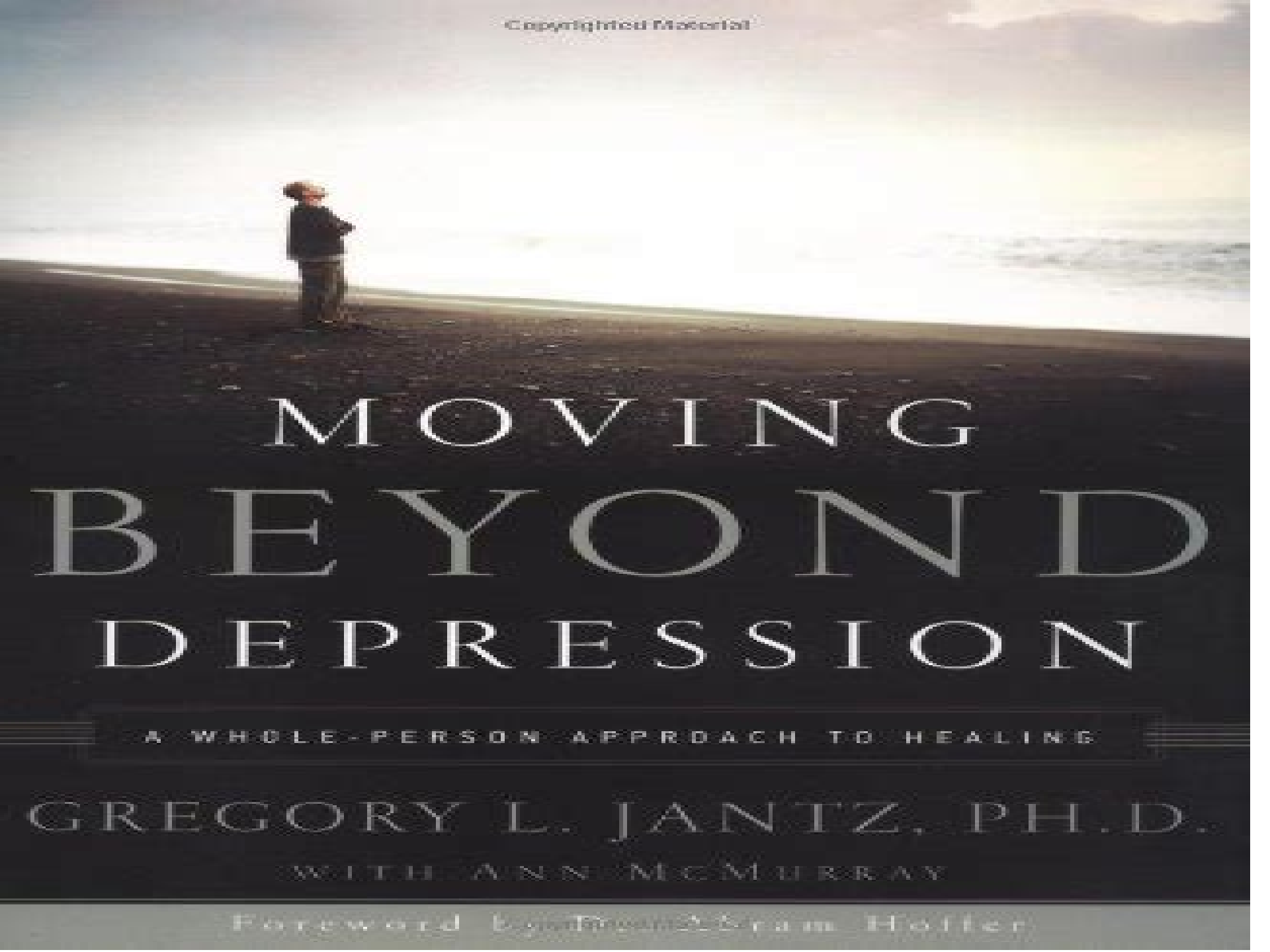




MOVING BEYOND DEPRESSION

A WHOLE-PERSON APPROACH TO HEALING

GREGORY L. JANTZ, PH.D.

