorrow. If you have ever thought you were not enough or struggled with the idea of being trapped in the baggage of your past, this book is for you.”

—CRAIG WENDEL

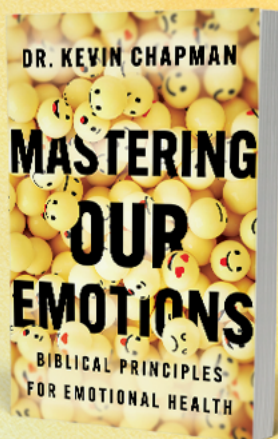
author of *The 5 1/2 Mile High Club* and *Warrior King*



Naeem Fazal is the founding and lead pastor of Mosaic Church in Charlotte, North Carolina. He is a Pakistani, born and raised as a Muslim in Kuwait. He came to the United States shortly after the Gulf War and had a supernatural experience with Christ that changed the course of his life. He was ordained at Seacoast Church in Charleston and is the author of *Ex-Muslim*.



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



MASTERING OUR EMOTIONS

Biblical Principles for Emotional Health

[View Book](#)

Anxiety can keep us up at night. Anger can cause us to fly off the handle. Sadness can drain us of energy. Shame can isolate us. Emotions like these are powerful. They can tax our relationships and distress our souls. No amount of sheer willpower or good intentions are sufficient to overcome them. Psychologist Kevin Chapman draws on his therapeutic expertise to invite us into a deeper understanding of our own thinking patterns, emotional triggers, and avoidance behaviors—all viewed through the lens of scriptural truth and God’s power to change lives.

“Truly a master class! With pastoral wisdom and therapeutic skill, Kevin Chapman reminds us that all our emotions are from God and are for our good if used wisely. As a follower of Jesus, I’ve known and experienced fear, anxiety, anger, and sadness. I just wish I’d had this book years ago! I would’ve better experienced God’s loving presence when flooded with both pleasant and unpleasant emotions. The Bible says to ‘not be mastered by anything.’ Kevin Chapman shows us that this includes our emotions. But instead of vilifying our emotions, he helps us see that our emotions are a good gift from God and part of how we can love God and others with our mind, body, and soul!”

—JASON CUSICK

lead pastor at Journey of Faith in Southern California
and author of *The Anxiety Field Guide*



[Kevin Chapman](#) (PhD, A-CBT, HSPP) is a licensed clinical psychologist with a specialty in cognitive behavioral therapy. He is the founder and director of the Kentucky Center for Anxiety and Related Disorders and has appeared on TLC as well as in *USA Today*, *The Huffington Post*, and *The Wall Street Journal*. Kevin leads Sound Mind Ministries and hosts [The Sound Mind Show](#) (YouTube), which focuses on managing emotions from a biblical perspective.



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



MENTAL HEALTH

Experiencing God's Care for Our Mind, Body,
and Spirit—A 6-Week Interactive Bible Study

[View Book](#)

Written by award-winning author Dorcas Cheng-Tozun, this study offers a holistic approach, combining Scripture, personal testimonies, art, poetry, and in-depth interviews to guide you in exploring how God sees our mental health and how that differs from what we often hear in the culture and the church.

"The Made for PAX Bible Study Mental Health is an incredibly rich, layered, and compassionate mental health offering. Each week lovingly weaves insights from science, Scripture, art, contemplation, justice, and more to help create a tapestry of hope for the reader that is ultimately rooted in the kindness and nearness of God.

I'm so grateful this resource exists."

—AUNDI KOLBER

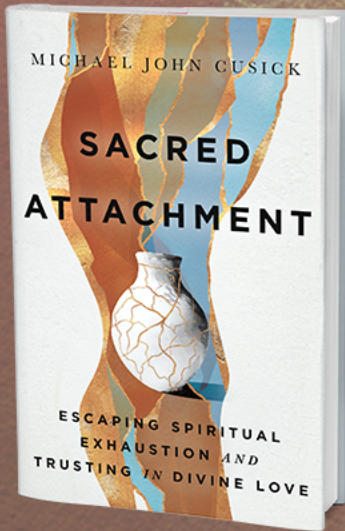
licensed professional counselor and author of *Try Softer*
and *Strong like Water*



[Dorcas Cheng-Tozun](#) is an award-winning writer, editor, speaker, and nonprofit professional. She has been the editorial director of Pax, the director of communications for d.light, a social innovation instructor, and a communications consultant for social-benefit companies around the world.



