



# Dr. Gregory Jantz

Dr. Jantz is the founder of The Center • A Place of HOPE in Edmonds, Washington, voted a Top Ten facility for Depression Treatment in the United States. Dr. Jantz pioneered Whole Person Care in the 1980's and is a **world-renowned expert** on depression, anxiety, eating disorders, technology addiction and abuse.

He is an innovator in the treatment of mental health, utilizing a variety of therapies including nutrition, sleep therapy, spiritual counseling, and advanced DBT techniques. Dr. Jantz is a **best-selling author of 45 books** and a go-to media authority on mental and behavioral health actions, appearing on CBS, ABC, NBC, Fox, and CNN.

New!

DR. JANTZ  
Best-Selling  
Author

Gregory  
Dr. Jantz

