

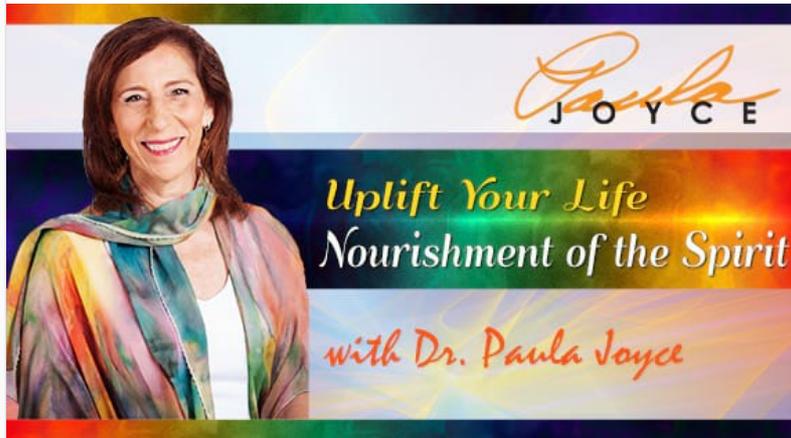
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Uplift Your Life: Nourishment of the Spirit Thursday at 8 AM Pacific

January 14th 2016: Depression: The Truth and a Cure

Most of us accept depression as a fact of life. In 2011, one-fourth of the U.S. population was on anti-depressants. I'm certain that the number is much higher now, but I couldn't find current statistics. The pharmaceutical industry is doing great, but people aren't. Most psychiatrists won't even treat people with anything but a prescription. It's easier and more lucrative to just medicate. The problem is, people aren't getting better. Worse, they believe that their biochemistry has caused the problem, which prevents them from seeking the help they need to actually heal their depression and the

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Featured Guest



Steven R Vazquez, Ph. D

Steven R. Vazquez, Ph. D. is a licensed professional counselor and licensed marriage and family therapist in Texas. Dr. Vazquez is the founder of the therapeutic method of Emotional Transformation Therapy® (ETT®). He has written two books, Emotional Transformation Therapy and Accelerated Ecological Psychotherapy as well as the upcoming book Spiritually Transformative Psychotherapy. Dr. Vazquez has authored numerous peer reviewed journal articles and has given presentations at over forty professional conferences. He has also presented his work in eight countries and in most U.S. cities. Dr. Vazquez has conducted over a hundred trainings and has been cited in several books. There are hundreds

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