WITH ANN McMURRAY

Foreword by Thomas M. Hoffer

Moving Beyond Depression A Whole Person Approach To Healing

Gregory L. Jantz, Anne McMurray



Moving Beyond Depression A Whole Person Approach To Healing:

Moving Beyond Depression Dr. Gregory L. Jantz, Ann McMurray, 2008-12-30 You Can Hope Again You may feel as if you will never find a way out of the darkness of depression Gregory L Jantz Ph D believes that because people's paths into depression are uniquely their own their paths out of depression will be unique as well In *Moving Beyond Depression* he takes an insightful and honest look at the emotional environmental relational physical and spiritual causes of this disease Here you will find practical help that will lead you to true freedom *Hope and Healing from Emotional Abuse* Gregory L. Jantz, PhD, Ann McMurray, 2013-08-15 Whether caused by words actions or even indifference emotional abuse is common yet often overlooked This helpful guide reveals how those who have been abused by a spouse parent employer or minister can overcome the past and rebuild their self image It includes strategies for dealing with the verbal abuser self check quizzes with each chapter keys to rebuilding relationships letters from survivors of emotional abuse help dealing with spiritual abuse a biblical plan for healing **Thin Over 40** Gregory L. Jantz, Anne McMurray, 2004 Designed exclusively for baby boomers this amazing easy to follow program is described step by step to help those in their 40s and older to increase their energy reduce pounds and improve vitality Includes action plans helpful charts and real life stories Original [Healing the Scars of Emotional Abuse](#) Gregory L. Jantz, Ann McMurray, 2009-02 This helpful guide reveals how those who have been emotionally abused can overcome the past and rebuild their self image [The Molding of a Champion](#) Gregory Jantz, 2006 In this remarkable new book Dr Jantz shares a wealth of wisdom for parents to help shape their child's future in a successful and faith strengthening way Going beyond the standard strategies into a unique perspective drawn from his years of experience in professional practice along with his own parenting journey Dr Jantz offers workable solutions for relationships drug and alcohol addictions body image struggles and living life with purpose **Mom, everyone else does!** Sharon Hersch, 2010-08-11 Help Your Daughter Resist Peer Pressure Even When You're Not Around A national survey in 2001 indicated that in the U S one fourth of the high school seniors have problems with drugs and alcohol nearly two thirds of teenagers experiment with drugs before finishing high school and fifty six percent of seventeen year olds know at least one drug dealer at school Studies also indicate that when a girl chooses to use substances peer pressure is the biggest reason why Many parents believe the best they can do is to teach their daughters right from wrong and hope for the best But there is more that you can do Because while peer pressure may be the biggest influence for girls who choose to use substances parental involvement is the single most important factor for those who decide not to The dangers of substance abuse can actually bring you and your daughter closer Whether you want to help your daughter resist the overwhelming pressures to drink smoke and use drugs have discovered or suspect that your daughter may be using substances or want to help her develop a strong and positive identity in response to negative peer pressure this book shows how the lure of today's teen party culture puts you in your most powerful position ever to connect with and influence your daughter **Juicy Living,**

Juicy Aging Loretta Laroche,2009-10-14 Juicy Living Juicy Aging In her most deeply personal book yet Loretta LaRoche addresses the most exciting challenge that we all face one that she now finds herself confronting every day How do we age well And can humor dignity honesty wisdom and other virtues ease the path Our society is youth obsessed beauty products special exercises designer vitamins plastic surgery and certain medications are promoted as the ways to enhance our lives While these formulas may have some merit they re not enough to prepare us for a rich authentic life filled with passion and juiciness Why do we wait until we re almost dead before we focus on how to age well Every school system in the country should be preparing us for this inevitable part of our soul growth With her trademark wit and practical knowledge Loretta tackles how to live a long healthy juicy life using herself and many of her friends and mentors as metaphors Filled with practical advice lifestyle skills wisdom and spirituality Juicy Living Juicy Aging is a mental health spa that will inspire you and your family to live with joy harmony and peace while you still have the time *Controlling Your Anger before It Controls You*

Gregory L. Ph.D. Jantz,Ann McMurray,2013-03-15 Dr Jantz shows women how to accept the truth of their anger examine where it comes from be honest about how they use it be open to change be willing to forgive even themselves be willing to feel something else besides their anger With a compassionate tone and an honest look at reality Dr Jantz helps women face their anger issues move beyond them and live the life they were meant to live **Overcoming Anxiety, Worry, and Fear**

Gregory L. PhD Jantz,Ann McMurray,2011-07-01 Fretting over seemingly inconsequential daily headaches Constantly worrying about family members health or safety Being weighed down by negativity from the 24 hour news cycle It s a wonder anyone can escape anxiety Unchecked anxiety can swiftly rob us of our sense of safety well being and peace Overcoming Anxiety Worry and Fear offers a whole person approach to coping with and eliminating anxiety This compassionate combination of common sense biblical wisdom and therapeutic advice will help readers unchain themselves from constant worry so that they can be anxious about nothing Phil 4 6 Trusted author Dr Gregory L Jantz helps readers identify the causes for their anxiety assess the severity of their symptoms and start down avenues for positive change **Every Woman's Guide to Managing Your Anger**

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