

Episode 20

Mormon Identity

EMOTIONAL HEALTH

[BEGIN MUSIC]

NARRATOR: Welcome to Mormon Identity, a 30 minute talk radio program that addresses church topics important to the members of the Church of Jesus Christ of Latter-day Saints. Our host is Robert L. Millet professor of Religious Education at Brigham Young University.

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ROBERT MILLET: We welcome you to Mormon Identity. I'm Robert Millet, a member of the Ancient Scripture faculty at Brigham Young University and I'm joined today by my friend and colleague Daniel Judd, also a member of that Ancient Scripture department and formerly a member of the Presidency of the General Sunday School. Welcome Dan, nice to have you.

DANIEL JUDD: Thanks Bob, I'm glad to be here.

ROBERT MILLET: We want to talk, this period, about emotional health among the Latter-day Saints. Emotional health among the Latter-day Saints, Dan you've spent much of your life in, as a psychologist by training, counseling with people, studying research and results, what do you see as some of the greatest emotional challenges in our 21st century world today?

DANIEL JUDD: Well, you know, Bob, there's good news and there's bad news as the phrase goes, the well-worn phrase. I remember years ago, a couple of years ago actually, you mentioned that I was a member of the General Sunday School Presidency, we met with the First Presidency, which we did on occasion, and gave them a report and we began by discussing some of the challenges that we were seeing in the world with respect to teaching and learning among the Church members in the wards and stakes and so forth. And we took, probably 20 minutes and listed just some of the real serious challenges that were going on and saw the challenges we wanted to address. President Hinckley particularly was listening very carefully. And he says, "Brethren, thank you for that report, we have some work to do, but what's the good news?" [LAUGHTER] And the same is really true when we look at issues relative to the mental health of Latter-day Saints, we have some challenges, but we also have good news.

There are many media reports that come out on a fairly regular basis just talking about, you know the idea that, that among Latter-day Saints, it's a religion that fosters mental illness and so forth and, and frankly, that's not true. Research-wise, that's not

true. Do we have challenges? Oh! We certainly do! Like everyone else. We are fallen, we have problems, we're facing opposition, but we certainly do have depression among us and anxiety among us and eating disorders among us, marital conflict among us, schizophrenia, severe mental illness among us. We do! You know to have the idea that because we are a people of faith, we'll have no problems is really very naïve.

ROBERT MILLET: It's naïve and it's just not so.

DANIEL JUDD: It really counters the plan of God, really, in a way, because as we've talked before, there needs to be an opposition in all things.

ROBERT MILLET: Yes.

DANIEL JUDD: And we live in a fallen world and that's a part of what we're dealing with.

ROBERT MILLET: [SIGHING] It sort of comes with the turf.

DANIEL JUDD: That's exactly right.

ROBERT MILLET: I've mentioned to this audience before that in June, late June of 2001, I was probably at my, physically at my best only to discover on the 27th of June that I was having a massive heart attack.

DANIEL JUDD: [DEEP BREATH] I remember that.

ROBERT MILLET: And you know it, I didn't particularly think that it was a convenient time to have a heart attack; I had things I was working on...

DANIEL JUDD: [LAUGHTER]

ROBERT MILLET: And yet it never crossed my mind to ask the question, "Why? Why me? Why now?" I never would have asked that and part of the reason was because I'm mortal. Welcome to mortality. These things happen. People, even people in good health, have heart attacks. The body decays, we get older, we forget names...[AS A JOKING ASIDE TO DANIEL JUDD] What was your name again? [LAUGHTER]

DANIEL JUDD: [LAUGHTER]

ROBERT MILLET: And these things happen, don't they?

DANIEL JUDD: Even when you live in Utah Valley.

ROBERT MILLET: Even in Utah Valley! I get old for some reason I thought I was in Shangri-La.

DANIEL JUDD: You know I tell my students, take lots of pictures because it's all downhill from here! [LAUGHTER]

ROBERT MILLET: [LAUGHTER] You can sit around and glory in the past. Well, let me ask you Dan, from your point of view are there emotional struggles that Latter-day Saints are particularly prone to? Do you see anything...let me, let me prime the pump a bit...

DANIEL JUDD: Sure.

ROBERT MILLET: Because I have had this asked of me. Do you see a kind of perfectionism among Latter-day Saints as a problem?

