



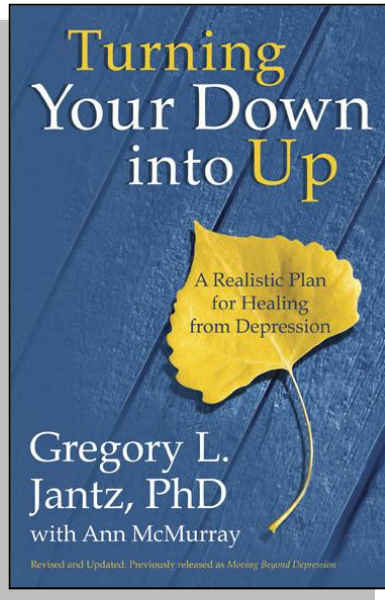
PRESS RELEASE

from WaterBrook Press, a division of Random House, Inc.
FOR IMMEDIATE RELEASE

Lynette Kittle, Senior Publicist
719-264-5661

lkittle@randomhouse.com

Find Real Answers—Real Freedom—Real Hope



Colorado Springs, Colo- Dr. Gregory Jantz offers a realistic plan for healing from depression in *Turning your Down into Up* (Waterbrook Press, July 16, 2013).

For readers who feel like they'll never escape depression, Jantz has one word: *hope*. And since every person's path *into* depression is unique, every path *out* will be unique as well...with healing possible.

Content offers practical steps including:

- 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 focusing on spiritual renewal, emotional wellness, environmental balance, physical health, relational healing, and tech detox.

As well as unique insights into treating the whole person, questions for reflection and journaling prompts.

Gregory L. Jantz, Ph.D., is founder of the Center for Counseling and Health Resources, a leading healthcare facility featured on *Dr. Phil*, as well as a speaker, author, and counselor. Dr. Jantz also speaks nationally at conferences and hosts his own radio program. He and his wife of nearly thirty years have two sons and live in Seattle. For more info on the center, visit www.aplaceofhope.com.

Ann McMurray is a writer who has teamed with Dr. Jantz on a variety of projects over the years. She resides in Mountlake Terrace, Washington.

Health/Recovery
ISBN-13: 978-0-307732101 • July 16, 2013 • Trade Paperback • \$14.99 U.S. /\$16.95 CAN
eBook: ISBN 978-0-307732118