

Endorsements

“*Personal Values* is a positive and practical portfolio of research and resources around issues of health and wholeness. Senske affirms the fact that God’s plan revolves around us being healthy and whole in order to serve other people. As part of your ‘game plan for life,’ I suggest that you plan on reading and studying and using this as a helpful reference in living out a full life in body, mind, and spirit!”

— Rich Bimler, president, Wheat Ridge Ministries

“In his book *Personal Values*, Kurt Senske presents analytical and empirical evidence that living a life of wholeness makes for a healthier individual. Not only does he make a convincing case, but he offers a roadmap to achieving that physical/spiritual balance. I highly recommend it.”

— John P. McDaniel, CEO, MedStar Health

“*Personal Values* was such a joy to read! It contains a real ‘tool kit’ for each of us on our journey to live a balanced life and integrate our Christian principals into our lives every day. I recommend this book to everyone who wants to make sure his Sunday intentions are realized every other day of the week.”

— Pamela J. Moret, executive vice president, marketing and products, Thrivent Financial

“In *Personal Values*, Kurt Senske presents a rich variety of Biblical insights, personal experiences, research from empirical studies, and perspectives from numerous authorities. This is a helpful and practical guide for people to use who want to transform their less than optimum approaches to life so that they might experience the ‘shalom’ that God desires to give his people.”

— Dr. Alan Harre, president, Valparaiso University