DANIEL JUDD: You know, Bob, there was a study released, oh it's been a couple of years ago now about the Happiest Nation on Earth. Do you remember that?

ROBERT MILLET: Yes.

DANIEL JUDD: And if I, if my memory serves me correctly it was Denmark. And, we wondered...Denmark? Why Denmark? [LAUGHTER]

ROBERT MILLET: [LAUGHTER] With few, if any, moral standards?

DANIEL JUDD: Indeed, yeah, yeah. And as some of the commentary has come about we found that a part of the reasons for that is that their expectations appear to be quite low, in Denmark.

And you take that same idea and you look here among the Latter-day Saints, not just in the west but throughout the world. Our expectations are quite high. For ourselves, as individuals, as marriages, as families, even as a Church we have high expectations. And what we're also again as we mentioned we're human beings, we're fallen, and we're not going to always reach those high expectations. And because of that we do tend to have some of those same kinds of issues.

ROBERT MILLET: You know, I was sitting in a class, a Sunday School class once where the teacher just went a little bit of an aside, and it was a good one, he was trying to point out the value of not comparing ourselves with one another. And I thought, "This is appropriate. You know we need to hear this quite often. Quit comparing yourself with Sister Brown; quit comparing yourself with Brother Johnson. The Lord doesn't." And then, but then the teacher went on and said, "If you must compare yourself with someone, compare yourself with Jesus."

BOTH: [LAUGHTER]

ROBERT MILLET: And I remember thinking, "Boy, do I feel better." [KIDDING]

DANIEL JUDD: [LAUGHTER]

ROBERT MILLET: With Jesus? No, I could see at that point that we shouldn't compare ourselves with anybody! But especially with Jesus, that's really depressing!

DANIEL JUDD: Oh my goodness.

ROBERT MILLET: No, comparing just doesn't work and I think there is something to this, Dan, as you suggested and I think there is the tendency among some Latter-day Saints who haven't yet come alive to the power of the Atonement, who haven't yet come to appreciate the fact that they can rely upon the Lord and allow Him to get them through difficult times. That is, who are living a kind of "works righteousness"...

DANIEL JUDD: Uh-huh, legalism.

ROBERT MILLET: A kind of legalistic life, "I do this and then God can bless me." You know?

DANIEL JUDD: Here's a good example of that. A couple of years ago I was asked by Continuing

Education at BYU to give a talk to couples who were coming in from all over the country on how to strengthen your marriage. And I really debated, you know, what should I tell? I mean for the most part self-selected couples that are just terrific and doing well. Well, I labeled my address, “The Second Mile Family”. And they came in droves. You know, we’re doing well, and we want to go and just be better.

ROBERT MILLET: We want to be truer than true.

DANIEL JUDD: We want to be truer than true, exactly, exactly. And so I began by asking if they knew where my title came, the title of my talk came from “The Second mile Family”, and of course many of them did, from Matthew and “if any man shall compel thee to go a mile, go with him...”

ROBERT MILLET: twain!

DANIEL JUDD: Twain! Two! That’s the families, they were for the most part, you could see, wonderful, beautiful families.

ROBERT MILLET: Yes.

DANIEL JUDD: And I said, “Now would it surprise you if I told you that in the Joseph Smith translation of Matthew that is changed?” And they didn’t, no one knew that, out of the hundreds that were there, no one knew that. And I said, “OK here it is, ‘If any man shall compel thee to go a mile, go with him...’”

ROBERT MILLET: A mile.

DANIEL JUDD: And then I asked them to answer. And they sensed, and they started with three, and it went to seven and it went to twelve, and to seven times seventy.

ROBERT MILLET: Oh my goodness!

DANIEL JUDD: Well that’s the mentality! You know, that’s the mentality that we have. And then of course I brought out the actual, I had a picture of the actual manuscript there from the JST, as you’ve said, “If any man shall compel you to go with him a mile...

ROBERT MILLET: Go a mile!

DANIEL JUDD: “If any man shall compel you to go with him a mile, go with him a mile.” That’s what it says.

ROBERT MILLET: Yeah, yeah.

DANIEL JUDD: The Book of Mormon still says twain.

ROBERT MILLET: Yeah, but the JST has, “And if he ask for thy coat, give him thy coat.”

DANIEL JUDD: That’s right.

ROBERT MILLET: “And if he asks for thy cloak, give him thy cloak.”

