

BOOK REVIEWS

Roy M. Oswald and Arland Jacobson, *The Emotional Intelligence of Jesus: Relational Smarts for Religious Leaders* (Lanham, MD: Rowman & Littlefield, 2015), 190 pp.

Roy Oswald and Arland Jacobson combine their experience and expertise to bring together recent developments in brain science with the biblical witness of Jesus. The research they share and the stories they tell to illustrate emotional intelligence (EI)—or the lack of it—are informative. Based on their study, they underscore the theological, psychological, and spiritual truth that people can change to engage in more healthy behaviors and relationships. They believe that if we are to become more Christ-like, we all need to grow in the EI Jesus embodied. The human brain is wonderfully made; it is remarkably plastic, able to be molded into the ways of Jesus through intention (conscious thought) and practice (activity).

The traits that broadly define EI for the authors are: self-awareness (emotional awareness), self-management (achievement orientation, adaptability, emotional self-control, positive outlook), social awareness (empathy, organizational awareness), and relationship management (conflict management, coaching and mentoring, influence, inspirational leadership, teamwork.) All of these add up to be the most important factors in pastoral effectiveness. One's competency may lead to a hiring, but strong EI is needed to perform well. The authors elaborate on the above traits

Reflective Practice: Formation and Supervision in Ministry

ISSN 2325-2847 (print)* ISSN 2325-2855 (online)

* © Copyright 2016 *Reflective Practice: Formation and Supervision in Ministry*
All Rights Reserved

before focusing on the six marks of an emotionally intelligent congregation and the core characteristics of an effective pastor.

In the chapter devoted to pastors, the authors offer how-to advice that begins by advocating for CPE, along with therapy, clergy support groups, and spiritual disciplines. Oswald and colleagues have formed the Center for EQ-HR Skills that provides workshops nationwide for church professionals, and their center is, of course, also touted.

The book ends with appendices that have scales for further typing of EI and for rating one's own stress levels. An impressive bibliography might entice readers to further study in this area. Pastors, pastoral counselors and coaches, supervisors of pastors, and church personnel/search committees could find this easy-to-read book helpful in their ministries.

Dean McDonald
San Anselmo, CA