

DR. JOHN DELONY ON OWNING YOUR PAST AND CHANGING YOUR FUTURE



L3Leadership.org/319




ABOUT JOHN:

Dr. John Delony is a bestselling author, mental health expert and host of [The Dr. John Delony Show](#). He has two PhDs and over two decades of experience in counseling, crisis response and higher education. He is the mental health expert for Ramsey Solutions. John's goal is to help you navigate tough decisions, improve your relationships, and believe you're worthy of being well.

5 KEY TAKEAWAYS:

1. John recalls his background in mental health.
2. He talks about his own personal experience with mental health struggles.
3. He discusses the differences between regular stress and toxic stress.
4. John breaks down trauma and what happens to someone mentally when they are traumatized.
5. He shares what his experience has been like working with Ramsey Solutions.

**"You are worth being well and you are worth being loved."
- Dr. John Delony**

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