DANIEL JUDD: Yeah. Exactly yeah. And so if we’re going *two* miles in some aspect of our lives, and there is a time and a place to go two, and four, and seven, and seventy, indeed there is, but if we’re going that many when we really ought to just be going the one mile in some aspect, we’re going beyond the mark.

ROBERT MILLET: It's, in many cases it's spiritually counter-productive. We'll be right back.

[PAUSE]

ROBERT MILLET: We welcome you back to Mormon Identity. I'm Bob Millet and I'm joined by my friend Dan Judd. Dan, now it's not uncommon to hear someone make the comment that depression is especially high among Latter-day Saints and to, and that Mormons are very prone to depression, that they're higher than the national average and so forth. You've been able to review the studies on this, what do you think? What do you find?

DANIEL JUDD: You know I can recall well in the early 80's, beginning graduate school and beginning to hear, for the first time really, much of these attacks against religion in general and the Church in particular about mental health issues. In fact I've got a statement here from Albert Ellis that you may have met and recognize, but he says, "Religion is in many respects equivalent to irrational thinking and emotional disturbance. The elegant, therapeutic solution to emotional problems is to be quite un-religious. The less religious they are the more emotionally healthy they will be."

ROBERT MILLET: Sounds very much like Freud or, Marx, doesn't it?

DANIEL JUDD: That's right, yeah.

ROBERT MILLET: [LAUGHTER]

DANIEL JUDD: And so really, you know, I went into a master's degree and really began to examine you know, that very idea. And I looked particularly at the Latter-day Saints. And I've, Bob, I've reviewed literally *thousands* of studies. Everything that I can find out there on Latter-day Saints and mental health in general and even depression in particular. And, do we have some challenges and problems? We certainly do. But actually we have *less* of these mental illness kinds of issues among us than does the general public. Which is really quite a statement to make. But, there are some exceptions, we do have some problems and challenges, but in general, research-wise, academic research, we do quite well.

ROBERT MILLET: Would it be your view then Dan, that to the extent that Latter-day Saints struggle with problems of depression unnecessarily? All of us are going to have our depressing days and some of us will be stricken, I certainly have had difficulty with depression through the years here and there and so I don't feel any shame about that. But is it your view then that Latter-day Saints who live their faith, it isn't that they won't be depressed...

DANIEL JUDD: No.

ROBERT MILLET: But it's often a person who isn't completely living the faith as they should that wrestles with dimensions of Mormonism. Or, I've often thought that reason people decide that it's Mormonism that's causing their depression is often because a person hasn't applied the principles they've been taught. That is, it's like accusing religion of, of these horrible things and those horrible things. No. No, that's not religion, that's a caricature of religion.

DANIEL JUDD: That's right.

ROBERT MILLET: And I think to some extent Mormonism has been caricatured and I would say, yeah that if that's Mormonism to you, then by that standard, no, we're not any better than the rest of the world. But that's not Mormonism.

DANIEL JUDD: Cultural Mormonism will destroy you. That's probably a pretty strong statement to make, but that's where all the perfectionism comes, that's where all the depression, not all, but much of the depression comes as we're living out these standards that *God has not set*.

ROBERT MILLET: Yeah.

DANIEL JUDD: But it's our neighbor that set them, it's our culture that set them. That's where a lot of the problems come, not all of them, some just come no matter how spiritually healthy you are you just, it just comes.

ROBERT MILLET: Let me ask you this, Dan, the other thing I hear occasionally is that Latter-day Saints are particularly prone to be involved with a lot prescription drugs particularly anti-depressants and anti-anxiety type drugs and that "Utah leads the nation in Zoloft" or, and whatever, Paxil.

DANIEL JUDD: That's right, that's right.

ROBERT MILLET: Is that true?

DANIEL JUDD: Yeah, well from this, from the surveys that we have, yeah, the answer to that question is yes. Utah. Not necessarily Mormons but Utah, which of course, you know, much of Utah is LDS of course. But Utah also leads the nation in consumption of other drugs like *antibiotics* and anyway and the list goes on and on. You know, we are a medication taking people. Well, why would that be? Well, Utah also is among the leaders in the nation in education.

ROBERT MILLET: That's an interesting thing. Say more about that Dan, that is, the Latter-day Saints are among the highest religious groups in terms of doctoral degrees and in terms of college graduates.

