Digital Liahona Gospel Library app

FIND MORE

In the Gospel Library app and at liahona.lds.org, you can:

- Find the current issue.
- Discover digital-only articles.
- Search past issues.
- Submit your stories and feedback.
- Subscribe or give a gift.
- Enhance study with digital tools.
- Share favorite articles and videos.
- Download, listen to, or print your favorite articles.

CONTACT US

Email your questions and feedback to liahona@ldschurch.org.

Submit your faith-promoting stories at liahona.lds. org or mail to: *Liahona,* floor 23
50 E. North Temple Street
Salt Lake City, UT 84150-0023, USA

FEATURED DIGITAL-ONLY ARTICLES



14 Ways to Get Your Emotional Health Back on Track

By Heather J. Johnson

These tips can help you feel like yourself again.



Finding a Mental Health Professional Who's Right for You

By Kevin Theriot

If you're thinking about seeing a mental health professional, this can help you know where to start!

JANUARY 2019 VOL. 43 NO. 1 LIAHONA 18601

International magazine of The Church of Jesus Christ of Latter-day Saints

The First Presidency: Russell M. Nelson, Dallin H. Oaks, Henry B. Eyring

The Quorum of the Twelve Apostles: M. Russell Ballard, Jeffrey R. Holland, Dieter F. Uchtdorf, David A. Bednar, Quentin L. Cook, D. Todd Christofferson, Neil L. Andersen, Ronald A. Rasband, Gary E. Stevenson, Dale G. Renlund,

Gerrit W. Gong, Ulisses Soares **Editor:** Hugo E. Martinez

Advisers: Brian K. Ashton, Randall K. Bennett, Becky Craven, Sharon Eubank, Cristina B. Franco, Randy D. Funk, Donald L. Hallstrom, Erich W. Kopischke, Lynn G. Robbins

Managing Director: Richard I. Heaton **Director of Church Magazines:** Allan R. Loyborg

Business Manager: Garff Cannon

Managing Editor: Adam C. Olson
Assistant Managing Editor: Ryan Carr

Publication Assistant: Francisca Olson

Writing and Editing: Maryssa Dennis, David Dickson, David A. Edwards, Matthew D. Flitton, Lori Fuller, Garrett H. Garff, LaRene Porter Gaunt, Jon Ryan Jensen, Charlotte Larcabal, Michael R. Morris, Eric B. Murdock, Sally Johnson Odekirk, Joshua J. Perkey, Jan Pinborough, Richard M. Romney, Mindy Selu, Chakell Wardleigh, Marissa Widdison

Editorial Intern: Alex Hugie

Managing Art Director: J. Scott Knudsen
Art Director: Tadd R. Peterson

Design: Jeanette Andrews, Fay P. Andrus, Mandie Bentley, C. Kimball Bott, Thomas Child, Joshua Dennis, David Green, Colleen Hinckley, Eric P. Johnsen, Susan Lofgren, Scott M. Mooy, Emily Chieko Remington, Mark W. Robison, Brad Teare, K. Nicole Walkenhorst

Design Intern: Marrissa Smith

Intellectual Property Coordinator:Collette Nebeker Aune

Production Manager: Jane Ann Peters

Production: Ira Glen Adair, Julie Burdett, Thomas G. Cronin, Bryan W. Gygi, Ginny J. Nilson, Derek Richardson

Prepress: Joshua Dennis

Printing Director: Steven T. Lewis **Distribution Director:** Troy R. Barker

Mailing address: Liahona, Fl. 23, 50 E. North Temple St., Salt Lake City, UT 84150-0023, USA.

The Liahona (a Book of Mormon term meaning "compass" or "director") is published in Albanian, Armenian, Bislama, Bulgarian, Cambodian, Cebuano, Chinese, Chinese (simplified), Croatian, Czech, Danish, Dutch, English, Estonian, Fijian, Finnish, French, German, Greek, Hungarian, Icelandic, Indonesian, Italian, Japanese, Kiribati, Korean, Latvian, Lithuanian, Malagasy, Marshallese, Mongolian, Norwegian, Polish, Portuguese, Romanian, Russian,

Samoan, Slovenian, Spanish,Swahili, Swedish, Tagalog, Tahitian, Thai, Tongan, Ukrainian, Urdu, and Vietnamese. (Frequency varies by language.)

© 2019 by Intellectual Reserve, Inc. All rights reserved. Printed in the United States of America.

Copyright information: Unless otherwise indicated, individuals may copy material from the *Liahona* for their own personal, noncommercial use (including for Church callings). This right can be revoked at any time. Visual material may not be copied if restrictions are indicated in the credit line with the artwork. Copyright questions should be addressed to Intellectual Property Office, 50 E. North Temple St., FL 13, Salt Lake City, UT 84150, USA; email: cor-intellectualproperty/oldschurch.org.

For Readers in the United States and Canada: January 2019 Vol. 43 No. 1. LIAHONA (USPS 311-480) English (ISSN 1080-9554) is published monthly by The Church of Jesus Christ of Latter-day Saints, 50 E. North Temple St., Salt Lake City, UT 84150. USA subscription price is \$10.00 per year: Canada, \$12.00 plus applicable taxes. Periodicals Postage Paid at Salt Lake City, Utah. Sixty days' notice required for change of address. Include address label from a recent issue; old and new address must be included. Send USA and Canadian subscriptions to Salt Lake Distribution Center at address below. Subscription help line: 1-800-537-5971. Credit card orders (American Express, Discover, MasterCard, Visa) may be taken by phone or at store.lds.org. (Canada Post Information: Publication Agreement #40017431)

POSTMASTER: Send all UAA to CFS (see DMM 507.1.5.2), NONPOSTAL AND MILITARY FACILITIES: Send address changes to Distribution Services, Church Magazines, P.O. Box 26368, Salt Lake City, UT 84126-0368, USA.