

# Dr. Gregg Jantz Reinforces the Power of the Individual and Free Will in his Teachings on Depression, Anxiety, and Stress

SEATTLE , WASHINGTON, USA, January 7, 2019 /EINPresswire.com/ -- [Dr. Gregg Jantz](#) is a world-renowned author and speaker on major issues affecting people today such as depression, anxiety, stress, raising children in the smartphone generation and more. Through his books and teachings, Dr. Jantz instructs his audience how to overcome their problems and instill positive lifestyle habits for an improved overall well-being.

Spending decades studying the problems affecting people and the internal and external solutions that can free them, Dr. [Gregg Jantz has](#) dedicated his life to helping others overcome everyday struggles. He's a gifted speaker and authoritative writer, but it's his pioneer approach to wellness (called "whole-person" care) that makes his teachings a true game changer.



"The idea behind whole-person care is that there usually isn't just one problem causing harm to an individual's well-being," [says Dr. Gregg Jantz](#). "There's typically a handful of underlying problems that, once resolved, can have a positive impact on nearly every aspect of life."

Whole-person care takes into account physical, emotional, and spiritual aspects (among others) to uncover the root of a problem and find resolution. It's with this style of care in mind that Dr. Gregg Jantz approaches all his works, helping readers and audience members find lasting peace without paying outrageous medical fees or buying into expensive prescriptions.

The whole-person care approach seeks to fix problems from the bottom up and eliminate major causes of depression, anxiety, and stress. With it in mind, Dr. Gregg Jantz provides steps to adopt a happier mindset, actions for living a better life, and discusses potential obstacles to individual happiness.

One such obstacle is the average person's belief in immutable or unchangeable circumstances. Instead, he asks readers to adopt the mindset of "nothing is etched in stone" to help them rid themselves of plaguing, seemingly inescapable life factors.

"I can choose to do some things and choose not to do others," says Dr. Gregg Jantz. "Nothing is etched in stone. I can work six hours or ten hours or choose not to work at all and take a vacation. Again, nothing is etched in stone."

Almost all people face doubts and worry over their situations, but Dr. Jantz likes to remind his audience that they have the power to make all the change they want to see.

“Past mistakes or abuse do not determine our future,” he says. “We can choose to improve damaged relationships, change our appearance, expand our mind, or overcome past abuse.”

Readers can educate themselves on “whole-person” care through any of Dr. Gregg Jantz’s books, which are broken down into specific topics and easy-to-read narratives. For more information, those interested should look to his published works such as Five Keys to Dealing with Depression and Overcoming Anxiety, Worry, and Fear: Practical Ways to Find Peace.

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

---

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases. © 1995-2019 IPD Group, Inc. All Right Reserved.