

## Index

- ABA. *See* American Bar Association
- ABCDE method, 92  
 disputation, 93  
 distraction, 92  
 energization, 93
- Access to justice, 244–59  
 labyrinth, 245–48
- American Bar Association, 2, 7, 49, 52, 195
- American Civil Liberties Union, the, 234
- American Institute of Stress, 10
- anger, 136, 148, 190
- anxiety, 28
- Asimow, Michael  
*Law and Popular Culture: A Course Book*, 49, 53
- authenticity, 224–25
- Bain, Barnet, 145, 241–42  
*The Book of Doing and Being: Rediscovering Creativity in Life, Love, and Work*, 4, 10, 145, 171, 259
- Baker, Lisle, 18, 23
- balance, 17, 74
- balcony, going to the, 120
- Ben-Shahar, Tal  
*Happier*, 8–9, 21, 228
- best day, 230
- Borman, Deborah, 184
- Bradberry, Travis, 24  
*Emotional Intelligence 2.0*, 122–24  
*Emotional Intelligence Quick Book*, 122–24
- brain thinning, 107
- Breyer, Stephen, 15
- Brooks, John, 256
- Brown, Daniel  
*The Lost Art of Paying Attention*, 18, 23
- Brown, Heidi  
*The Introverted Lawyer*, 34, 194
- Bush, Mirabai  
*Working with Mindfulness Audio CD*, 131, 147
- calm state, 106
- Cambridge, Jessica  
*Emotional Intelligence: How to Quickly Develop Your Emotional Intelligence, Complete Guide to Improving Your Emotional Intelligence*, 122
- Cameron, Julia  
*The Artist's Way*, 20, 42, 125, 167, 171
- carbon monoxide, 106
- career objectives, 75
- Carnegie Report, 59–60, 71
- Center for Appreciative Inquiry, 10
- Cho, Jeena  
*The Anxious Lawyer*, 224
- Ciaramicoli, Arthur  
*The Stress Solution: Using Empathy and Cognitive Behavioral Therapy to Reduce Anxiety and Develop Resilience*, 205
- Clinton, Bill, 162
- Cohen, Gabriel  
*Storms Can't Hurt the Sky: A Buddhist Path through Divorce*, 94
- common legal problems, 246
- communication, 173  
 bad examples, 180  
 email, 173  
 emotionally intelligent, 173  
 falsehoods and lies, 175  
 threats, 177
- compassion, 7, 14, 63
- concentration, 107  
 taxi drivers study, 108
- conflicts, 7, 204–208
- control, giving up, 129
- core values, 12, 73

- Craib, Richard, 256  
 creativity, 9, 10, 44–46, 98, 112, 171,  
 223, 237–42  
 cross-cultural lawyering, 208–14  
 Csikszentmihalyi, Mihaly  
*Flow*, 236
- decision making, 215–20  
 depression, 26, 28, 38, 103, 108, 150–52  
 device distractions, 17–18,  
 23–24, 133  
 cell phones, 17–18, 23–24, 133  
 dichotomies, 15–16  
 emotions, 152  
 difficult people, 154–157  
 calm delivery, 159  
 graceful exit, 159  
 timing, 159  
 difficult situations, 154–57  
 disruptive movement, 256  
 Dream Big, 255  
 Dweck, Carol  
*Mindset: The New Psychology of Success*, 121,  
 161, 184
- Educating Lawyers*. See Carnegie Report  
 efficiency, 33–47  
 ego, 143  
 emotional energy, 37  
 emotional intelligence, 117–37  
 advanced, 138–64  
 balcony, going to the, 120  
 in writing, 165–81  
 introduction, 119  
 theory, 121  
 emotions, 136, 145–48  
 processing, 145–48  
 welcoming, 145–48  
 empathetic brain, 196  
 empathy, 194–207  
 death or trauma, 203  
 law school, 205  
 loving-kindness, 200  
 meditation, 197, 200  
 METTA, 200  
 service, 198  
 steps to, 201–203  
 stress reduction, 205  
 versus sympathy, 199  
 energy  
 emotional, 37  
 physical, 36  
 spiritual, 40  
 exercise, 20, 36, 124
- feedback, 182–93  
 Fiske, Susan  
*Envy Up, Scorn Down: How Status  
 Divides Us*, 202  
 flow, 235–38  
 focused mind, 39  
 forgiveness, 161  
*Foundations for Practice* survey, 64
- generosity, 248–52  
 Gifford, Karen  
*The Anxious Lawyer*, 224  
 Goldberg, Natalie  
*Writing Down the Bones*, 166–67  
 Golden, Bernard  
*Overcoming Destructive Anger: Strategies That  
 Work*, 148  
 Goleman, Daniel  
*Emotional Intelligence: Why It Can Matter  
 More Than IQ*, 121, 235  
 Gómez, Laura, 256  
 Google, 122  
 Google Chrome, 255  
 gratitude, 260–61  
 Greaves, Jean  
*Emotional Intelligence 2.0*, 122–24  
*Emotional Intelligence Quick Book*, 122
- Halpern, Charles  
*Making Waves and Riding the Currents*,  
 109, 206  
 Hamilton, Neil, 69, 72  
 Holloran Center, 63, 182  
 Hanson, Rick  
*Buddha's Brain*, 27, 183  
 happiness, 8, 9, 14, 33–47, 87, 101, 120, 124,  
 128, 129, 150, 184, 229–31, 235,  
 255, 260  
 Harvard Program on Negotiation, 7  
 Heathfield, Susan M., 11, 188  
 Heen, Sheila  
*Thanks for the Feedback: The Science and Art of  
 Receiving Feedback Well*, 193  
 Holloran Center, 60–63, 65, 182  
 hopefulness, 90  
 Huang, Peter H., 14–15, 59–60, 215–20  
*The Zombie Lawyer Apocalypse*, 59–60  
 humility, 7, 126–27
- ideal day, 16–17  
 implicit bias, 212  
 Institute for Advancement of the American Legal  
 System, 64  
*Foundations for Practice* survey, 64

