MEDITATION RESOURCE LIST 2

INTRODUCTION TO MINDFULNESS AND MEDITATION FOR ATTORNEYS

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**BOOKS**

***The Six Minute Solution: A Mindfulness Primer for Lawyers*** by Scott Rogers - a Lawyer and law professor in Florida tells lawyers how to engage in daily practice.

***The Anxious Lawyer*** by Jeena Cho and Karen Gifford - An eight week program for establishing a daily meditation practice.

***Ten Percent Happier*** by Dan Harris - The CBS anchor talks about his journey to finding meditation in his life and guaranteeing that the practice will make you 10% happier.

***Meditation for Fidgety Skeptics*** by Dan Harris - A user guide to meditation.

***Mindful of Race by Ruth King*** - Transforming racism using mindfulness and meditation.

***Peace is Every Step*** by Thich Nat Hahn - How to find peace in everyday life.

**BLOG/WEBSITES**

*<https://brilliantlegalmind.com>*. Loren VanDyke Wolff created this space to help other lawyers and professionals learn about mindfulness meditation and practices.

*<https://www.rhondavmagee.com>* Law professor at UCSF and meditation teacher who has some guided meditations on her website.