



LIFE HACKS

FOR TIME CRUNCHED PROFESSIONALS

NALP Conference– SAN FRANCISCO 2017

Additional Resources

Books

Shawn Achor, <i>The Happiness Advantage</i> (2010)
Jeena Cho and Karen Gifford, <i>The Anxious Lawyer</i> (2016)
Pema Chodron, <i>When Things Fall Apart</i> (1997)
Pema Chodron, <i>The Wisdom of No Escape</i> (2001)
Mallika Chopra, <i>Living with Intent</i> (2015)
Paul Dolan, PhD, and Daniel Kahneman, <i>Happiness by Design</i> (2014)
Dan Harris, <i>10% Happier</i> (2014)
Jon Kabat-Zinn, <i>Mindfulness for Beginners</i> (2016)
Eric Langshure & Nate Klemp, PhD, <i>Start Here, Master the Lifelong Habit of Wellbeing</i> (2016)
Gretchen Rubin, <i>The Happiness Project</i> (2009)
Gretchen Rubin, <i>Better than Before</i> (2015)
Brigid Schulte, <i>Overwhelmed: Work, Love, And Play When No One Has The Time</i> (2014)
Ronald Siegel, <i>The Mindfulness Solution</i> (2010)

Articles

Teresa Brostoff, *Meditation for Law Students: Mindfulness Practice as Experiential Learning* (September 9, 2016). *Law and Psychology Review*, Vol. 41, 2017, *Forthcoming*; U. of Pittsburgh Legal Studies Research Paper No. 2016-26.

Amber Brenza, “Mind Over Medicine”, DR. OZ THE GOOD LIFE, Mar. 2017, at 116.
 Lashieka Hunter, “Happy Thanksgiving: For Real This Time”, DR. OZ THE GOOD LIFE, Nov. 2016, at 116.

Jennifer King Linley, “The Healing Power of Gratitude”, REDBOOK, Nov. 2016, at 83.

Blogs

Gretchenrubin.com, My experiments in the pursuit of happiness and good habits.

“Happiness”, Web blog, HUFFINGTON POST, Mar. 8, 2017
 (<http://www.huffingtonpost.com/news/happiness/>).

“Well|Mind”, Web blog, THE NEW YORK TIMES, Mar. 8, 2017
 (<https://www.nytimes.com/section/well/mind>).

Jamie Price, “Monday Mindfulness”, Web blog. MY FITNESS PAL, Mar. 8, 2017
 (<http://blog.myfitnesspal.com/author/jamie-price/>).

Meditation Apps*

10 % Happier

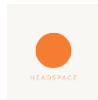


Buddhify



Calm

Headspace



Mindfulness



Omvana



Stop, Breathe & Think



YogaGlo



*The above app symbols are registered trademarks.

Websites

The Anxious Lawyer, <http://theanxiouslawyer.com/>.

How to Meditate – Well Guides – The New York Times,
<https://www.nytimes.com/well/guides/how-to-meditate>.

Mindfulness for Lawyers, <http://www.mindfulnessforlawyers.com/>.

UCLA Mindful Awareness Research Center, <http://marc.ucla.edu/mindful-meditations>.

CDs

Jon Kabat-Zinn, Mindfulness for Beginners (2016)
Rafa Sela, Meditation Music (2016)

Meditation Centers

Insight Meditation Community of Washington, Garrett Park, MD
Cambridge Insight Meditation Center, Cambridge, MA
New York Insight Meditation Center, New York, NY
InsightLA, Santa Monica, CA