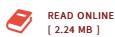


The Six-Minute Solution: A Mindfulness Primer for Lawyers (Paperback)

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 wellbeing 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.





Reviews

This is an amazing book that I actually have actually read through. I am quite late in start reading this one, but better then never. You will not truly feel monotony at anytime of the time (that's what catalogs are for concerning should you ask me).

-- Scottie Schroeder DDS

This written publication is wonderful. It can be writter in straightforward phrases instead of confusing. I discovered this pdf from my dad and i suggested this publication to learn.

-- Jesse Tremblay

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