Mindfulness

- Goodbye Rambo, hello 'mindfulness': More lawyers embrace Zen-inspired techniques

- The Contemplative Lawyer: On the Potential Contributions of Mindfulness Meditation to Law Students, Lawyers, and their Clients
  https://www.law.berkeley.edu/berkeley-initiative-for-mindfulness-in-law/resources/for-law-professionals/

- Lawyers Go Zen, with Few Objections
  http://www.wsj.com/articles/lawyers-go-zen-with-few-objections-1434586250

- The Evidence is In: Mindfulness is a Powerful Stress Reliever
  http://www.lexpert.ca/magazine/article/lawyers-and-mindfulness-2781/

- Train Your Brain to Focus Better
  https://hbr.org/2016/03/how-to-practice-mindfulness-throughout-your-work-day