DANIEL JUDD: That's correct.

ROBERT MILLET: If I understand it. That being true, what would that have to do with my tendency to not feel hesitant about taking medication?

DANIEL JUDD: You know instead of, many people self-medicate, I mean, alcohol is consumed, all over the world and here, too, sure, but Latter-day Saints not generally if you're a faithful, active Latter-day Saint you're not going to go out and have some, have a beer, have a wine with your meal. You're not going to do that. You're going to look for legitimate and authorized methods of dealing with the challenges that you face.

ROBERT MILLET: So an educated person is *less* prone to be fearful of a drug that might assist you, especially if there is some form of chemical imbalance or something.

DANIEL JUDD: That's right. You know, you go to your doctor and you'll say, "Doctor, I'm having these challenges what, how can you help me?"

ROBERT MILLET: That's excellent. That's a good insight.

DANIEL JUDD: Yeah, yeah.

ROBERT MILLET: I want to, us to talk for a minute, Dan, if we could about LDS marriages. We're talking again, about emotional health among Latter-day Saints. What's your understanding as to how temple marriages do, as say over or against traditional justice of the peace or church marriages, civil marriages, we'd say.

DANIEL JUDD: Yeah, the last complete study that's been done on divorce in Latter-day Saints was actually the early 80's, a long time ago. And divorce in America has kind of stabilized since then.

ROBERT MILLET: What is it? Is it somewhere between 40 and 50 percent?

DANIEL JUDD: That's right. Yeah, about 5 out of 10, that's for the nation in general. Now in the early 80's a Latter-day Saints rates of divorce among those married in the temple actually, who then had to get a civil divorce.

ROBERT MILLET: Right.

DANIEL JUDD: It was actually about 6 percent. Now, unlike the nation, that divorce rate's been fairly stable over time. What we see in the research is that divorce rates have actually climbed since then. Nation has stayed stable, our rates have climbed. But is it higher than the national average? Heavens no! And so the best survey research we have is around a 20 percent, is about where we are.

ROBERT MILLET: And I think we would, is it not the case that our LDS civil marriages might be a bit higher than the national average as far as divorce, but about the same, is that about right?

DANIEL JUDD: You're well informed. Yeah they're actually higher, yeah.

ROBERT MILLET: OK

DANIEL JUDD: Yeah, they're higher.

ROBERT MILLET: So, that's important. Let's ask this. What is it about a temple marriage in your mind that helps to bring emotional health, mental health to a husband and wife, to a family? What is it about a temple marriage that can do that?

DANIEL JUDD: You know, Bob, think about your last temple recommend interview. Of course we wouldn't discuss those questions here, but that's a pretty rigorous standard that one is asked to abide by, really in preparation for marriage. I mean think of what would happen worldwide if marriages all of a sudden stopped consuming alcohol, if the marital partners stopped consuming alcohol.

ROBERT MILLET: Or stopped gambling.

DANIEL JUDD: Any of those things. Any of those things that your temple recommend talks about is really, many of the ingredients that go into form a successful, not just a marriage, but a cohesive family, if we abide by them.

ROBERT MILLET: Yeah, it seems to me, you know like you said, I think going to the temple is not only a reminder of covenants, in a sense of keeping us on our toes and causing us to want to be more faithful, but going to the temple for me is a gentle reminder of eternal things.

It's the Lord's way of saying, "Don't forget what matters most."

DANIEL JUDD: What it's all about.

ROBERT MILLET: Yeah, and my wife is never more beautiful than she is in the temple when I see her come through the veil or come into the Celestial room, that is a magnificent moment, because I realize why we're all about this; why Mormonism does provide a perspective on marriage and on family that's hard to find anywhere else. And so I appreciate the fact that what we make is *eternal covenants*. Not just mortal covenants. We'll be right back.

[PAUSE]

ROBERT MILLET: Welcome back to Mormon Identity, this is Bob Millet your host, and I'm joined by Professor Daniel K. Judd, professor of Ancient Scripture at Brigham Young University. We're talking, have been talking about emotional health among the Latter-day Saints. We've talked about individuals and families and mothers and fathers and marriages. Let me ask this, Dan, if I were a member of the Church that wrestled occasionally with depression, I heard someone describe depression as "my inability to deal properly with sadness" or with frustration. You know? But let's suppose I were wrestling with depression, for a season. What recommendations have you made in the past? What have you helped people, tried to help people to understand about dealing with depression.