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



SACRED ATTACHMENT

Escaping Spiritual Exhaustion
and Trusting in Divine Love

[View Book](#)

With raw honesty and vulnerability, Michael John Cusick shares his zigzagging path to God and reveals how brokenness and pain can become the gateway to experiencing joyful divine attachment.

“With disarming vulnerability, Michael John Cusick masterfully weaves his own dramatic story of healing with clinical insights he’s gleaned in over thirty years of working as a therapist and spiritual director. Along the way he exposes and names our own spiritual wounds while guiding us to rest in divine love—the one true place where we are seen, soothed, safe, and secure. If you are sick and tired of trying to acquire or attain God’s affection, or trying to muster up faith, this book is a must read.”

—IAN MORGAN CRON

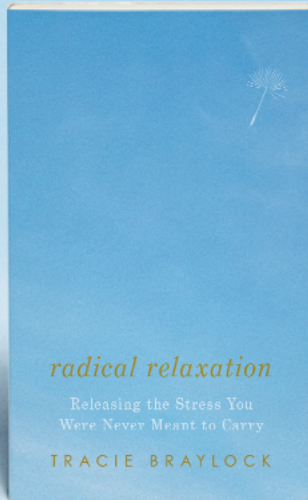
author of *The Fix* and *The Road Back to You*



[Michael John Cusick](#) is the CEO and founder of Restoring the Soul, an intensive counseling ministry in Denver. He is a licensed professional counselor, spiritual director, and former assistant professor of counseling at Colorado Christian University. Michael is the author of *Surfing for God*, and his articles have appeared in such places as *Relevant*, *Huffington Post*, and *Red Letter Christians*.



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



RADICAL RELAXATION

Releasing the Stress You Were Never Meant to Carry

[View Book](#)

Stress is not just a fleeting feeling; it's a silent disruptor, quietly eroding your peace, your health, and your capacity to enjoy life as you know it. Crafted by holistic nurse educator and wellness consultant Tracie Braylock, *Radical Relaxation* is your pathway to healing and liberation from the trappings of stress through the teachings of Jesus in the Gospel of John.

“Tracie Braylock offers protective care for spirit, soul, and body. In her book Radical Relaxation, she undergirds professional knowledge, spiritual practices, and self-care with God’s Word and transformative prayers. She graciously invites the reader into a guided tour that is designed to release stress through healing, rest, and relaxation. She comprehensively guides the participant to intentional Selah moments.”

—BARBARA L. PEACOCK

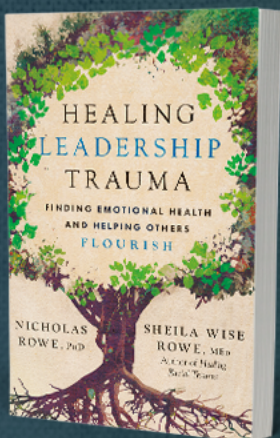
Founder of Peacock Soul Care and author of
Soul Care in African American Practice



[Tracie Braylock](#) (MSN, BSN, RN) is a holistic nurse educator, writer, and wellness consultant. As a former operating room nurse, she advocates for mind, body, spirit well-being, holistic wellness experiences, and liberating relaxation. Her work has been featured in the American Holistic Nurses Association *New Beginnings* magazine, Proverbs 31 Ministries, and *Hallmark Mahogany*. Tracie teaches workshops, leads retreats, and lectures on issues related to nursing, writing, self-care, and healing lifestyles.



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



HEALING LEADERSHIP TRAUMA

Finding Emotional Health and Helping Others Flourish

[View Book](#)

Countless books are designed to help leaders to become better leaders. But most resources neglect the underlying emotional struggles of both emerging and established leaders, who are often isolated and suffering in silence. Leadership professor Nicholas Rowe and counselor Sheila Wise Rowe offer their expertise in helping leaders process painful and traumatic experiences. Trauma contributes to how we lead others in either empowering or dysfunctional ways. Understanding how these experiences formed us is the beginning of the path to healing.

“Leaders are shaped by various intersections of trauma that are rarely spoken of together in one place. The insight Nicholas Rowe and Sheila Wise Rowe offer given their expertise and experiences is a gift to leaders who want to stay healthy while leading in hard places. This book helps us name what we encounter as leaders and accompanies us in our path toward healing.”

