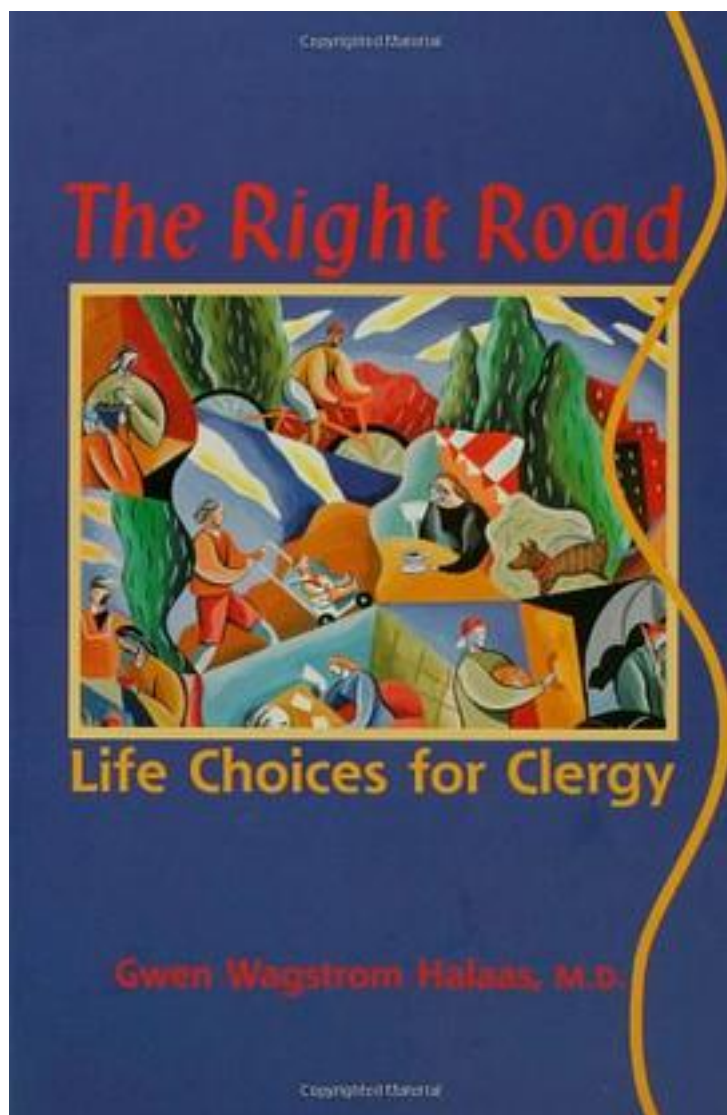


Right Road



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Many clergy are in startlingly bad health. Not only do they regularly report depression, stress, and serious family and financial problems, they also exhibit higher than normal incidences of obesity, high cholesterol levels, inactivity, high blood pressure, and heart disease. How effective can professionals in ministry be with such debilities and vulnerabilities? Are clergy too busy helping others to take care of themselves? Gwen Halaas's caring and savvy book addresses clergy health directly: clergy have a spiritual as well as physical need to care for themselves, to live to the fullest, to ensure that they enjoy the life and gifts God gave them. Building her brief, practical book around the wellness wheel, Halaas emphasizes not just healthy eating but a whole array of life-affirming choices for clergy. Halaas provides the tools for clergy to choose growth and well-being over burnout and decline. With this practical and upbeat volume, clergy can begin to put their own lives in perspective and "keep [themselves] in training for a godly life" (1 Timothy 4:7).

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