A Bibliography of Resources on Mindfulness in the Law

by Andrew Winston

High-achieving professionals, from corporate executives to the U.S. Marines, are exploring how meditation and other forms of mindfulness can help them reduce stress, increase focus, and become more effective at work and in their personal lives.

Lawyers, law students, and legal educators, too, are increasingly interested in learning about the benefits of mindfulness. Attorneys eager to balance the demands of a full and satisfying career with the need to be engaged and positive spouses, parents, friends, and community members are curious about how contemplative techniques, whether part of faith traditions or purely secular, can help them become more effective in those roles.

Law students beginning to encounter some of the challenges of a life in the law desire to know more about techniques and perspectives that can help them better manage stress and achieve more. Below is a selective bibliography of books on mindfulness for those practicing or learning the law, as well as more general or introductory works on mindfulness.

Mindfulness Resources for Lawyers, Law Students, and Legal Educators


Susan Swaim Daicoff, Lawyer, Know Thyself: A Psychological Analysis of Personality Strengths and Weaknesses (2004).


Chad Noreuil, The Zen of Passing the Bar Exam (2010).


Introductory and General Mindfulness Resources


Daniel Goleman, Emotional Intelligence (10th anniv. ed. 2005).

Bhante Gunaratana, Mindfulness in Plain English (20th anniv. ed. 2011).


Jon Kabat-Zinn, Mindfulness for Beginners: Reclaiming the Present Moment and Your Life (2011).


Thomas Keating, Open Mind, Open Heart (20th anniv. ed. 2006).

Jack Kornfield, Meditation for Beginners (2008).


Chade-Meng Tan, Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace) (2012).


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Got an Ethics Question?

The VSB Ethics Hotline is a confidential consultation service for members of the Virginia State Bar. Non-lawyers may submit only unauthorized practice of law questions. Questions can be submitted to the hotline by calling (804) 775-0564 or by clicking on the blue “E-mail Your Ethics Question” box on the Ethics Questions and Opinions web page at http://www.vsb.org/site/regulation/ethics/.

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Endnotes:
1 Bill George, Developing Mindful Leaders for the C-Suite, HBR Blog Network (March 10, 2014, 8:00 a.m.), http://blogs.hbr.org/2014/03/developing-mindful-leaders-for-the-c-suite/.

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The Automobile Accident Jury Trial: A Factual Novel

by Terry Davis, Esq.

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