DANIEL JUDD: You know it's challenging for Latter-day Saints in particular because, you know we've been taught that there are consequences for sin. "Despair cometh because of iniquity." In Moroni we read those words. And is that true? Yes? It really *can* be true. But there are also many exceptions to that too.

ROBERT MILLET: Yeah.

DANIEL JUDD: And there are those of us, that are, that have mental illness, that have depression for example, and that depression is no fault of our own.

ROBERT MILLET: Yeah.

DANIEL JUDD: That's important to say. But then there are also some cases where depression is every bit about what we're doing or not doing. It *is* a sin.

ROBERT MILLET: Yeah.

DANIEL JUDD: And yet most of us, as we experience these kinds of things, we're somewhere in between those two.

ROBERT MILLET: Right.

DANIEL JUDD: Those two opposites. And so I think first of all, you need to prayerfully consider, you know, where you are as a person. Some would disagree with this but I think a bishop can help you with that. Make those kinds of judgments. Of course a spouse, a trusted family member, a trusted friend...

ROBERT MILLET: So you're describing, Dan, a kind of personal introspection. Looking inside, "How am I doing?" Not from the point of view from, "What can I do to show how messed up I am" as much as, "Is there anything in my life that's not in order?"

DANIEL JUDD: That's exactly right. And I think, as you talked about, depression being an inability to deal with sorrow is so true, because every one of us are going to face sorrow in our lives. That's a part of why we are here. And much of what's being, or some of what's being labeled as depression is just genuine sorrow.

And you don't want to medicate that necessarily or go to therapy for it. But if that continues for an extended period of time, if weeks turn into months and you just can't, you're not hopeful, you can't see this being resolved. Or if it's not even connected to an issue, like the death of a family member or some loss that you've suffered if it's just free floating...

ROBERT MILLET: It's just generalized depression.

DANIEL JUDD: That's right. Yeah, then you, you need to seek some help.

ROBERT MILLET: Some professional help.

DANIEL JUDD: Now, professional help, too, it you know, all therapists aren't created equal.

ROBERT MILLET: OK

DANIEL JUDD: I'm not a therapist, I'm not practicing now, but I have in the past. And my recommendation would be that, is to find someone who is competent and faithful. Maybe better stated, faithful and competent, in that order.

ROBERT MILLET: By faithful you mean what, Dan?

DANIEL JUDD: Yeah, and even if you're not here in Utah valley where a lot of LDS therapists reside, there are a lot of good people out there. Who will reverence our religious values, who will not see your religion as a major part of your problem, but who will reverence and respect that about you.

ROBERT MILLET: And you can determine those things through some conversations.

DANIEL JUDD: Very quickly.

ROBERT MILLET: With people who know those who work in the area.

DANIEL JUDD: Yeah, just because they have a PhD or they're an MD, that's not good enough. You've got to talk with that person and get a sense about can they help you. Is this the right person to work with? They must be faithful, there's a lot of faithful people out there, I'm being pretty bold here in saying this, but who aren't very competent, frankly.

ROBERT MILLET: Mm-hm. Nice folks, wonderful loving people who do not have the skills to help you.

DANIEL JUDD: Look out! Other people are very competent, but they're not faithful and they'll mock your faith. Those are two you want to avoid. And so as you identify people and seek out, you know, counsel of friends and so forth who know these people, someone who is faithful and competent to assist you. Because this is one of the most, greatest challenges of your life, in dealing with this, and you must have the right help.

ROBERT MILLET: Dan, let me ask this. I know this is a sensitive matter. I've met many Latter-day Saints who felt very, very hesitant to take prescribed medication for fear that it's some indication of their weakness, or their incapacity to solve their own problems. What do

you think?

DANIEL JUDD: Well I, You know I've learned over the years Bob, and the people that I've dealt with is that medication has its place. I've seen it be a *great* blessing in people's lives. I've also seen it abused. I've also seen it prescribed and it wasn't, when it really became more a part of the problem. And so again, that's why I say, competent as well as faithful. These folks have to know their profession. They have to know what's happening and know how to help you.

ROBERT MILLET: Yeah. So, if I'm a Latter-day Saint and my doctor suggests to me that there'd be wisdom at least for a time in taking some medication, no person should feel like it's foreign or inappropriate to do so.

