

Mindfulness for Attorneys

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Other Helpful Resources

Cho, J. and Gifford, K. (2016). *The Anxious Lawyer, an 8-Week Guide to a Joyful and Satisfying Law Practice through Mindfulness and Meditation*

Krop, J. *Mindfulness for Lawyers, A Short Handbook*.

https://lawyerwellbeing.net/wp-content/uploads/2020/02/Mindfulness_Attorney-Handbook_Jon-Krop.pdf

Mindfulness in Law Society: <https://mindfulnessinlawsociety.com/>

Sounds True:

<https://www.soundstrue.com/?gclid=EAIaIQobChMIppTNppKS7AIVwCCtBh2ddQaBEAAYA>

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