



The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation

Jeena Cho, Karen Gifford

Download now

[Click here](#) if your download doesn't start automatically

The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation

Jeena Cho, Karen Gifford

The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation Jeena Cho, Karen Gifford

"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

 [Download The Anxious Lawyer: An 8-Week Guide to a Happier, ...pdf](#)

 [Read Online The Anxious Lawyer: An 8-Week Guide to a Happier ...pdf](#)

Download and Read Free Online The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation Jeena Cho, Karen Gifford

From reader reviews:

Mary Moore:

Typically the book *The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation* has a lot of info on it. So when you make sure to read this book you can get a lot of gain. The book was published by the very famous author. The author makes some research previous to write this book. This particular book very easy to read you will get the point easily after scanning this book.

Tony Paulson:

Do you have something that you prefer such as book? The publication lovers usually prefer to decide on book like comic, limited story and the biggest one is novel. Now, why not seeking *The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation* that give your enjoyment preference will be satisfied by reading this book. Reading routine all over the world can be said as the means for people to know world considerably better than how they react toward the world. It can't be stated constantly that reading habit only for the geeky man but for all of you who wants to possibly be success person. So, for every you who want to start reading as your good habit, you are able to pick *The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation* become your starter.

James Robinson:

In this period of time globalization it is important to someone to find information. The information will make professionals understand the condition of the world. The condition of the world makes the information better to share. You can find a lot of references to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The actual book that recommended to you personally is *The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation* this publication consist a lot of the information of the condition of this world now. This kind of book was represented how do the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. The writer made some exploration when he makes this book. That's why this book ideal all of you.

James Scott:

Is it a person who having spare time then spend it whole day by watching television programs or just resting on the bed? Do you need something new? This *The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation* can be the response, oh how comes? The new book you know. You are consequently out of date, spending your time by reading in this fresh era is common not a nerd activity. So what these ebooks have than the others?

**Download and Read Online The Anxious Lawyer: An 8-Week
Guide to a Happier, Saner Law Practice Using Meditation Jeena
Cho, Karen Gifford #L6N3TOU58PZ**

Read The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation by Jeena Cho, Karen Gifford for online ebook

The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation by Jeena Cho, Karen Gifford Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation by Jeena Cho, Karen Gifford books to read online.

Online The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation by Jeena Cho, Karen Gifford ebook PDF download

The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation by Jeena Cho, Karen Gifford Doc

The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation by Jeena Cho, Karen Gifford Mobipocket

The Anxious Lawyer: An 8-Week Guide to a Happier, Saner Law Practice Using Meditation by Jeena Cho, Karen Gifford EPub