DANIEL JUDD: No. No and the word "experiment" is a scriptural word and you can experiment with this and you can, you can try and see how it works for you. You have sufficient time and don't expect the results in a day or two. But weeks you can, and you can judge it prayerfully and intellectually, you know, with reason examine it, see how you're doing. Ask people on the outside, who you trust, what they see in you as well.

ROBERT MILLET: Let me ask this question, Dan. To what extent can Christ, the Lord Jesus Christ, play a role in helping me to become a more emotionally healthy person?

DANIEL JUDD: You know we read of the suffering Christ, the suffering Messiah. We read of His life and that He suffered some of these things that we're talking about. Well, not just His, but He also suffered for us, for ours. I mean every feeling of despair we've had, every anxiety we've experienced, every conflict that we have, really has been or can be swallowed up in the Atonement of Christ. As we seek Him out. As we seek to partake of His redemptive power through Him.

ROBERT MILLET: You know, my mind went back to the passage in Alma 7, as you were speaking Dan.

DANIEL JUDD: Right, right. That's what I was thinking of.

ROBERT MILLET: Let me just read a portion of that. Speaking of the Savior some eighty plus years before his birth Alma says, "He shall go forth suffering pains and afflictions and temptations of every kind. And this that the word might be fulfilled which saith He will take upon Him the pains and the sicknesses of His people." Isn't it interesting that in that whole list of things sin hasn't been mentioned yet.

DANIEL JUDD: So what you're saying is the Atonement isn't just for sin...

ROBERT MILLET: Not just for big, bad sinners...

DANIEL JUDD: [LAUGHTER]

ROBERT MILLET: I really think that that's important. "Suffering pains, afflictions, temptations, sicknesses." Now he's not done yet, "And He will take upon Him death that He may loose the bands of death which bind his people and He will take upon Him their infirmities, their weaknesses, that his bowels may be filled with mercy according to the flesh that He may know according to the flesh how to succor His people according to their infirmities." It's not until verse 13 of that chapter that the word "sins" is actually mentioned. And I think that's powerful.

DANIEL JUDD: Yes.

ROBERT MILLET: Dan, how would you summarize in a sentence or two or three the relationship between my spiritual fitness and my emotional fitness?

DANIEL JUDD: What is it, Bob, Section 88? “The spirit and the body are the soul of man.”

ROBERT MILLET: Yeah.

DANIEL JUDD: And we’ve really got to pay attention to both of them. And both of them can create both joy and despair, quite frankly. And so we must pay attention to both.

ROBERT MILLET: Yeah, I think the principle we’re trying to get across here is it’s not that being a member of the Church of Jesus Christ will keep you from having difficulties.

DANIEL JUDD: No.

ROBERT MILLET: Or being a Christian or follower of the Savior will not make you invulnerable to emotional distress. On the other hand there are some powers, some strengths some enabling powers that come through Christ, through His Atonement, that equip us to deal with difficulties, that *strengthen* us in weak moments, that give us perspective when we need a new point of view in no other way. And so, we wouldn’t ever want to talk about being emotionally fit without linking it to the Spirit, would we?

DANIEL JUDD: Exactly right. Yeah sometimes we call those solutions “the Sunday School answers.” I’m sensitive to that phrase.

ROBERT MILLET: Yes, you would be.

DANIEL JUDD: But sometimes we’re lost because of the “simplicity of the way”, to quote from the Book of Mormon. And those simple answers, if we’re doing them consistently, can provide a *great* blessing for us.

ROBERT MILLET: Let me close with this thought. May we all keep in mind this idea, that may we appreciate the knowledge that has come through the Prophet Joseph Smith, the knowledge that we are sent here to *succeed*. That no person was born on this Earth who does not have the capacity to qualify eventually for the highest heaven. Remember that wonderful Article of Faith, that “Through the Atonement of Christ *all* may be saved.” Now the Lord will often not remove our difficulty or remove our challenge, but He will as He did with the people of the Book of Mormon, give us strength to deal with them properly. The Lord has provided some marvelous resources through the Restoration of the Gospel, including the way whereby the Latter-day Saints can become an emotionally and a spiritually whole and healthy people.

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NARRATOR: You’ve been listening to Mormon Identity. Thanks for tuning in, we hope you join us next time.

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