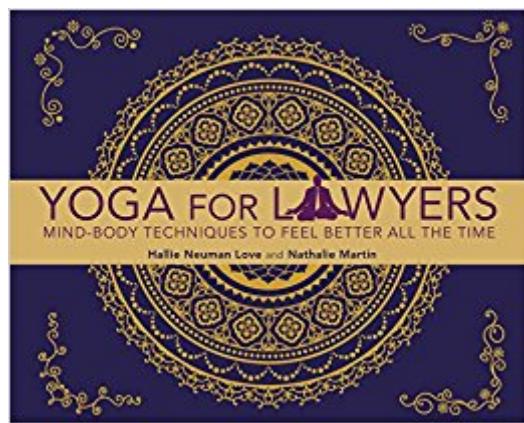


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# **Yoga For Lawyers: Mind-Body Techniques To Feel Better All The Time**



## **Synopsis**

Lawyers are twice as likely to be alcoholics than the general population, and three times more likely to suffer a heart attack. *Yoga for Lawyers* is here to help! Written by lawyers, for lawyers, this is a short, user-friendly yoga book focused on effective ways to de-stress every day, throughout the day, in very little time. The featured meditative yoga techniques and safe therapeutic yoga stretches are medically proven to be healthy ways to relieve stress.

## **Book Information**

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## **Customer Reviews**

Hallie Neuman Love practiced law for more than ten years. Currently, and for the past 12 years, Hallie is a full-time teacher of yoga therapy, Pilates, and meditation. She resides in Santa Fe, New Mexico. Nathalie Martin has been teaching law at the University of New Mexico School of Law and has practiced yoga for over a decade in order to better balance the demands of teaching, scholarship, practicing law. She resides in Albuquerque, New Mexico.

gifted this to my friend. we are both lawyer, and the stuff in this book was very helpful. just wish they updated the photos & make it easier to follow.

This is great!!! As an attorney and a yogi I am grateful that we have this resource.

In this beautifully bound book, the authors (also lawyers) explain the science behind the mind-body

connection. They demonstrate how yoga & meditation can help lawyers reduce their stress, increase their overall well-being, and, in short, become more effective lawyers. The book includes step-by-step instructions of the poses through pictures, which makes it ideal for the novice practitioner. This is a great reference book for lawyers to have handy when they want to take 15-30 minutes out of their busy schedules to relax and practice yoga and meditation from the comfort of their own home or office. Arezou Kohan, Esq., Life/Business Coach and Author of *Coaching Your Client: A Lawyer's Guide for Improving Client Communication and Outcomes* (ABA 2015) and *Healing Conflict* ( 2012)

As a yoga teacher and a lawyer - this book was a dream come true for me! Yoga and meditation have been invaluable to my overall wellbeing and have given me the tools to have a more joyful work and family life. I have been looking for a resource to recommend to lawyers about the benefits of a yoga practice - this book is perfect. *Yoga for Lawyers* gives the practical and scientific background as to why yoga works - which is perfect for our logical lawyer brains. It also explains why yoga is beneficial to lawyers and specifically addresses a lot of health concerns that come with practicing law (stress-related illnesses, substance abuse, etc.). I love that there are pictures and suggested yoga sequences, so one can start practicing yoga and receive the benefits right away. If you're a lawyer struggling with work/life balance or the side effects of working in one of the more stressful industries, I highly recommend this book.

"Hallie N. Love and Nathalie Martin have put together a timely and much needed resource for lawyers in the form of the book *Yoga For Lawyers: Mind-Body Techniques to Feel Better All the Time*. Their deep passion and combination of expertise as lawyers and well-ness specialists serves the legal profession at a time when cultivating mind-body connection through practice could be the make-or-break for the lawyer's sanity and ability to keep up with a very demanding job. This offer supports the expansion of the lawyer's mindset and opening to new dimensions of health, wealth, and sustainable success while practicing law. It is beautifully presented and could serve as the greatest gift to any lawyer or mediator, and a gift lawyers and mediators could buy for the other legal professionals working with them, as well as buying it for themselves. •

Highly Recommended for you - if your work world involves stress! Additionally, if you want to stay on your A-Game of best attitude and best ability, this book will get you there and keep you there! Years ago I had the privilege of learning from Hallie many of the teachings included in

this book. This knowledge has been nothing short of lifesaving for me. As a desk jockey and constant traveler, it has helped to keep me mentally sharp and out of chronic physical pain. I would have titled it, An Essential Users Manual For The Human Body and Mind. With this book, I now have a complete reference guide to take with me wherever I go. I recommend it to all my friends and business associates. Ron Wright CEO, Alii Kai Resort, Kauai, Hawaii

I have been training with Ms. Love in her Yoga, Pilates and I-rest techniques for at least 15 years, and the results are amazing. She is highly skilled in demonstrating her techniques physically, but her real forte is in explaining precisely how to do all of the movements correctly, and how to keep one's body safely aligned. She also stresses how important the mind-body connection is, and how that connection allows one to maintain physical health and a refreshed, energized mental state. This book translates all of her verbal skills into the written word, along with precise photos of each exercise. It is perfect not only for lawyers, but for any individual engaged in a mentally stressful, long-houred profession where they are trapped behind a desk for much of their waking life. I highly recommend it!

I have recently been exposed to the rich and rewarding ideas of mindfulness and yoga which are described in *Yoga for Lawyers*. As a PhD mathematician-scientist, I appreciate the health-science explanations in this book. I also find that the positive emotions from the practice of yoga help me overcome the intellect-emotion disconnect that purely analytical thinking creates. While analytical thinking is important in my work, I am grateful to also discover greater well-being in my personal life from the practice of yoga. Fortunately, this well written book clearly describes exercises which establish neural pathways of positivity. I would recommend it to all professions where analytical thinking is emphasized, including the profession of law.

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