

Dr. Gregory Jantz

Best Selling Author, Founder of The Center • A Place of HOPE

Please contact a GDA agent for information.

Topics

- Abuse / Domestic Violence
- Addiction / Substance Abuse / Recovery
- Faith / Spirituality
- Family / Relationships
- Men's Health & Issues
- Mental Health / Psychology
- Personal Growth
- Stress Management
- Technology / Alternate Technology
- Women's Health & Issues



About Dr. Gregory Jantz

Early in his career working with people who suffered with eating disorders, Dr. Jantz uncovered a disconnect in treatment options available to people who were hurting. His work revealed that often patients suffered from depression, addiction, and other disorders. As a result, he found himself compelled to dig deeper, developing a multi-disciplinary treatment approach that would care for the whole-person instead of the just the symptoms.

Bringing together a team of world class professionals to address the medical, physical, psychological, emotional, nutritional, fitness and spiritual considerations involved in recovery, Dr. Jantz founded The Center • A Place of HOPE to help people transform their lives.

With a strong desire to help more people, Dr. Jantz is focused on ways to share his vision with people who need it the most.

Dr. Jantz is a best-selling author of 37 books. He is a go-to media source expert for a range of behavioral-based afflictions, as well as drug and alcohol addictions. Dr. Jantz has appeared on CNN, FOX, ABC, CBS, and has been interviewed for the New York Post, Associated Press, Family Circle, and Women's Day. He is also a regular contributor to The Huffington Post and Psychology Today blogs.

Dr. Jantz is a sought after speaker, appearing internationally. With an entertaining and captivating presentation style, he speaks to a wide range of behavioral and dependency disorders.

Select Keynotes

• ADDRESSING INAPPROPRIATE BEHAVIOR IN THE WORKPLACE

While inappropriate sexualized workplaces have existed for centuries, victims now have a sympathetic platform where their grievances are not only being heard, but perpetrators are being held accountable. People, mostly men, in the highest echelons of society are taking stunning falls, and falling hard – Hollywood elite, business managers, newscasters, Congressmen, Senators, clergy members, professional athletes, and more. The disruption to businesses, institutions of trust, and indeed our societal fiber, is dramatic.

Dr. Jantz provides a powerful presentation for businesses and organizations to help them recognize inappropriate behavior, and institute measures and safeguards to greatly diminish and, ideally, remove the behavior from the workforce. For business owners and organizational leaders in the current environment, not incorporating sexual harassment training can expose them to liability. Dr. Jantz helps them understand how a workplace environment may be unwittingly encouraging inappropriate behavior, and also how their behavior can be toxic to a work environment at best, and legally liable in the extreme.

• FREEDOM FROM DISORDERED EATING

Regarded as one of our nation's leading certified eating disorder specialists, Dr. Jantz delivers a beautiful, educational and inspiring keynote on the complexities of eating disorders. He leads your audience through a fascinating and revealing understanding of this powerful disorder – then

delivers the message of hope and care that promises to change lives. Recommended book for your event: Hope, Help and Healing For Eating Disorders (Waterbrook, Latest Revision 2010).

- **HOOKED – THE PITFALLS OF MEDIA, TECHNOLOGY AND SOCIAL NETWORKING**

From Twitter to iPhones, from Facebook to tablets, we have an endless supply of media and gadgets to hook our interest, snag our wallets, and occupy our time. Think back over the last five years. How much of your time was devoted to online activities? How much of your real life has been gobbled up – or googled up – in your net life? Addiction specialist Dr. Greg Jantz speaks enthusiastically and frankly about the gizmos and gadgets, social media magnets, and Internet sidetracks we have at our fingertips. With real-life examples, he presents a celebration of the positives technology offers and a precautionary tools to avoid the negatives it unleashes.

- **HOW TO DE-STRESS YOUR LIFE**

Discover the freedom to rise above chronic stress. We live in a fast-paced world that can take its toll on mind, body, and spirit. Dr. Jantz reveals eight secrets for finding all the energy you'll ever need, ways to eliminate self-defeating attitudes, and more. Life may not slow down, so Dr. Jantz shares insights and lessons on how to de-stress your life and avoid burn out, emotional exhaustion, and depression. Recommended book for your event: How To De-Stress Your Life, (Revell 2008)

- **RE-ENERGIZING WORKPLACE PRODUCTIVITY**

Dr. Jantz is a master at providing the tools and techniques to return productivity to the work place. In this entertaining and informative presentation, he provides the proven techniques managers and co-workers can use to not just reduce work place stress, but improve productivity and enjoyment in the work place.

