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Faith-based journal helps readers through depression, anxiety

Author Jessica Adanich announces release of 'Journal+'

NORTH ROYALTON, Ohio – A faith-based journal that promotes optimism, “Journal+: For Positive Thinking” ([published by WestBow Press](#)) is author Jessica Adanich’s answer to overcoming depression and anxiety. The daily activities remind readers that they are made in the image of God.

“I personally battle with depression and anxiety and have been in and out of counseling for about ten years,” says Adanich. “In recent counseling, I used workbooks and worksheets suggested by my counselor to help in my growth. Through these I came up with the first draft of ‘Journal+.’ (...) I really liked the idea of creating a tool that others could use to help with their depression and anxiety, just like it had helped me.”

Adanich provides readers with tools applicable for daily use at home. The book provides a template to stimulate journaling, encouraging readers to confront their feelings through the comfortable approach of writing them down.

“If you have depression and anxiety, it doesn’t make you a bad or defective person,” Adanich explains. “Depression and anxiety do not define who you are, it’s just happens to be a small part of you. Asking for help does not make you weak, but strong.”

“Journal+”

By Jessica Adanich

Softcover | 6 x 9 in | 204 pages | ISBN 9781512730661

Available at Amazon and Barnes & Noble

About the Author

Jessica Adanich was born and raised in northeast Ohio and is the daughter of Susan and Emery. Adanich graduated from the Cleveland Institute of Art (CIA) in 2009 with a bachelor’s degree in fine arts in sculpture. Her background consists of industrial design, graphic design, textiles, glass, wood and sculpture. Through her creative work and writing, she hopes to help empower and inspire others to realize they are a wonderful, special child of God who deserves love and compassion. Adanich currently resides in Cleveland with two English Angora rabbits, Ms. Penelope and Ms. Clementine.

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