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PREPARED FOR:
ESAIAS MERRITT

167 MADISON AVENUE
STE 205
NEW YORK CITY, NY
10016

OFFICIAL PRESS RELEASE FOR:

Esaias Merritt

READY FOR DISTRIBUTION



SEXUAL HEALING EXPLORES SPIRITUAL RESTORATION, EMOTIONAL INTIMACY, AND BREAKING GENERATIONAL CYCLES

Esaias Merritt offers compassionate guidance for healing emotional wounds, restoring intimacy, and reclaiming personal authority through spiritual and relational growth.

New York, NY, May 24, 2026 — Emotional healing, spiritual restoration, and the pursuit of authentic intimacy are at the center of Esaias Merritt's transformative new book, *Sexual Healing: A Spiritual Guide to Breaking Generational Cycles and Reclaiming Your Authority*. 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.

In *Sexual Healing*, Merritt explores the deeper realities behind intimacy struggles, emphasizing that true connection extends far beyond physical relationships. The book examines how past trauma, emotional wounds, generational patterns, stress, fear, and shame can shape a person's relationship with intimacy, identity, and self worth. By blending spiritual reflection with practical exercises and counseling inspired insights, Merritt provides readers with tools to better understand themselves and begin the process of healing from the inside out.

The book encourages readers to move away from unhealthy patterns rooted in obligation, insecurity, or performance and instead cultivate relationships grounded in honesty, emotional safety, and self acceptance. Merritt offers practical communication strategies to help individuals and couples discuss sensitive topics without fear or shame while also exploring mindful and somatic practices designed to reconnect emotional wellbeing with physical experience. Throughout the book, the focus remains on restoring dignity, trust, and spiritual clarity within relationships.

Inspired by the desire to help individuals break destructive generational cycles and rediscover emotional freedom, Merritt wrote the book as a compassionate resource for readers at different stages of life and relationships. Whether navigating the uncertainties of new relationships, balancing the demands of adulthood, or seeking to restore connection within long term partnerships, readers are reminded that healing remains possible and that intimacy can be rebuilt through intentional growth and understanding.

Sexual Healing is especially meaningful for readers seeking emotional restoration, healthier relationships, and a deeper understanding of how spiritual and emotional health influence intimacy. Its thoughtful and approachable style makes it accessible for individuals, couples, ministry leaders, counselors, and anyone looking to foster greater emotional awareness and relational healing. The book's emphasis on compassion, communication, and self reflection creates a supportive environment for personal growth and transformation.

Esaias Merritt brings spiritual insight, empathy, and practical wisdom to his writing. Through *Sexual Healing*, he creates a resource designed to encourage healing rather than judgment while helping readers reclaim confidence, emotional balance, and a renewed sense of personal authority. His message emphasizes that wholeness is not achieved through perfection, but through honesty, healing, and intentional connection.

The book is now available — secure your copy here: <https://a.co/d/09Ytjnhj>

For review copies, interview requests, or additional information, please contact:

Esaias Merritt

Email: pastmerritt4u@yahoo.com

HOW TO USE YOUR PRESS RELEASE

A PRESS RELEASE HELPS ESTABLISH CREDIBILITY, OPEN DOORS, AND REACH THE READERS YOUR MESSAGE WAS WRITTEN FOR.

- Publish on your author website or book landing page
- Share with your faith community, prayer partners, & email list
- Pull quotes for social media or author profiles
- Include in media kits when pitching faith-based podcasts & conferences
- Reference when contacting reviewers, bloggers, or faith-based outlets
- Distribute to news & media outlets

HOW TO DISTRIBUTE TO NEWS & MEDIA OUTLETS

DISTRIBUTING TO NEWS & MEDIA OUTLETS INVOLVES RESEARCH, OUTREACH, TRACKING, AND FOLLOW-UP.

Step 1: Identify book-focused, faith-based, and general news outlets that accept author announcements. This includes distinguishing editorial news sites from blogs, understanding which outlets syndicate content, and avoiding platforms that offer limited visibility or relevance for faith-based authors.

Step 2: Review each outlet's editorial or press submission guidelines carefully. These often specify subject lines, word count limits, formatting rules, link policies, image requirements, and timing expectations.

Step 3: Prepare short, personalized outreach emails tailored to each publication. Editors prefer concise pitches that clearly explain why your message is relevant to their audience, not mass-sent messages.

Step 4: Submit through the appropriate channel. Depending on the outlet, this may include editorial inboxes, submission forms, contributor portals, or syndicated systems. Using the wrong channel can result in no review at all.

Step 5: Track submissions, responses, and publication status manually. Most authors rely on spreadsheets to log outlets, submission dates, contacts, follow-ups, and outcomes.

Step 6: Follow up strategically without triggering spam filters or damaging publisher relationships. Timing, frequency, and wording matter. Over-sending or generic follow-ups can lead to submissions being ignored.

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WHAT TO EXPECT NEXT

- Go to <https://brightkeypr.com/faithdistribution> and choose your coverage plan.
- Enter “**FAITHAUTHOR**” at checkout for 50% off any coverage option
- Receive an order confirmation email with *next steps*.
- Review and request any edits before approval.
- Publication begins immediately after your approval.
- Your media coverage report with live links is delivered **within 48 hours**.

ABOUT US

BrightKey PR is new in name, but our team has years of experience in media and public relations. Long before our recent launch in August 2025, we established strong backend partnerships with major news outlets, journalist networks, and national distribution platforms, along with data-backed insights, giving our clients access to affordable opportunities few agencies can match.

That groundwork enables us to deliver rapid, credible strategies that blend compelling storytelling with trusted publicity, driving measurable results and earning consistent 5-star feedback from authors across genres — including faith-based, memoir, and inspirational writing.

Search BrightKey PR on Google or TrustPilot to see all of our 75+ reviews.

Client Reviews:

“The press release they created for me was just incredible. Very professional. I had no qualms about handing it out immediately. And the amount of coverage BrightKey got for me with the press release was beyond what I expected. I was a little nervous at first about investing my own money, but I am so glad I did. It really helped me (and my publisher) launch the book and to get it taken seriously. I highly recommend them.”

— **Cheyenne Brammah, Author**

“I had an excellent experience using BrightKey PR. Communication was clear and consistent throughout the entire process. Turnaround time was incredibly fast—press release was sent out immediately after approval, and responses to my questions came quickly. The media kit they created was high quality and exceeded my expectations. Jacob was especially helpful and took the time to answer all my questions. Highly recommend!”

— **Vicki L, Author**