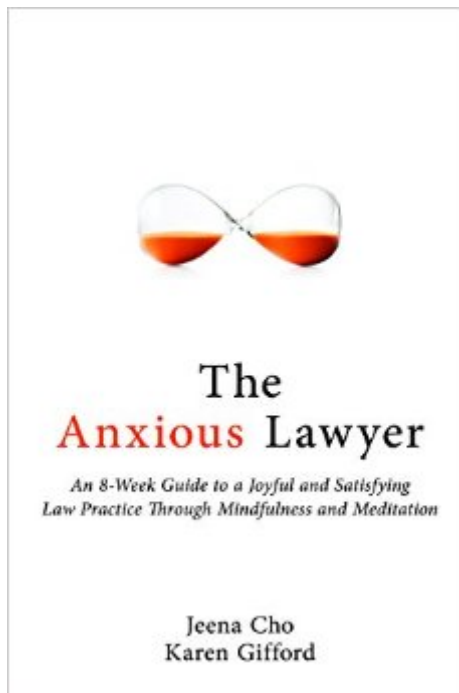


The book was found

The Anxious Lawyer: An 8-Week Guide To A Joyful And Satisfying Law Practice Through Mindfulness And Meditation



Synopsis

"This book offers an easy to follow program for beginning a meditation practice, written by lawyers and for lawyers. I highly recommend this book for anyone in the legal world who has wondered about meditation but hesitated to get started." -- Congressman Tim Ryan, author of *A Mindful Nation* and *The Real Food Revolution*

Interest in meditation and mindfulness has skyrocketed in recent years, thanks largely to neuroimaging and the body of scientific research that has validated the many benefits of these practices. Sadly, the legal community has for the most part been left out, even though lawyers would clearly benefit from mindfulness. Many lawyers feel hesitant to try meditation, which can seem alien and inaccessible from the vantage point of a professional culture that places great value on logic and reason. Jeena Cho and Karen Gifford set out to help address this gap in *The Anxious Lawyer*. Both Cho and Gifford began meditating as practicing attorneys, and have firsthand knowledge of the difficulties and rewards of legal practice. They experienced how meditation and mindfulness practices support a more effective and enjoyable legal practice. Both also found unexpected rewards of meditation that go deeper: better self understanding, more rewarding relationships and a deeper feeling of connection with the world.

The Anxious Lawyer provides a straightforward 8-week introductory program on meditation and mindfulness, created by lawyers for lawyers. The program draws on examples from Cho and Gifford's professional and personal lives to create an accessible and enjoyable entry into practices that can reduce anxiety, improve focus and clarity, and enrich the quality of life.

The program includes:

- Instruction on a number of simple meditation techniques
- Concrete guidance for establishing a daily meditation and mindfulness practice
- Exercises designed to give the reader practical experience in bringing the insights of meditation and mindfulness to meeting the challenges of daily life - and particularly of legal practice
- Practical examples of how mindfulness and meditation can help to cultivate a more joyful and satisfying law practice
- Discussion of scientific research on the effects of meditation and what the evidence shows about its benefits
- Practical tools, including access to guided meditations and worksheets that allow the reader to track his or her progress

Book Information

Hardcover: 251 pages

Publisher: Ankerwycke (June 7, 2016)

Language: English

ISBN-10: 1627226249

ISBN-13: 978-1627226240

Product Dimensions: 7.2 x 0.9 x 10.4 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (8 customer reviews)

Best Sellers Rank: #65,220 in Books (See Top 100 in Books) #3 in Â Books > Law > Law Practice > Law Office Education #94 in Â Books > Self-Help > Anxieties & Phobias

Customer Reviews

"The first thing we do, let's kill all the lawyers." -- Dick the Butcher, Henry VI by William

Shakespeare With famous quotes like that one floating around, it's no wonder that members of the esteemed legal profession need a little encouragement now and then. Sadly, the above quote is NOT disparaging lawyers or expressing Shakespeare's true thoughts on the profession; the character who speaks it is actually saying that lawyers and judges are the mighty hand that holds justice--and therefore, society--together, and that the only way to achieve their goals of utter lawlessness will be to get rid of every last attorney. But that doesn't stop the quote from appearing on coffee mugs, or stop people from making shark jokes whenever lawyers are in the room. One noted cafe across from a Southern courthouse had a permanent sign in the window that advertised "chum" as the special of the day. Poor lawyers...they really do want to be a force for good, but their role in society is often a thankless one. But the best thing about this book is that anyone--shark profession or not--can benefit from the information on centering yourself, finding and relying on an air of gratitude every day, and incorporating meditation into your daily regimen. While it bills itself as an eight-week course to a "joyful and satisfying law practice," its benefits will go on far past those mere two months, and can improve anyone's daily life, work place relationships, and job satisfaction. One of the most crucial perceptions that the authors address is also the most incriminating.

[Download to continue reading...](#)

The Anxious Lawyer: An 8-Week Guide to a Joyful and Satisfying Law Practice Through Mindfulness and Meditation The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1) Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation

Techniques, How to Meditate) Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) Mindfulness in Everyday Life: How to Stop Worries and Stress and Enjoy Peace and Happiness with Mindfulness and Meditation MINDFULNESS: Mindfulness for Beginners: Free your Mind from Stress, Anxiety and Depression: How to Find your Inner Peace (Meditation for beginners) Meditation Guide for Beginners Including Yoga Tips (Boxed Set): Meditation and Mindfulness Training Meditation: The Joyful Art of Persistence Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Break Through Pain: A Step-by-Step Mindfulness Meditation Program for Transforming Chronic and Acute Pain Cleveland's Swimming Lessons for Baby Sharks: The Essential Guide to Thriving as a New Lawyer: The Essential Guide to Thriving as a New Lawyer (Career Guides) The Yoga of Pregnancy Week by Week: Connect with Your Unborn Child through the Mind, Body and Breath Vipassana Mindfulness: An Introduction to the Practice of Vipassana Meditation

[Dmca](#)