



# **Mindfulness for Law Students: Using the Power of Mindfulness to Achieve Balance and Success in Law School**

*Scott L. Rogers*

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Mindfulness for Law Students is a one-of-a-kind book that is specifically designed to introduce law students to fundamental contemplative practices as well as the cutting-edge research that shows how incorporating mindfulness techniques can alter the physical structure and function of the brain to reflect decreased levels of stress, increased levels of productivity and improved mental health. This book is based on the Jurisight® program - which uses legal terms and concepts to teach lawyers what they need to know about mindfulness and neuroscience to lead more balanced and effective lives - and written with input from law students, law professors and recent law school graduates to ensure that the lessons are accessible to law students and can be easily integrated into their busy schedules. "As a first-year law student, I found that I didn't need another book on the law school experience, nor a bevy of outlines and advice. What I needed was a way to help myself focus in the midst of a very intense and sometimes chaotic experience. Mindfulness for Law Students introduces mindfulness concepts in a way that will help law students remain self-aware and keep the law school experience in its proper perspective. " -- Dale Dobuler, second-year law student

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