



Turning Your Down into Up: A Realistic Plan for Healing from Depression

Gregory L. Dr Jantz, Ann McMurray

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You Can Hope Again

If you feel you will never get out of depression, Dr. Gregg Jantz has one word for you: *hope*. Gregg believes that since every person's path *into* depression is unique, every path *out* will be unique as well. And healing is possible.

Turning Your Down into Up will help you:

- Determine whether you are depressed
- Understand why you can't "just snap out of it"
- Decide whether medication might be a good option for you
- See the link between depression and overdependence on social media
- Understand how family dynamics affect you
- Be encouraged that you *can* find healing

This practical book includes a three-month personal recovery plan that focuses on spiritual renewal, emotional wellness, environmental balance, physical health, relational healing, and tech detox. Along with unique insights into treating the whole person, *Turning Your Down into Up* includes questions for reflection and journaling prompts. Here you will find real answers...Real freedom...Real hope.

"*Turning Your Down Into Up* is a comprehensive, whole-person approach to curing depression...with new answers and hope for the healing journey."

—Dr. Catherine Hart Weber, author of *Flourish: Discover The Daily Joy of Abundant, Vibrant Living*



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