

THE LEGAL BRAIN

The Legal Brain is an essential guide for legal professionals seeking to understand the impact of chronic stress on their brain and mental health. Drawing on the latest neuroscience and psychology research, the book translates complex scientific concepts into actionable advice for legal professionals looking to enhance their well-being and thrive amidst the demands and stressors of the profession. Chapters cover optimizing cognitive fitness and performance, avoiding or healing cognitive damage, and protecting “the lawyer brain.” Whether you are a law student, practicing lawyer, judge, or leader of a legal organization, this book provides valuable insights and strategies for building resilience, maintaining peak performance, and protecting your most important asset – your brain.

Debra S. Austin, JD, PhD, is Professor of the Practice of Law at the University of Denver Sturm College of Law. Dr Austin is a nationally recognized expert in lawyer well-being, with a focus on how to improve performance by enhancing brain health and mental strength.

The Legal Brain

A LAWYER'S GUIDE TO WELL-BEING AND BETTER JOB PERFORMANCE

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To Richard, my kind and perseverant orchid. To Phillip,
my optimistic and resilient dandelion. To Katherine, the
igniter of my flame.

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