**Lawyer Wellbeing: Mindfulness and Meditation Reading and Watching List**

Books and Articles

Pema Chodron, *5 Reasons to Meditate*, <https://www.lionsroar.com/5-reasons-to-meditate-september-2013/>

Susan Swaim Daicoff, *Expanding the Lawyer's Toolkit of Skills and Competencies: Synthesizing Leadership, Professionalism, Emotional Intelligence, Conflict Resolution, and Comprehensive Law*, 52 Santa Clara L. Rev. 795, 874 (2012)

Jon Kabat-Zinn, *Mindfulness for Beginners* (2016)

Nancy Levit and Douglas Linder, *The Happy Lawyer: Making a Good Life in the Law* (Oxford Univ. Press 2010).

Elizabeth Mattis-Namgyel, *The Power of an Open Question* (Shambhala 2010)

National Task Force on Attorney Well-Being, *Creating a Movement to Improve Well-Being in the Legal Profession, The Path to Lawyer Well-Being: Practical Recommendations for Positive Change* (Aug. 2017) - <https://www.americanbar.org/content/dam/aba/images/abanews/ThePathToLawyerWellBeingReportRevFINAL.pdf>

Leonard L. Riskin, *Awareness and Ethics in Dispute Resolution and Law: Why Mindfulness Tends to Foster Ethical Behavior*, 50 S. Tex. L. Rev. 493 (Spring 2009).

Leonard L. Riskin, *The Contemplative Lawyer: On the Potential Contributions of Mindfulness Meditation to Law Students, Lawyers, and their Clients*, 7 *Harvard Negotiation Law Review* 1-66 (2002)<https://papers.ssrn.com/sol3/papers.cfm?abstract_id=1465248>

Charity Scott, *Mindfulness in Law: A Path to Well-Being and Balance for Lawyers and Law Students*, 60 Ariz. L. Rev. 635, 637 (2018)

Roberta Tepper, *Balancing Act – Lawyers, Time and Life,* ABA Law Practice Today (Feb 2018) – <http://www.lawpracticetoday.org/article/balancing-lawyers-time-life/>

The Meditative Perspective Copy included in materials

 David M. Zlotnick, *Integrating Mindfulness Theory and Practice into Trial Advocacy*, 61 J. Legal Education 654 (2012)

Guided Meditations

<http://marc.ucla.edu/mindful-meditations>

Jon Kabat-Zinn, Mountain Meditation, 16 minutes, available at <https://youtu.be/3Kg-Z8RIiAI>

Finding Peace in uncertain time <https://youtu.be/W19PdslW7iw>

Meditation in the Peaceful Forest <https://youtu.be/o7tcdeHFZPc>

Core Values

Returning to values as a people <https://youtu.be/w3rxxi0BVxE>

Alan Watts -The Dream of Life <https://youtu.be/wU0PYcCsL6o>

Andrea Bocelli – Amazing Grace <https://youtu.be/bpXwOSHTwsY>

Jean Sibelius Finlandia <https://youtu.be/F5zg_af9b8c>

Ode to Joy <https://youtu.be/kbJcQYVtZMo>

Supplemental Videos

(*Note: Many of the YouTube videos have ads, sorry about that, please feel free to skip them)*

<https://youtu.be/LwXaPLackM0> Coffee and Wisdom - The Need for Humor as you Begin Meditation

<https://youtu.be/5AqgMo1P05E> Shauna Shapiro - Mindfulness Meditation and the Brain

<https://youtu.be/NuwV-aowLkE> Ronda Magee, Shauna Shapiro and Tim Desmond How Mindfulness Can Help With Anxiety (during the Pandemic)

<https://youtu.be/LFwEEqMmY6k> Shauna Shapiro The Power of Mindfulness and Compassion in the Workplace

<https://youtu.be/thcEuMDWxoI> Meditation is Easier than You Think

<https://youtu.be/IeblJdB2-Vo> Shauna Shapiro The Power of Mindfulness

<https://youtu.be/I_u-Eh3h7Mo> The Concept of Flow

<https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-de285d542f4c> Understanding and Dealing with Surge Capacity