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[THE WISDOM COMPASS: A 31-Day Journey to Wisdom-Filled Living](#)

Soar With Eagles (294 pp.)

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www.thewisdomcompass.com

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A useful contemporary meditation on timeless truths. Good advice on marriage, finances and even weight loss is gleaned from the biblical book of Proverbs in this engaging Christian self-helper.

Framed as a parent's admonishment of a wayward son, the Bible's pre-eminent wisdom book is a goldmine of pithy instructions on avoiding the snares of sin and folly. Henderson, a sales expert and motivational speaker, adroitly interprets its 31 chapters for a world of easy consumer credit and no-fault divorce. Where Proverbs 5:3-4 warns us that "the lips of an adulteress drip honey...but in the end she is bitter as gall," Henderson draws a wider lesson on the destructive effects of infidelity. Proverbs 23:32 ("Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly!") reminds him that we "really find no escape at all" from our problems in alcohol and drugs. He ties the vague injunction of Proverbs 28:9 ("If anyone turns a deaf ear to the law, even his prayers are detestable") to the specific idea that wishing away the pounds won't work without steady dieting and exercise, while Proverbs 28:19 ("He who works his land will have abundant food, but the one who chases fantasies will have his fill of poverty") sparks a sermon on the pitfalls of credit-card debt. Behind the practical wisdom the author sees deeper spiritual and ethical themes—he reminds readers that hard work is the only path to success, but also warns that wealth doesn't equate to holiness, that the poor are not failures, that self-sufficiency is impossible and caring for others is the highest duty. Henderson writes in a warm, plain-spoken style that makes gnarly Old Testament aphorisms relevant to modern sensibilities. (He finds in Proverbs' luminous tribute to the noble wife, for example, a surprisingly up-to-date model of virtue for both women and men.) The result is a readable and often inspiring application of ancient lore to latter-day problems.

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