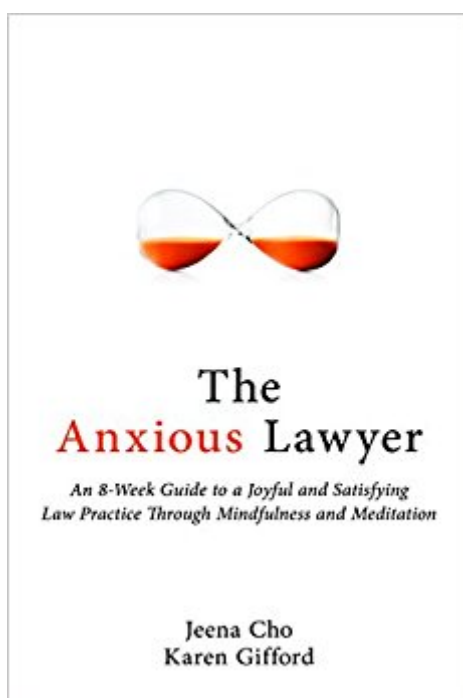


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The Anxious Lawyer: An 8-Week Guide To A Joyful And Satisfying Law Practice Through Mindfulness And Meditation



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

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Customer Reviews

"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*

"As someone who has meditated for thirty years, I was very happy to find this wonderful and effective introduction to the practice. While the "thinking mind" is a critical tool for lawyers, meditation relaxes the thinking mind, allowing new and creative insights to surface. Most of my best trial strategies and business initiatives emerged in this way! But the real benefit is the peace and calmness that meditation has added to my life. Jeena and Karen are offering the profession a profound gift." -- Mary B. Cranston, retired CEO of Pillsbury Winthrop Shaw Pittman, LLC; first woman to head a major global law firm

"Perfect for that skeptical attorney who wants to dip a toe in the water. Cho and Gifford have produced a guide to meditation that leaves you eager to start right away." -- Will Meyerhofer, Psychotherapist, former lawyer and author of *Way Worse Than Being a Dentist*

"As an attorney who has struggled with substance use, eating disorders and other mental health issues, mindfulness has been an invaluable tool in my recovery. It is great to see Jeena and Karen leading the way with *The Anxious Lawyer*." -- Brian Cuban, author of *Shattered Image, My Triumph Over Body Dysmorphic Disorder*

"Much more than a how-to manual or text, the book speaks to the reader as a friend while providing amazingly useful insights. It reveals how meditation can help us find satisfaction and fulfillment in law as well as in life." -- Ellen Beilock, Mindfulness teacher and facilitator, former lawyer and litigator, former mediator at UCSF

This book will provide a straightforward introduction to meditation and mindfulness using language and examples that will be familiar and comfortable to those in the legal community. It will address specific challenges attorneys face, common situations they find themselves in, and provide practical

tools for coping with these challenges and stresses. It is particularly timely for a number of reasons. On the one hand, the pressures of legal practice have never been higher. As lawyers, we are constant witnesses to human suffering. Clients come to us with complicated problems that the legal process may be ill-suited to address. The economic pressures on legal practitioners are greater than ever. We are expected to win at all costs. We constantly push ourselves harder, to work more, to bill that extra 0.1 hour. It's no wonder that lawyers have one of the highest rates of substance abuse and depression of any profession. While they are beleaguered, lawyers have few tools to deal with the strains. Interest in meditation has skyrocketed in recent years, successfully engaging the business community, but the advantages and benefits of meditation have not yet been widely recognized by the legal profession. This is ironic because a lawyer's mind is arguably her most used and valued instrument. As a group, lawyers may be reluctant to attempt meditation. Often presented in a way that feels artificial and inaccessible, it seems antithetical to a culture that places great value on logic and reason. However, meditation and mindfulness are simply tools for training the mind. In fact, "mindfulness" means "paying attention." This book will appeal to lawyers because it is premised on the clear and scientific principle that the brain, like the body, can be trained and optimized to perform better.

