



MOVING BEYOND DEPRESSION

Gregory L. Jantz, Ann McMurray

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MOVING BEYOND DEPRESSION Gregory L. Jantz, Ann McMurray **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.

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