- International Listening Association, 10  
 introversion, 34, 194, 226
- Jacobowitz, Jan  
*Mindfulness and Professional Responsibility*, 107
- jar of stones analogy, 41
- Judge Judy, 53
- judgment, 143–45  
 ego, 143  
 separation, 143
- Kabat-Zinn, Jon, 26, 87, 102–105  
*Full Catastrophe Living*, 105  
*Wherever You Go, There You Are*, 105
- kindness, 136
- King, Stephen, 170
- Korb, Alex  
*The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time*, 28, 169, 260
- Kornfield, Jack  
*After the Ecstasy, the Laundry: How the Heart Grows Wise on the Spiritual Path*, 11, 128–29, 140–41, 155–56, 162, 171
- Krznaric, Roman  
*Empathy: Why It Matters and How To Get It*, 196, 202
- labyrinth, 245–46
- lawyer  
 becoming a, 11  
 in the media, 52–54  
 jokes, 49–54  
 perceptions, 49  
 skill sets, 56
- lawyer in society, 48–55
- Learned Optimism* (Seligman), 10  
 hopefulness, 90  
 permanence, 89  
 personalization, 91  
 pervasiveness, 89
- learning by doing, 77
- legal education  
 deficiencies, 66  
 history of, 58  
 revolution, 60  
 Shultz, Marjorie, 61  
 Zedeck, Sheldon, 61
- legal writing, 165–81  
 formula, 168
- Lencioni, Patrick M.  
*Emotional Intelligence 2.0*, 122–24
- Levit, Nancy, 233–38  
*The Good Lawyer*, 194
- The Happy Lawyer: Making a Good Life in the Law*, 232, 237, 238
- Linder, Douglas, 194, 232–38  
*The Good Lawyer*, 194  
*The Happy Lawyer: Making a Good Life in the Law*, 232–38
- Lindsay, Nicole  
*Taking Constructive Criticism Like a Champ*, 187
- listening, 131–33
- Llewellyn, Karl N., 58–60, 68  
*The Bramble Bush*, 59
- loving-kindness, 200
- low income clients, 245–46
- Lyubormirsky, Sonja  
*The How of Happiness*, 184
- Mader, Shannon  
*Law and Popular Culture: A Course Book*, 49, 53
- managing energy, time, and physical space, 33–47
- managing physical space, 43
- Mandela, Nelson, 162
- McGinn, Randi  
*Changing Laws, Changing Lives*, 12, 96, 154
- Melcher, Michael, 86, 217  
*The Creative Lawyer*, 12, 42, 127, 154
- METTA, 200
- Miedaner, Talane, 174  
*Coach Yourself to Success*, 16, 157, 158, 159, 161, 192
- Miley, Leslie, 256
- Mindful Warrior Project, 107
- mindful workspace, 44
- mindfulness, 1, 21–32, 100–15, 121–24, 215–17  
 aggression, 108  
 amygdala, 108  
 anger, 108  
 concentration, 107  
 daily practice, 124–25  
 defined, 105  
 depression, 108  
 emotional intelligence, 124–25  
 hippocampus, 108  
 history of, 101–102  
 jealousy, 108  
 popularity in the west, 102  
 practice of law, 108–11  
 practices, 124, 195  
 science behind, 105–108  
 techniques, 21–32, 112–14
- Morgan, Thomas  
*The Vanishing American Lawyer*, 68

