



Momentum for Life, Revised Edition: Biblical Practices for Sustaining Physical Health, Personal Integrity, and Strategic Focus

Mike Slaughter

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Visionary pastor Michael Slaughter calls all aspiring leaders to a life of faith, balance, and purpose. Operating on the principle that all leadership begins with self-leadership, the book outlines five crucial disciplines:

- * Devotion to God
- * Readiness for lifelong learning
- * Investing in key relationships
- * Visioning for the future
- * Eating and Exercise for life.

Readers will gain insights and advice for enriching the spiritual, intellectual, interpersonal, missional, and physical areas of their lives, all of which are integral to effectiveness as a leader.



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