- **RESTORING MARITAL RELATIONSHIPS**

Marriages can be challenging. Dr. Jantz applies over 30 years as a relationship counselor and expert on the psychology of men and women to provide the tools couples need to strengthen their marriage. Audiences receive not just energy and humor from Dr. Jantz, but the proven and powerful tools to help maintain a healthy and vibrant relationship.

- **THE ART OF RAISING YOUNG BOYS**

Based on the best-selling book Raising Boys By Design by Dr. Jantz and co-author Michael Gurian (Waterbrook, 2013), this groundbreaking and humorous presentation provides a marvelous tool for parents, schools, and communities. Dr. Jantz traces what a boy needs to thrive, how girls and boys learn and grow differently, how acculturation and technology influence boys, and how to motivate boys for school success.

- **THE POWER WITHIN TO OVERCOME DEPRESSION AND ANXIETY**

Dr. Jantz has perfected his revolutionary whole-person approach to treating individuals, leading to his treatment center's recognition as the #1 Clinic for the Treatment of Depression in the U.S. Listen to this inspirational and powerful keynote on the secret of "breaking through", revealing the amazing person inside each of us. Recommended book for your event: Turning Your Down Into Up (Waterbrook, 20

Select Book Titles

- **2017:** Healing the Scars of Childhood Abuse
- **2016:** Six Steps to Reduce Stress
- **2016:** Seven Answers for Anxiety
- **2016:** Five Keys to Dealing with Depression
- **2016:** Five Keys to Raising Boys
- **2016:** Ten Tips for Parenting the Smartphone Generation
- **2015:** Don't Call It Love - Breaking the Cycle of Relationship Dependency
- **2013:** Turning Your Down Into Up
- **2013:** Raising Boys By Design
- **2012:** Hooked: The Pitfalls of Media, Technology and Social Media
- **2012:** Battles Men Face
- **2010:** Gotta Have It! Freedom from Wanting Everything Right Here, Right Now
- **2009:** Happy for the Rest of Your Life
- **2008:** How To De-Stress Your Life
- **2006:** The Molding of a Champion
- **2002:** Hope, Help & Healing For Eating Disorders

Select Articles

- [Know When To Disconnect](#)

In today's tech intensive world, we invest increasing amounts of our lives online — our time, our energy, our identities. But for all of the time and effort we put into our virtual lives, how much does it really add to our happiness and fulfillment? Is social media a positive outlet for personal affirmation? Or is it possible that social networking is contributing to feelings of anxiety and low self-esteem?

- [Whole Person Approach to Treating Anorexia](#)

When we say "whole person" approach to anorexia, what do we really mean? Whole person refers to all components that contribute to your life and, importantly, to your well-being: the emotional, physical, nutritional, spiritual, and relational aspects.

- [Maintaining Self-Control and Sexual Integrity](#)

Do you realize that the way other people treat you may be shaped by the way you feel about and treat yourself? You can set the tone for most of your relationships. Conducting yourself in an aboveboard manner shows that you respect yourself and others. So keep your personal standards high.

- [Brain Differences Between Genders](#)

It's no secret that boys and girls are different—very different. The differences between genders, however, extend beyond what the eye can see. Research reveals major distinguishers between male and female brains.

- [Eight Traits of People with Healthy Self-Esteem](#)

Part of developing healthy self-esteem is making a commitment to yourself not to try to please the world. Someone has said that the one magic key to personal fulfillment may be forever illusive, but the sure key to failure is to try to please everyone.

- [Are You Showing Signs of Stress?](#)

We struggle to get, and stay, asleep. Stress can cause us to eat unhealthy foods, and lash out in anger at our spouse or coworkers. We are irritable, and we can be nervous and anxious. At times, we even have a lack of interest or motivation. Finally, we have feelings of fatigue, depression, and sadness.

Select Testimonials

As you know, Email, Facebook, Twitter, PDAS, iPhones, laptops and cell phones dominate our world today. Dr. Jantz's recent presentation on "Hooked: Media, Technology and Social Networking" to our community business leaders was insightful and well-received. It was clear from watching the audience that there was immense interest in the topic and everyone left with some simple strategies to fine-tune our daily habits and reduce electronic overload to regain a healthier and balanced life."

— Sharon Love, Director, Whitfield Healthcare Foundation