As a solo bankruptcy practitioner, I cannot recommend this book enough. As lawyers, we solve the problems of others. We bring calmness and peace to their lives, but we don't devote the same amount of interest into ourselves, each living a tumult of appointments and deadlines, while trying to balance a home life as well. As someone who was recommended mindfulness and meditation to manage stress, I tried many other books on the topics. I could not find a book that truly spoke to me and my needs. This book did, more so than I could have ever imagined it would. As someone who didn't truly believe meditation would work for her wandering mind and busy schedule, this made meditation simple and accessible without belaboring it. I also found that the Meditation Instructions in each chapter were excellent guides to training your focus. I recorded myself reading the instructions to assist in my own meditations, but I think they are also available in recorded form on the book's website. The book also addresses issues important to lawyers, like compassion towards others and to yourself. This book will not remove the anxiety from your life, but it will change your relationship with that anxiety to one where you choose how it is going to affect you - recognizing the moment of choice! The biggest benefit that I have received from this book is that I am aware and able to pause throughout my day and appreciate where I am, what I am so privileged to be, and how I can continue to do what I love to do without losing my sanity or myself in the process. I highly

recommend this book to anyone struggling to find a meditation practice, but especially to other lawyers who may be struggling with the same stress.

By now we all know the value of meditating but don't commit to practicing even though it only takes a few minutes and requires nothing more than sitting still and breathing. Perhaps it's because you're not sure how to get started or know the "correct" way to meditate. Maybe you're frustrated at not being able to quiet your mind. Or, you think it's too new-age-y or has religious overtones. The *Anxious Lawyer* addresses these questions and more about meditation and mindfulness in simple, relatable, language, and provides a guide to get you started and make it a habit. Highly recommended.

I have been dabbling in mindfulness exercises for awhile now, and while I think breathing exercises are immediately helpful, find mindfulness lingo hard to interpret. This book, written by lawyers for lawyers, already makes a lot more sense for me than the half dozen other mindfulness books on my shelf and, for that, I give it a great rating. I find that I prefer the guided meditations on the CALM app, though, so I am cobbling the process together. The authors have a webinar series on their website with the National Association of Women Lawyers, which I have also started.

What an amazing resource. I bought the Kindle edition, and refer to it frequently. I am enrolled in the National Association of Women Lawyers (NAWL) Georgia Chapter (GAWL) Book Club. This 8 week journey is 1/2 over already, but this book has already changed my interaction with my family, clients, and others- for the better.

I am probably one of the toughest people to convince to even try meditation. I had my first experience with Jeena's guidance, and have since read and followed her book. I can honestly say it's completely changed my perception and my ability to meditate. Don't get me wrong, I still struggle on a daily basis. But with Jeena's and Karen's guidance and encouragement, and real life examples of their struggles as practicing lawyers, it makes it easier to trust their guidance and follow along. This is a must have for every lawyer.

Jeena and Karen are both lawyers so they understand the pressures, chronic stress and anxiety lawyers are under. As lawyers we are constantly focused on others "clients, opposing counsel, judges, etc. Additionally, lawyers are trained to be critical and always thinking about all the

things that can go WRONG in every case. Combined with lack of control over the outcomes of the case, creates a condition ripe for anxiety and stress. Lawyers are too critical, not only of others, but of ourselves, sometimes with dreadful, heart-breaking consequences. Learning how to slow down and be present through mindfulness and meditation is not just useful in our practices, but may even be life-saving. Jeena and Karen explains how the practice of mindfulness and meditation has personally benefitted them. This book is full of very relatable examples from their own law practice. The book is encouraging and gently nudges the lawyers to continue with daily practice, to incorporate the concepts of mindfulness into the lawyer's daily life. This is a workbook, and over a course of an 8-week period, allows you to build a solid mindfulness and meditation practice. It's perfect for the skeptical lawyer!

Excellent material on meditation for Type A personalities.

Well done

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