- Mullainathan, Sendhil  
*Scarcity, Why Having Too Little Means So Much*, 30–31, 203
- Muller, Wayne  
 Bread for the Journey, 225, 252  
*Four Questions*: 1. Who am I?, 227  
*Four Questions*: 2. What do I love?, 228  
*Four Questions*: 3. How shall I live?, 228  
*Four Questions*: 4. What is my gift to the family of the earth?, 228  
*How Then, Shall We Live?*, 139, 225–40, 249, 250  
 multitasking, 24, 25
- Neff, Kristen  
*Self-Compassion: The Proven Power of Being Kind to Yourself*, 149, 185  
 non-attachment, 129–31  
 non-judgment, 140–45  
 non-profits, 253
- Oakley, Adam, 100, 144, 151  
*Inner Peace Poetry: Poems on Inner Peace, The Self, Life and Human Nature*, 100
- Oliver, Mary  
 Selected Poems, 3
- Organ, Jerry  
 Holloran Center, 63, 182
- Oz, Mehmet C.  
*You Stress Less*, 136
- patience, 131  
 peak experiences, 12–13, 233–34  
 perfection, 168  
 permanence, 89  
 personalization, 91  
 pervasiveness, 89  
 Petersen, Todd, 152  
 physical energy, 36  
 popular culture, 48–55  
 practicum, 3, 11  
 Prakash, Manu, 255  
 present attention, 17  
 Price, Reynolds  
*A Whole New Life*, 231  
 procrastination, 169  
 professional identity, 244–59  
 formation, 71–82  
 professional responsibility, 248–59  
 PTSD, 107  
 purpose, 221–43  
 Who am I?, 223
- Qurashi, Fahad, 249
- Recio, Tony, 111  
 resilience, 83–99  
 people of color, 95–97  
 women, 95–97  
 write your own story, 97
- Right Action, 54
- Riskin, Gerald A.,  
*The Successful Lawyer*, 159–60
- Riskin, Leonard, 110  
 rituals, 37
- Roberts, James A.  
*Too Much of a Good Thing*, 17–18
- Rogers, Scott, 105, 111  
*Mindfulness and Professional Responsibility*, 107  
*Mindfulness, Law and Reciprocal Practice*, 105
- Roizen, Michael F.  
*You Stress Less*, 136
- Rosen, Corie  
*Zombie Lawyer Apocalypse*, 59
- sadness, 28, 150, 151
- Sandberg, Sheryl  
*Option B: Facing Adversity, Building Resilience, and Finding Joy*, 84, 88
- Sandefur, Rebecca, 245
- self-awareness, 1–17, 73, 208–09, 243  
 cultural, 208  
 transforming the profession, 243
- self-compassion, 149, 185
- self-motivation, 76
- Seligman, Martin E., 10, 88–92  
*Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*, 10  
*Learned Optimism*, 88
- Shafir, Eldar  
*Scarcity, Why Having Too Little Means So Much*, 30, 203
- Shultz, Marjorie, 61
- Singerman, Paul, 111
- skill sets, 56–70
- sleep, 34, 37, 103, 106, 107, 126, 136, 219, 231, 241, 260
- SMART Learning Goals, 77
- spiritual energy, 40
- Stone, Douglas  
*Thanks for the Feedback: The Science and Art of Receiving Feedback Well*, 193
- Strengths, 12–15
- strengths and weaknesses, 74
- stress, 2, 14–15, 26–32, 46, 102, 205  
 science, 27

- Sullivan, William  
*Educating Lawyers: Preparation for the Profession of Law*, 59, 72  
*Professional Formation as Social Movement*, 257, 258
- Tabriz, Parisa, 255
- Tan, Chade-Meng  
*Search Inside Yourself*, 110, 122, 145
- third apprenticeship, 71–72
- Thoreau, Henry David  
*Political Writings*, 131
- time, 33
- time management, 33, 41–43
- Too Much of a Good Thing* (Roberts), 18
- transforming law schools, 244–52
- Tropin, Harley, 110–11
- University of New Mexico School of Law, i, xi, 11, 253–54, 257
- University of Pennsylvania  
 authentic happiness, 14
- Ury, William  
*Getting to Yes*, 120–21  
*Getting to Yes with Yourself*, 120–21, 162–64  
 Harvard Program on Negotiation, 7
- VIA character strength test, 14
- visualization  
 you as a lawyer, 55
- Who am I?, 223–31
- Wilson, Paul, 106  
*The Calm Technique*, 106
- writing  
 legal, 165–81  
 love of, 171  
 power of, 172
- yoga, 107  
 elementary school, 107
- Youth Leadership Institute, 249
- Zedeck, Sheldon, 61