

Endorsements

“Every pastor in America needs a copy of this book—STAT! This resource fills a huge gap on seminary bookshelves. Dr. Halaas, a physician who is expert in wellness protocol, also has great understanding of the unique challenges facing clergy today. Suitable for use by individuals or clergy groups, this book provides a wealth of data and suggestions for improving the personal health of America’s ministers, who far too often sacrifice their own health and well-being (and that of their family), to serve the pressing needs of others.”

— The Rev. Deborah L. Patterson, Executive Director, International Parish Nurse Resource Center, and author of *The Essential Parish Nurse: ABCs for Congregational Health Ministry*

“The special needs for clergy wellness are well-documented, and Dr. Halaas provides a comprehensive road map for initiating healthy change. ‘The Right Road’ can help clergy find the balance needed to strengthen their ministry and their lives.”

— William S. Craddock Jr., Managing Director of CREDO Institute

“*The Right Road* is like ‘mapquest’ for anyone who wants to be a healthy leader enhancing lives. If you are thinking about having a more balanced lifestyle this provides great directions for you. If you are headed in the wrong direction and need to make a U-turn, Dr. Halaas provides a prescription for you. If you are making plans to begin a healthier life, you’ll find helpful tips and suggestions. If you are well on your way to a healthier life you’ll find inspiration (along with your perspiration) to ‘fight the good fight, to run the race.’”

— The Rev. Ronald T. Glusenkamp, ELCA Board of Pensions, Vice President-Customer Outreach, author of *Sign for These Times* (CPH)

“Gwen Wagstrom Halaas’ experiences as a family physician and wife of a pastor have given her a keen understanding of the many physical, emotional, and spiritual challenges facing today’s clergy. She understands how the demands of ministry make it difficult for clergy to take proper care of themselves. In *The Right Road* Dr. Halaas offers valuable advice that clergy can use to enhance their own health and to lead their congregations in ministries of health and healing. This is a book that should be read by every pastor and by congregational leaders concerned about the health and well-being of clergy.”

— W. Daniel Hale, co-author of *Healing Bodies and Souls: A Practical Guide for Congregations*

“*The Right Road* is the right book at the right time.”

The Right Road is a detailed guide for the entire religious community to focus on how to live and die well. Through its workbook approach of questions, and simple lists and tools, *The Right Road* can be a resource for congregations to practice a more healthful way of caring...for each other, their pastor and themselves.”

“An important resource for every congregation interested in enhancing and supporting their pastor and each other to a healthier road of life.”

— Barbara A. Boigegrain, General Secretary, United Methodist Church
General Board of Pension and Health Benefits