



The Six-Minute Solution: A Mindfulness Primer for Lawyers (Paperback)

By Scott L Rogers

Mindful Living Press, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Recent scientific research has confirmed that ancient contemplative principles are capable of changing the physical structure and function of the brain, which reflects the reduced levels of stress, increased productivity and improved health and well-being in those who practice them. The Six-Minute Solution: A Mindfulness Primer for Lawyers is based on the Jurisight(R) program, which attorneys have used to incorporate mindfulness techniques seamlessly into their busy lives. The time-tested lessons contained in this easy-to-read book are specifically designed so that they can be integrated into the most hectic schedule and help any lawyer achieve greater balance, clarity of mind and effectiveness both personally and professionally.



READ ONLINE
[5.69 MB]

Reviews

A brand new e book with a brand new standpoint. I have read through and that i am certain that i am going to gonna go through again once more in the future. Its been developed in an remarkably simple way in fact it is merely right after i finished reading through this book in which basically modified me, modify the way in my opinion.

-- **Prof. Llewellyn Thiel**

This book might be worth a read, and far better than other. It is rally interesting throug studying time period. I discovered this book from my i and dad suggested this ebook to find out.

-- **Isobel Bailey**

Other Kindle Books



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How can inclusive early educators plan and deliver...



Child s Health Primer for Primary Classes

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Description Notice: This Book is published by Historical Books Limited (as a Public Domain Book, if...



What is Love A Kid Friendly Interpretation of 1 John 311, 16-18 1 Corinthians 131-8 13

Teaching Christ's Children Publishing. Paperback. Book Condition: New. Daan Yahya (illustrator). Paperback. 26 pages. Dimensions: 10.0in. x 8.0in. x 0.1in.What is Love is a Bible based picture book that is designed to help children understand what love is. In the story, twins...



Why Is Dad So Mad?

Tall Tale Press, United States, 2015. Paperback. Book Condition: New. Karissa Gonzalez-Othon (illustrator). 211 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.The children s issues picture book Why Is Dad So Mad? is a story for...



Why Is Mom So Mad?: A Book about Ptsd and Military Families

Tall Tale Press, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The children s issues picture book Why Is Mom So Mad? is a story for children in military...