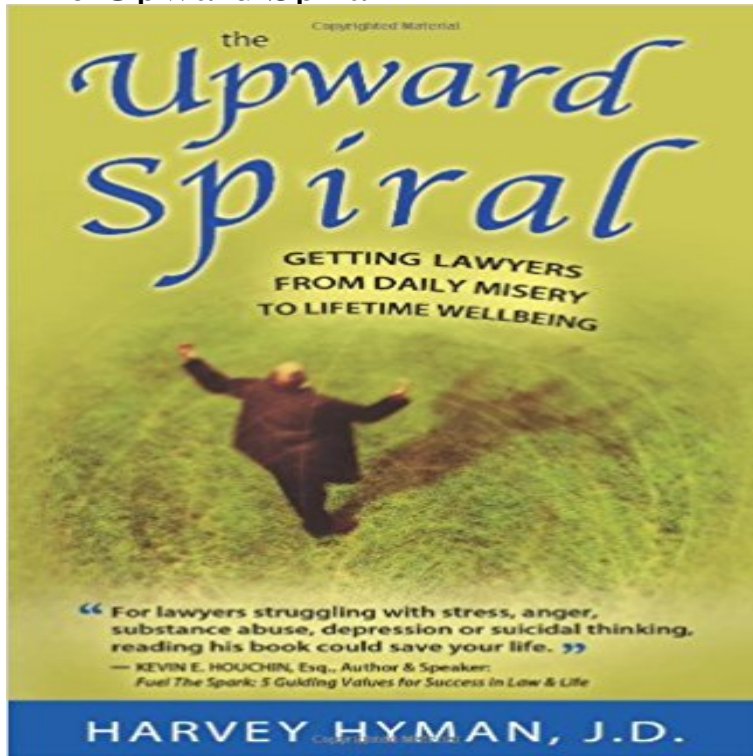


## The Upward Spiral



Lawyers help others but take very poor care of themselves. In their quest to max out their earning potential and afford the best material goods our economy has to offer, lawyers lead a narrow, grimly serious existence without emotional rewards. They work inhuman hours yet always feel pressured for time. Since they never stop, breathe, and relax, they are frequently tense, irritable and ready to bark. Lawyers are highly competitive, results-oriented and easily shamed by losing. They see opposing lawyers as the enemy and they substitute suspicion, cynicism and verbal abuse in place of peaceful, connected communication. This has made lawyers sick, sick of being lawyers and sick both mentally and physically. In polls of career satisfaction, more than half of all lawyers say they would quit today if they could afford it. One out of every five lawyers has major depression or alcoholism. Lawyers are 3.6 times more likely to be depressed than all other people working full time, and twice as likely to be alcoholics. It doesn't have to be this way. Lawyers can learn to let go of their manic pursuit of material wealth and value things like love, friendship, self-discovery, authenticity, spirituality and working with others to create something deeply meaningful. Lawyers can learn to overcome the polarizing us/them mindset which turns colleagues who deserve inclusion, respect and cooperation into enemies to be feared, mistrusted, hated and attacked. They can be taught to practice law with inspiration, enthusiasm, zest, pride and pleasure. They can learn how to practice effectively and yet still give themselves what human beings need - freedom, sunshine, fresh air, rest, ease, play, laughter, spirituality, creativity, and the pleasures of family, friendship and community. This book is a comprehensive self-help guide that can save the careers and lengthen the lives of lawyers under stress, and help them

achieve the unthinkable - to feel happy,  
joyful, grateful to be alive.

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