

Dr. Gregg Jantz Offers Insight to Common Hindrances to a Happier Life

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[EINPresswire.com/](#) -- [Acclaimed speaker Dr. Gregg Jantz](#) translates his decades of research and practice into teachings and easy-to-read self-help books. In them, he instructs readers and listeners to hone in on the habits of a happier lifestyle and to get rid of the hindrances preventing them from being their best selves.

[Dr. Gregg Jantz](#) has spent years exploring the various elements that make up a person's lifestyle and working out the solutions to many common problems. His approach is comprehensive--called "whole-person" care--and covers aspects such as nutrition, physical well-being, and emotional wellness.



He's written books such as *Healthy Habits*, *Happy Kids* and *Overcoming Anxiety, Worry, and Fear: Practical Ways to Find Peace*, and speaks on repairing relationships and methods to de-stress. His popularity stems from his clear communication, his one-of-a-kind approach to healing, and his logical solutions to everyday problems.

His teachings on living a happier life cover a few notable hindrances, and he shares them for readers below:

Worrying Over Unfulfilled Expectations

"We have expectations for life and how our days should unfold," [says Dr. Gregg Jantz](#). "Some of these expectations are fulfilled, and others are not. That's life, plain and simple."

He tells readers that expectations are very important in life since they help us distinguish which direction to take as we move along. However, he urges readers not to make their happiness dependent on these expectations. Many times, the results are completely out of our control, and so we shouldn't put all our faith into the hopes of an eventual success.

Keeping Score

"Actions speak louder than words, and your action of holding onto a grudge or a memory trumps any words you frame as forgiveness that you do not mean," says Dr. Gregg Jantz.

Instead of holding onto old scores, he asks readers to replace their dark thoughts with more

considerate ones, helping to alleviate the burden of anger. And if the individual is truly over their grudge, they should be careful to express it in their actions.

Stressing

‘Oftentimes, the stress we feel is a result of the expectations we place on ourselves,’ Dr. Gregg Jantz says. ‘Learning to manage the stress in our lives is important to both our emotional and physical health.’

Dr. Jantz suggests people choose healthy outlets such as meditation and exercising to help lessen the negative symptoms of stress. He also advocates walks through nature, as simply being outside tends to have its own way of healing the mind and body.

Unresolved Relationships

‘Anger associated with someone you know could be inhibiting your happiness,’ says Dr. Gregg Jantz.

One of the hardest things to let go of is undoubtedly one of the largest components holding most people back from being happy. He encourages his readers and listeners to examine expectations, grudges, stresses, and unresolved relationships and make small steps to equalize imbalances.

You can find more of Dr. Gregg Jantz’s insightful teachings online at his blog or by purchasing one of his acclaimed self-help books, available today through his website.

Chris Hinman
Web Presence, LLC
+1 7578803579
[email us here](#)

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