—SANDRA MARIA VAN OPSTAL

pastor and author of *The Next Worship*



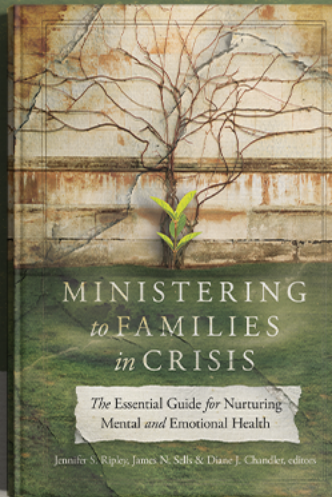
Nicholas Rowe (PhD, Boston College) is a historian and the Hansen Associate Professor of Leadership at Gordon-Conwell Theological Seminary. He has over thirty years’ experience in senior leadership roles in higher education and nonprofit organizations and is a consultant in cross-ethnic reconciliation and conflict resolution in the United States and South Africa. Nicholas also provides spiritual direction for individuals and reconciling communities.



Sheila Wise Rowe (MEd, Cambridge College) has over thirty years of experience offering counseling and spiritual direction to abuse and trauma survivors and to emerging and established leaders in the United States. Sheila ministered to unhoused and abused women and children in Johannesburg, South Africa, where she taught Christian counseling and trauma-related courses and was also a lay pastor for a decade. Sheila is the author of the award-winning *Healing Racial Trauma* and *Young, Gifted, and Black*.



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



MINISTERING TO FAMILIES IN CRISIS

The Essential Guide for Nurturing
Mental and Emotional Health

[View Book](#)

Edited by [Jennifer S. Ripley](#), [James N. Sells](#), and [Diane J. Chandler](#)

When crisis strikes, families often turn to ministry leaders for guidance—but are you prepared to help? *Ministering to Families in Crisis* equips you with the tools, insights, and resources to provide help for those in need. From navigating the complexities of trauma, abuse, and mental illness to providing wise counsel addressing marital conflict, support for aging parents, and the management of screens for parents and kids alike, this essential shelf-resource empowers ministry leaders to be a source of hope and support for their communities.

“I wish we didn’t need Ministering to Families in Crisis, but I’m sure glad we have it. The difficult truth is that many of the families we serve are indeed hurting and in crisis. The problem is that many of us haven’t been trained how to respond. Instead, we often feel afraid or paralyzed, wanting to help but not knowing how. Ministering to Families in Crisis provides the theologically robust and practical guidance we need to love and care for our families.”

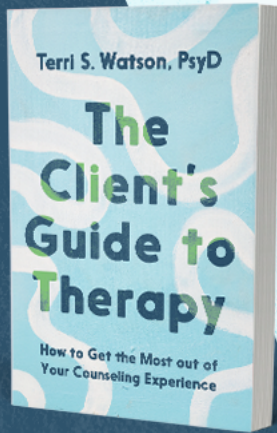
—BRIAN DEMBOWCZYK

associate publisher for Thomas Nelson Bibles and
author of *Family Discipleship That Works*



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





THE CLIENT'S GUIDE TO THERAPY

How to Get the Most out of Your Counseling Experience

[View Book](#)

In this accessible, information-packed guide, Christian psychologist Terri Watson provides an expert's perspective on how to get the most out of your counseling experience. Readers will find a wealth of wisdom, including:

- advice for looking into options for counseling
- how to find a counselor who's a good fit
- what to expect during and after counseling
- how to get the most out of your sessions and the therapy process
- expert tips on mental health care
- insights on the role of faith and common questions Christians ask

"A necessary and empowering resource for anyone considering counseling and hoping to enter a meaningful and healing therapy journey. Dr. Terri Watson intentionally guides the reader through each step of the therapy process, while giving careful consideration to both the dynamics of the therapeutic relationship and a holistic understanding of suffering and the change process."

—AMANDA M. BLACKBURN

vice president of student affairs and professor of counseling
at Richmond Graduate University in Chattanooga, Tennessee



[Terri S. Watson](#) (PsyD, ABPP) is a professor of psychology at Wheaton College. She is also a board-certified clinical psychologist, an approved clinical supervisor with the Center for Credentialing and Education, and an approved supervisor with the American Association for Marriage and Family Therapy. She maintains a private practice and provides supervision and clinical consultation for community and private organizations.



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

