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Cladis's "Finding Finding the finish line: Navigating the race of life through faith and fitness" (book review)

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Book Reviews



Cladis, A. (2017). *Finding the finish line: Navigating the race of life through faith and fitness*. Castle Rock, CO: Crosslink Publishing. 81 pp. \$8.76. ISBN 9781633571006

Finding the Finish Line is a short book about living a self-actualized life of Christian faith. The author uses personal anecdote, along with the metaphor of running a race, to make the point that it takes daily commitment and training to live a fulfilled Christian life and to cross our personal finish line.

The presentation of the book is in five parts that generally align with a runner's life: preparation, running the race, racing toward Christ, facing the finish, and finishing strong. Cladis weaves concepts such as the importance of strategy, endurance, and the state of being present into various personal anecdotes and inserts highlighted scripture passages in order to make her point.

The author is a twenty-eight-year-old freelance writing consultant, fitness professional, and former high school English teacher who also competes regularly in marathons and other races. She has a Facebook page, Twitter account, and a website. *Finding the Finish Line* is Cladis's first book.

The book achieves its basic purpose of drawing attention to the difficulty of living a life of faith in Christ, a life which is ultimately worth the struggle. Academic research or study does not seem to be a part of the supporting makeup of the book; instead, the text relies heavily on personal experience and description. Cladis uses an abundance of (sometimes curiously chosen) adjectives and the text wanders a bit at times in order to indulge the author's writing style before returning to make a point.

Finding the Finish Line is an inspirational or spiritual growth piece with no documented sources. It would more appropriately fit into a personal or church library rather than an academic library.

Reviewer

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