



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

*Gregory L. Jantz, Ann McMurray*

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**Turning Your Down into Up: A Realistic Plan for Healing from Depression** Gregory L. Jantz , Ann McMurray  
**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*

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

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**Depression Gregory L. Jantz , Ann McMurray**

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## From Reader Review Turning Your Down into Up: A Realistic Plan for Healing from Depression for online ebook

### Louis says

Book was OK. I was not in the right frame of mind when I had it so skimmed through the second half.

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### Mary says

I received this book as a Goodreads Giveaway.

Parts of this were interesting to read, but it really boiled down to doing what everyone already knows they should do. Eat right, exercise, sleep, get rid of toxic relationships. Of course there were also the standards in self-help books; journal, think positive thoughts, and end negative self-talk. And don't forget to look into your childhood to discover reasons for the way you look at life.

The book is OK and probably helpful for people who are slightly adrift in their life and looking to get back on a path, but I don't see how the feel good thinking and being told to just get up and go outside is going to help those people whose depression is so intense they can barely force themselves out of bed let alone out of the house.

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### Denise DiFalco says

If you have ever been plagued by the dark clouds of depression and felt that there was no more hope or nowhere to turn, Gregory L. Jantz PHD will help you understand the pitfalls of this chemical imbalance and how you can appropriately get the help you need. This book is also highly recommended to those who have family members with this disease. Contrary to popular belief, an individual with a mental disorder cannot just wish it away although well meaning friends and relatives will expect them to do so. This stellar book will open your eyes to the fact that depression is a chemical imbalance which needs to be treated appropriately by a psychiatrist and/or psychologist. Depending on the degree and determination of the type of depression, most likely the doctor will prescribe anti-depressants and therapy. The important fact is to realize, the afflicted can get better. Many who have went through treatment are more content in their lives than those who never experienced the difficulties they went through. Dr. Jantz outlines all the symptoms of depression so that the reader can interact. He includes written lessons for the victim to do as well as giving them questions on what they have learnt. This book will prove to be a blessing to all those who read it. I was given the pleasure to review from Walterbrook Multnomah Blogging For Books Program.

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### James says

Nobody wants to be depressed, but millions are, and the number is rising. By 2020 depression will be second only to heart disease, as the cause of life debillitating illness (1). Chances are if you do not suffer from depression, someone close to you has or does. Various treatments, therapies and medications abound, which

help people (or promise help) who struggle under the weight of it. While healing will look different for different people, there is hope.

Gregory Jantz, PhD., is a psychologist and founder of the Center for Counseling and Health Resources. In his book, *Turning Your Down into Up*, he avers that there is hope for those suffering from depression, though the journey out for each will be unique. Jantz examines the various influences which may be the root of our depression (or a contributing factor). These include emotional factors, environmental factors, relational influences, physical influences (like diet or exercise), and spiritual influences. By addressing these various spheres, Jantz presents a holistic approach to healing from depression and even gives a three-month plan for healing.

I appreciate Jantz's approach. I am not personally someone who struggles with long-term depression. I have had sorrows related to circumstance, but I remain fairly upbeat in my approach to life. I do have family members who struggle more directly than I do. I think Jantz offers some wise guidance through depression and helps strugglers pay attention to some of the latent causes of their depression. He doesn't offer a 'one-size-fits-all' approach to recovery. In this book he challenges readers to overcome emotional issues through positive self-talk and intentional gratitude. He helps readers overcome the detrimental effects of stress and advises they set limits on their use of technology. By discussing the physical causes of depression, Jantz makes the case for appropriate self-care. He also addresses the underlying issues which affect us in family systems and relationships (including our relationship with God). These are all important aspects of conquering the effects of depression.

There was a lot of good information which I think will be helpful. Each chapter has a workbook section which helps readers work towards their own healing. Jantz does not discuss in-depth the role of psychotropic medication in healing depression. I think that most of what he says will be helpful to depressed people in general, but some may require a pharmaceutical boost in order to work through the issues. I wished that he discussed this more directly, though I appreciate that his section on physical causes allows for a more natural approach. I just think some people need something stronger.

I give this book four stars and recommend it to those who are wondering if they are depressed or who deal with mild depression. Even non-strugglers like myself will be challenged to handle their emotions, set healthy limits, and avoid unhealthy environments and foods.

Thank you to WaterBrook Multnomah for providing me a copy of this book in exchange for this review.

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