

TESTIMONIALS FOR THE WRITING OF JESUS AND THE RACING RAT

“Geoff Shattock has long been at the forefront of the growing movement to integrate spirituality and business. This book reflects his great communication skills, creativity, passion, and intelligence.”

**Dr. Peter S. Heslam, DPhil FRSA, Director, Transforming Business,
Cambridge University.**

“In today’s demanding workplace, there is a great need for practical, relevant strategies for tackling the stresses and strains of our careers. This book does just that.”

**Harold G. Koenig, M.D.
Professor of Psychiatry & Behavioral Sciences, Associate Professor of
Medicine. Duke University Medical Center Durham, North Carolina**

“Geoff’s novel approach will challenge you to press the refresh button as you look for answers about the ‘why, how, and wherefore’ of work. Well worth the read for those who need refreshing.”

**Jill Garrett
Former Managing Director, Gallup**

“A wise friend once told me we should pay special attention to what a person says toward the end of his or her life. Embedded in their words will be unusual profundity. In *Jesus and the Racing Rat*, Geoff Shattock unpacks the last words of Jesus of Nazareth in a remarkable way, uniquely applying them to the workplace. The content and writing style is captivating and very helpful. You will be deeply enriched by his insights.”

**John D. Beckett, Chairman The Beckett Companies
Author, *Loving Monday and Mastering Monday***

“*Jesus and the Racing Rat* is a great read for people who want to slow down without slowing up progress.”

**Joel Edwards
International Director, Micah Challenge International
And A Commissioner for the Equality and Human Rights Commission**

“No one in the U.S. has seen the faith and work issue like this.”

**Pete Hammond
Former Vice President
InterVarsity Christian Fellowship**

“When you see these principles, they seem obvious; it’s just that it takes someone like Geoff Shattock to help you see them.”

Steve Chalke MBE
Founder, Oasis Trust

“Finally some good news for the Rat Race. For those of us who live our lives at a ridiculous pace, this book is literally a godsend. It is a breath of fresh air for exhausted workers.”

Professor Cary Cooper
Professor of Organizational Psychology and Health, Lancaster University

“Geoff Shattock’s rich background in stress research and stress management at the workplace, combined with his intense faith, enable him to provide profound insights into how Jesus of Nazareth dealt with His own workplace situations. *Jesus and the Racing Rat* translates a perfect strategy into very applicable guidelines on how to prevent or reverse the stressful fragmentation of life into competing work, family, and worship splinters.”

Dr. Clive H. Wilder-Smith, MD, AGAF, FRCP (Edinburgh, Scotland)
Professor of Medicine, Specialist Gastroenterologist, and Director of Brain-Gut Research Group

“Many people spend half their waking life in 'the rat race.' Don't read this book if you don't want to be challenged, provoked, or made to think about your working life.”

Derek Beal, Chief Financial Officer, REED GLOBAL

“Beautifully written – a mixture of self-help, business sense, spiritual insight, and poetic expression. Get a copy for yourself and another for your friend in the office.”

Roger Simpson
Vicar, St. Michael Le Belfrey, York, England

"It isn't often that I come across a resource that equals this. Timely and much needed, it is written by an authentic pioneer and practitioner. Geoff fully captures the essence of what it means to be real in the world of work. It's fresh, sound, and provides a way of living out the life we are intended to live during the working week."

Dr. Ron Rowe
Executive Director
Jacksonville Baptist Association

"Geoff Shattock is a generous, multi-talented man. When you read this book, remember that he is also a songwriter, poet, guitarist, and performer. When you hear him speak, remember that he is also a writer. When you see him on video or the internet, try to get into his lively presence at some time in the future. You will reap a different benefit, you will experience another angle on his spiritually based teaching... and he will probably make you laugh too...."

Jeremy Clare
Founder, Whatever Next Consultancy
Author, *Whatever Next?*

"When you read *Jesus and the Racing Rat*, you will be able to see for yourself what I have come to understand, admire, and love, namely that Geoff is truly committed to helping people live out the principles of working well. It is not just an intellectual exercise. Geoff seeks to transform lives so we can truly be good news to the people that have been placed in our sphere of influence."

William Pezzutti
Vice President of Client Services and Director of Risk Management
Harden & Associates

"Geoff's writings are an extension of Geoff the man; they are always characterized by emotional empathy, spiritual insight, and razor-sharp wit. Geoff is a master at engaging and challenging his audience."

Kim Taplin
Chaplain, Clifton College

"Geoff has a one-off ability to offer practical training for real people who need to cope with the challenges of 21st-century workplaces. The fact that he does it by applying a unique understanding of how a first-century carpenter and preacher worked marks Geoff's own work as inspired and inspirational."

Mark Sheard
Founder and Marketing Director, What Next Consultancy

“In *Jesus and the Racing Rat*, you will see that Geoff Shattock is able to discern characteristics in others that may not be obvious even to themselves. With wise application of spiritual principles, he gives encouragement and advice that is invaluable to your ongoing lifestyle.”

Bruce Streather
Founder and Senior Partner, Streather's Solicitors LLP

“Geoff Shattock invites you to go on a journey of profound discovery, to explore new ways of thinking, and acquire practical toolkits for your working life. You will not be disappointed.”

John Wyatt, FRCP, FRCPCH
Professor of Ethics & Perinatology
University College, London
Author, *Matters of Life and Death*
