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How to Cultivate Clergy Wellbeing

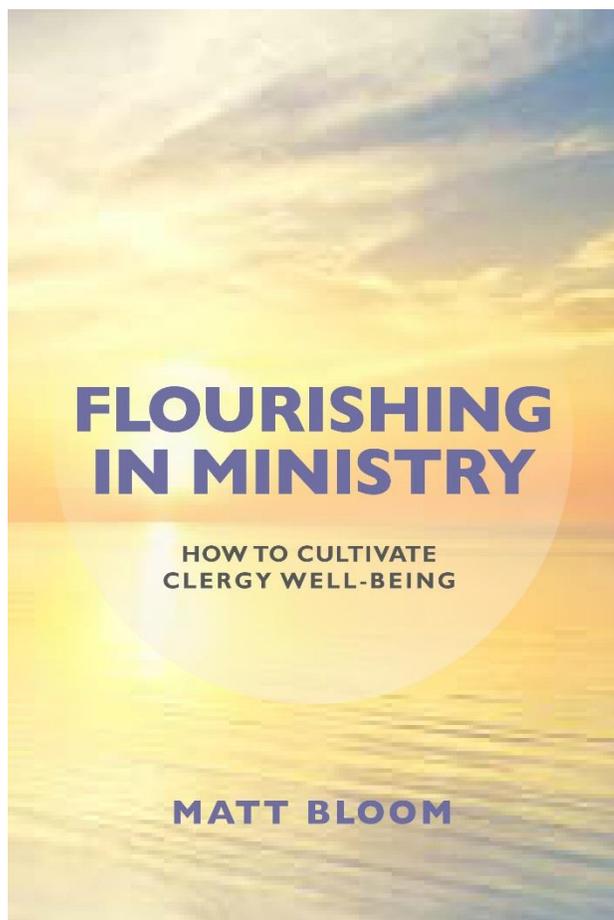
By Matt Bloom

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About the Book

Pastoral work can be stressful, tough, demanding, sometimes misunderstood, and often underappreciated and underpaid. Ministers devote themselves to caring for their congregations, often at the expense of caring for themselves. Studies consistently show that physical health among clergy is significantly worse than among adults who are not in ministry. *Flourishing in Ministry* offers clergy and those who support them practical advice for not just surviving this grueling profession but thriving in it.

About the Author

Matt Bloom is the principal investigator on the Flourishing in Ministry project (funded by the Lilly Endowment, Inc.) and the Faith and Flourishing at Work project (funded by Templeton Religion Trust). He is an associate professor at the University of Notre Dame and director of the Wellbeing at Work project. Matt has studied and published academic and practitioner articles on wellbeing at work for more than twenty-five years.

Praise for the Book

“A genuine treasure trove of wisdom on what promotes flourishing in ministry and what derails it. Informed by a rich set of data—surveys and interviews with ten-thousand pastors from diverse settings—this book not only captures key factors behind thriving, it offers concrete means to sustain wellness. This invaluable guide and the bigger project from which it grows are destined to transform how we think about the lives and wellbeing of congregational pastors.”

—**Bonnie J. Miller-McLemore, Vanderbilt University Divinity School**

“Pastors, denominational leaders, people in congregations, and seminary faculty and administrators will benefit greatly from Bloom’s astute analysis of clergy well-being. Bloom draws on his research with pastors and the extensive scientific research on well-being to give us a comprehensive way of understanding what is integral to pastoral flourishing for the sake of the church and the world.”

—**Kathleen A. Cahalan, Saint John’s University School of Theology and Seminary**

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