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# The Anxious Lawyer: An 8-Week Guide To A Happier, Saner Law Practice Using Meditation



## The Anxious Lawyer

*An 8-Week Guide to a Joyful and Satisfying  
Law Practice Through Mindfulness and Meditation*

Jeena Cho  
Karen Gifford



## 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

"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.

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