



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:

- * **D**evotion to God
- * **R**eadiness for lifelong learning
- * **I**nvesting in key relationships
- * **V**isioning for the future
- * **E**ating and **E**xercise 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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