



Five Keys to Dealing with Depression Book

Gregory L. Jantz

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Loss of interest. Drastic changes in appetite. Deep sadness. Feeling constantly tired. Thoughts of death or suicide. The symptoms and signs of depression vary over a wide range and affect every part of our lives, so why shouldn't our treatment be just as complete? Five Keys to Depression focuses on the whole-person for whole healing with practical tips, valuable biblical insight, and shame-free help.

Effective Depression Help with the Whole-Person Approach

People are not one-dimensional and neither should be the help given to them. A whole-person is made up of five key aspects and this book makes it easy-to-understand to see how depression affects each area and how to get healthy in each of these areas

1. Emotional
2. Intellectual
3. Relational
4. Physical
5. Spiritual

Featuring helpful checklists and research in an easy-to-read format, Jantz's Five Keys to Dealing with Depression doesn't just manage symptoms. It equips you with the tools and God's truth to care for the whole person.

There are thousands of books on depression. But oftentimes they give very general recommendations that don't apply to everyone and ignore the spiritual aspects of a person.

"... I saw a one-size-fits-all answer given to depressed people. They were told they had nothing to be depressed about and to 'just get over it.'" Dr. Gregory Jantz

Imagine having a book that pulls from Scripture and science that speaks to the whole person, showing them how to be restored emotionally, intellectually, relationally, physically, and spiritually.

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Anne Hernandez:

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Richard Simpson:

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