

# A Bibliography of Resources on Mindfulness in the Law

by Andrew Winston

High-achieving professionals, from corporate executives<sup>1</sup> to the U.S. Marines<sup>2</sup>, 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

Deborah Calloway, *Becoming a Joyful Lawyer: Contemplative Training in Non-Distraction, Empathy, and Emotional Wisdom* (2012).

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

Amiram Elwork, *Stress Management for Lawyers: How to Increase Personal & Professional Satisfaction in the Law* (2007).

Steven Heine, *White Collar Zen: Using Zen Principles to Overcome Obstacles and Achieve Your Career Goals* (2005).

George W. Kaufman, *The Lawyer's Guide to Balancing Life & Work: Taking the Stress out of Success* (2d. ed. 2006).

Steven Keeva, *Transforming Practices: Finding Joy and Satisfaction in the Legal Life* (10th ed. 2011).

Tim Kevan & Michelle Tempest, *Why Lawyers Should Surf: Inspiration for Lawyers at Work and Play* (2007).

Marc Lesser, *Less: Accomplishing More by Doing Less* (2009).

Marc Lesser, *Z.B.A.: Zen of Business Administration – How Zen Practice Can Transform Your Work and Your Life* (2005).

Nancy Levit & Douglas O. Linder, *The Happy Lawyer: Making a Good Life in the Law* (2010).

Douglas Noll, *Peacemaking: Practicing at the Intersection of Law and Human Conflict* (2003).

Chad Noreuil, *The Zen of Law School Success* (2011).

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

Scott L. Rogers, *Mindfulness for Law Students: Using the Power of Mindfulness to Achieve Balance and Success in Law School* (2009).

Scott L. Rogers, *The Six-Minute Solution: A Mindfulness Primer for Lawyers* (2009).

Scott L. Rogers & Jan L. Jacobowitz, *Mindfulness and Professional Responsibility: A Guide Book for Integrating Mindfulness into the Law School Curriculum* (2012).

Benjamin Sells, *The Soul of the Law: Understanding Lawyers and the Law* (reprt. ed. 1996).

*The Affective Assistance of Counsel: Practicing Law as a Healing Profession* (Marjorie A. Silver ed., 2006).

J. Kim Wright, *Lawyers as Peacemakers: Practicing Holistic, Problem-Solving Law* (2010).

## Introductory and General Mindfulness Resources

Charlotte J. Beck & Steve Smith, *Nothing Special: Living Zen* (1994).

Jeffrey Brantley & Jon Kabat-Zinn, *Calming Your Anxious Mind: How*

*Mindfulness and Compassion Can Free You From Anxiety, Fear, and Panic* (2007).

Michael Carroll, *Awake at Work: 35 Practical Buddhist Principles for Discovering Clarity and Balance in the Midst of Work's Chaos* (2006).

Mihaly Csikszentmihalyi, *Flow: The Psychology of Optimal Experience* (2008).

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

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

Thich Nhat Hanh, *Peace is Every Step: The Path of Mindfulness in Everyday Life* (1992).

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

Jon Kabat-Zinn & Thich Nhat Hanh, *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* (rev. ed., 2013).

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

Jack Kornfield, *Meditation for Beginners* (2008).

Lawrence LeShan, *How to Meditate: A Guide to Self-Discovery* (1999).

Philip Martin, *The Zen Path Through Depression* (2009).

Tim Ryan, *A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress, Improve Performance, and Recapture the American Spirit* (2013).

Sharon Salzberg, *Real Happiness at Work: Meditations for Accomplishment, Achievement, and Peace* (2013).

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

Mark Thornton, *Meditation in a New York Minute* (2006).

Eckhart Tolle, *The Power of Now* (2004).

Resources continued on page 56

Resources continued from page 55

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/>.
- 2 Mark Williams, Ph.D., & Danny Penman, Ph.D., *Meditate Just Like the U.S. Marines*, Psychology Today (July 3, 2012), <http://www.psychologytoday.com/blog/mindfulness-in-frantic-world/201207/meditate-just-the-us-marines>.

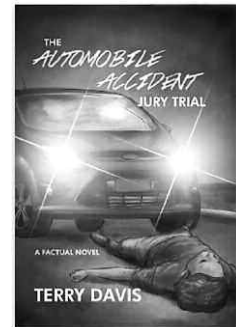


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***The Automobile Accident Jury Trial:  
A Factual Novel***

by Terry Davis, Esq.

Available for Purchase  
at Norfolk Law Library



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