

# Searching for Superman

Paul H. VanValin, PhD

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# Conference Specials

- Getting to Know You
- The Snowball Effect
- Why Kids Cut
- Pastors and Counselors gift

# Paul VanValin

- Preacher's Kid
- Eden Counseling and Consultation in 1995
- FirstFruits Crisis Response 2001
- Intensive Assessment and Consultation 2006
- Coaching 2006

# Where is Superman?

- Faster than a speeding bullet.
- More powerful than a locomotive.
- Able to leap tall buildings in a single bound.
- Look. Up in the sky.
- It's a bird. It's a plane.
- It's SUPERMAN

# Truth, Justice and the American Way

- What's wrong with the American way?
- The Normal American way is not healthy or happy.

# Normal American Spiritually

- Does not attend church (20 to 40% do)
- Owns a Bible but does not read it
- Prays daily and believes prayers are answered
- Would like to see voluntary prayer in school
- Does not volunteer time (25% do)
- Average “Born Again Christian” Does not tithe (12% do)

# Normal American Financially

- Median annual income = \$29,000 (2013)
- Credit card debt = \$15,000
- 50% debt to annual income ratio
- Household gives to charity (95%)
- Gives less than \$100 per year
- Average “Born Again Christian” Does not tithe (12%)



# Normal American Relationally

- Household is not led by a married couple (51%)
- 50% probability of divorce with infidelity being #1 cause
- Young adults higher probability of co-habitation than marriage

# Normal American Sexually

- Had sexual intercourse before 18
- Median age for first experience is 17
- Male has 6 to 8 sexual lifetime partners
- 18 to 24 year old encounters are “casual”
- Alcohol necessary for casual sexual encounters
- Does not use a condom during intercourse
- Does not live with STD (20% do)

# Normal American Diet

- Overweight or obese (35% obese and 6% extreme)
- Does not eat sufficient fruits and vegetables
- Eats processed food daily (high fat and salt)
- Consumes 3,600 mg. of sodium daily
- Should consume less than 1,500 mg. sodium
- Drinks 2 to 4 alcoholic beverages per day

# Normal American Health

- Will die younger than 25 other countries
- Will have high blood pressure (33% by 45, 59% by 70)
- Will have heart disease and a coronary (16% by 65, 25% by 75)

# Normal American Mental Health

- At least one evaluation for mental illness (20%)
- Intentionally harm self (over 50%)
- Drank alcohol before 15 years old (24%)
- Has drunk too much alcohol (60%)

# Well Being Quiz

- Dr. Paul Leads:
  - Complete the quiz on the handout
- First 7 items from PERMA model
- # 8 predicts Christian Behavior
- # 9 predicts financial freedom
- # 10-16 predict health, longevity and quality of life

# Metabolic Syndrome # 10-15

Risk Factor	Risk Indicated
Large abdominal circumference	<b>women:</b> $\geq 31.5$ in <b>men:</b> $\geq 37$ in.
High blood pressure	<b>systolic:</b> $\geq 130$ <b>diastolic:</b> $\geq 85$
High triglycerides	$\geq 150$
Low HDL (“good”) cholesterol	<b>women:</b> $\leq 50$ <b>men:</b> $\leq 40$
High fasting blood sugar	$\geq 6.5\%$

# Body Mass Index

- [http://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)
- An index based on height and weight



# Superman

- Courageous – Do the right thing when you don't feel like it.
- Self-control
- Self-sacrificing
- Persistent
- Resilient
- A story worth repeating

# Is Your Story Worth Repeating?

- Who do you influence and How?
- Who is watching?
  - Friends?
  - Spouse?
  - Children?

# Searching for Supermen - Top 10%

- Read Bible 4 times a day – Go Tandem
- Reduce debt – smallest card first
- Small plates – 20 minutes – no white
- Exercise only on days you eat – 3 x 10

# Top 10% Marriage and Family

- Ask you wife/family about quality of life and listen.
- What makes you happy?
- 360 evaluation of role/performance.

# Supermen

- Cliff – dependable, consistent
- Matt – charitable, encouraging, mentoring
- Steve – redemption, courageous and faithful

# Resources

- *Go Tandem* – Free at the App Store
- *Getting to Know You* – On sale today
- *The Snowball Effect* – On sale today
- *The Gift of Being Yourself* – Benner – Kindle
- *Flourish* – Seligman – Kindle
- Eden Counseling and Consultation
- Eden Leadership Coaching