

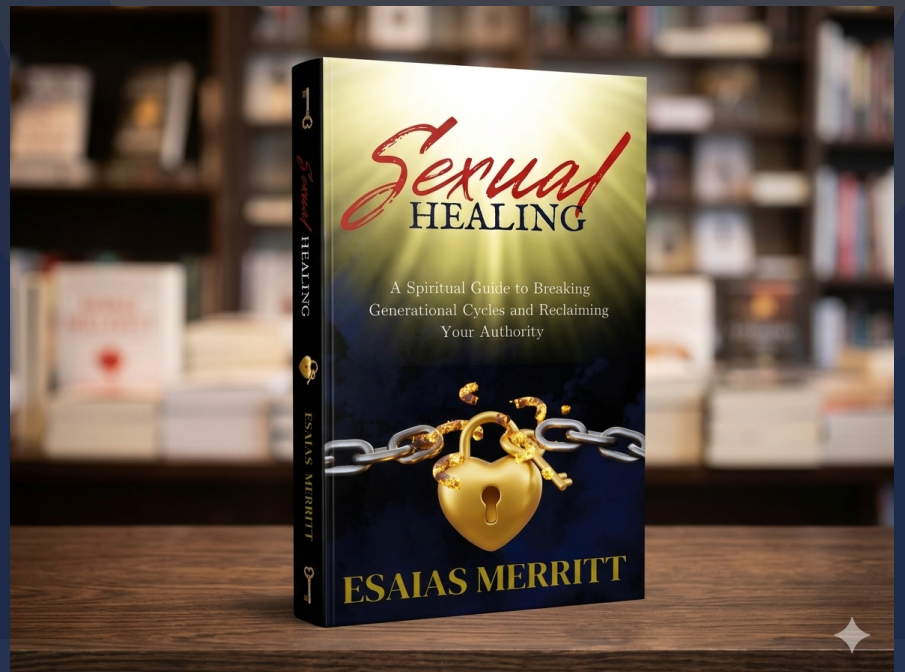
AUTHOR MEDIA KIT

# Esaias *Merritt*

## *Sexual Healing*

A Spiritual Guide to Breaking Generational  
Cycles and Reclaiming Your Authority

AUTHOR · SPEAKER · SPIRITUAL HEALING ADVOCATE



AS SEEN IN

AP News · BrightKey PR · 400+ Media Outlets

VERIFIED · PUBLISHED MAY 2026

ABOUT THE AUTHOR

# A voice for those ready to *heal from the inside out*

Esaias Merritt is a compassionate author, spiritual guide, and relational healing advocate whose writing bridges the gap between spiritual reflection and practical emotional wellness. Inspired by a deep desire to help individuals break destructive generational cycles, Merritt writes with both empathy and purpose.

His work explores how past trauma, shame, fear, and generational patterns shape a person's relationship with intimacy, identity, and self-worth — and how healing from the inside out remains not only possible, but transformative.

Merritt's approach blends spiritual insight with counseling-inspired practices, creating resources that speak to individuals, couples, ministry leaders, and counselors alike.

BEHIND THE BOOK

*“Written as a compassionate resource for readers at every stage of life and relationship — reminding them that wholeness is not achieved through perfection, but through honesty, healing, and intentional connection.”*

AS SEEN IN

**AP News**

NATIONAL COVERAGE

**BrightKey PR**

VERIFIED AUTHOR

**Major Media**

NETWORKS & PLATFORMS

**400+**

MEDIA OUTLETS

INTERVIEW TOPICS

# What we can *talk about*

01

## The Spiritual Roots of Intimacy Struggles

How past trauma, shame, and emotional wounds shape a person's relationship with intimacy, identity, and self-worth — and why healing must begin from the inside out.

02

## Breaking Generational Cycles

How inherited patterns of fear, obligation, and insecurity perpetuate relational dysfunction across generations — and the spiritual tools needed to break free.

03

## Reclaiming Personal Authority

How readers can reclaim confidence, emotional balance, and a renewed sense of personal authority through honesty, healing, and intentional connection.

04

## Mindful & Somatic Practices for Healing

The role of mindful and somatic practices in reconnecting emotional well-being with physical experience, and restoring dignity and trust within relationships.

05

## Communication Without Fear or Shame

Practical strategies that help individuals and couples discuss sensitive topics openly — cultivating relationships grounded in honesty, emotional safety, and self-acceptance.

06

## Spiritual Restoration & Relational Wholeness

Merritt's approach to blending spiritual reflection with counseling-inspired insights to help readers pursue authentic intimacy and restored connection at every stage of life.

**Podcast**

LONG-FORM & SHORT

**Radio**

TALK & FAITH

**Television**

STUDIO & REMOTE

**Print**

MAGAZINES & JOURNALS

**Events**

KEYNOTE & PANELS

*“Through compassionate insight and practical guidance, Merritt addresses the emotional, psychological, and spiritual barriers that often affect intimacy and relationships — offering readers a path toward healing, wholeness, and renewed connection.”*

FROM THE BOOK

REACH & IMPACT

## A message that *travels*

400+

**MEDIA OUTLETS**

Featured across major news networks and media platforms, bringing the message of healing and restoration to a wide national audience.

3

**CORE AUDIENCES**

Reaching individuals, couples, ministry leaders, and counselors seeking emotional restoration and healthier relationships.

AP

**NATIONAL PRESS**

Featured via national AP News press release, verified by BrightKey PR and published May 2026 with wide syndication across media platforms.

BOOKING & CONTACT

## Let's *connect*

Esaias is a thoughtful and engaging speaker who connects with audiences on emotional healing, spiritual growth, healthy relationships, and breaking generational cycles.

**EMAIL**

[drmerrittwrites@yahoo.com](mailto:drmerrittwrites@yahoo.com)

**PR VERIFICATION**

Verified by BrightKey PR

**INTRO CALL**

Schedule a 15-minute call to discuss coverage, guest features, or speaking opportunities.

GET THE BOOK

## Sexual Healing

Available now for individuals, couples, and ministry leaders ready to begin the journey toward emotional wholeness.

ORDER ON AMAZON

ALSO AVAILABLE AT

[books.by/esaias-merritt](https://books.by/esaias-merritt)