



## Additional Resources

*5 Ways to Increase Satisfaction in Your Law Practice*

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### Communication Skills:

*Why Can't We Listen?* By Stephen G. Scholl available at <http://www.lawyer-coach.com/index.php/2013/09/17/why-cant-we-listen/>

*Negotiating with Belligerent Opposing Counsel* by Debra L. Bruce available at <http://www.lawyer-coach.com/index.php/2012/07/24/negotiating-with-belligerent-opposing-counsel-2/>

*Is Your Listening Tuned to the Right Station?* By Debra L. Bruce available at <http://www.lawyer-coach.com/index.php/2012/01/26/is-your-listening-tuned-to-the-right-station/>

#### Book recommendations:

*Crucial Conversations* by Kerry Patterson, *et al.*

*Crucial Accountability* by Kerry Patterson, *et al.*

*Conscious Choosing for Flow* by Hayden M. Hayden

*Nonviolent Communication* by Marshall Rosenberg

*The EQ Edge: Emotional Intelligence and Your Success* by Steven J. Stein & Howard E. Book

### Systemization:

*Systematize to Optimize Your Legal Practice*, a 3-part blog post series in 2012 by Debra L. Bruce available at <http://www.lawyer-coach.com/index.php/2012/09/05/systematize-to-optimize-your-legal-practice-part-1-why/>

*Should A Solo Buy Law Practice Management Software?* - a 2011 blog post by Debra L. Bruce available at <http://www.lawyer-coach.com/index.php/2011/03/15/should-a-solo-buy-law-practice-management-software/>

*Choosing Law Practice Management Software*, a 2011 blog post by Debra L. Bruce available at <http://www.lawyer-coach.com/index.php/2011/04/06/choosing-law-practice-management-software/>

Other blog posts under the "Attorney Time Management" category in the *Raising the Bar* blog at [www.lawyer-coach.com](http://www.lawyer-coach.com)

#### Book recommendations:

*Getting Things Done* by David Allen

*Paperless: A MacSparky Field Guide* by David Sparks (eBook)

*How to Do More in Less Time* by Allison C. Shields & Daniel J. Siegel (ABA book)



## Meaning & Purpose

*What Are Your Values? Deciding What's Most Important in Life* by Mind Tools available at [http://www.mindtools.com/pages/article/newTED\\_85.htm](http://www.mindtools.com/pages/article/newTED_85.htm)

*How to Live with Purpose, Identify Your Values and Improve Your Leadership*, a 2015 blog post at Huff Post by Anne Loehr available at [http://www.huffingtonpost.com/anne-loehr/how-to-live-with-purpose-b\\_5187572.html](http://www.huffingtonpost.com/anne-loehr/how-to-live-with-purpose-b_5187572.html)

VIA survey – Identifying your character strengths <http://www.viacharacter.org/www/The-Survey>

Realise2 <http://www.capeu.com/Realise2/Realise2StandardProfile.aspx> (values assessment)

### **Book recommendations:**

*StrengthsFinder 2.0* by Tom Rath (includes code to do strengths assessment online)  
*Essentialism: The Disciplined Pursuit of Less* by Greg McKeown

## Importance of Workplace Relationships

*What's Love Got to Do with It? A Longitudinal Study of the Culture of Companionate Love and Employee and Client Outcomes in the Longterm Care Setting*, by Sigal G. Barsade and Olivia A. O'Neill available at <http://mgmt.wharton.upenn.edu/?LinkServID=1CCA2143-EBC7-4D12-A47F360C2FF68CBC>

*Satisfaction in the Practice of Law: Findings from a Long-term Study of Attorney's Careers* by David L. Chambers, University of Michigan Law School available at [http://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=2274162](http://papers.ssrn.com/sol3/papers.cfm?abstract_id=2274162)

*Hostility, Social Support and Perceptions of Work*, by Barbara McCann, et al. available at <http://psycnet.apa.org/index.cfm?fa=buy.optionToBuy&id=1997-03420-007>

### **Book recommendation:**

*First Break All the Rules* by Marcus Buckingham & Curt Coffman

## Changing Mindset:

*Countering Lawyer Unhappiness: Pessimism, Decision Latitude and the Zero-sum Dilemma* by Paul R. Verkuil, Martin Seligman, Terry Kang available at [http://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=241942](http://papers.ssrn.com/sol3/papers.cfm?abstract_id=241942)

*Why Are Lawyers So Unhappy?* By Martin E. P. Seligman available at <http://www.lawyerswithdepression.com/articles/why-are-lawyers-so-unhappy/>



*The Power of Belief: Teaching Law Students to Thrive under Pressure by Promoting a Malleable Theory of Intelligence* by Sarah J. Adams-Schoen available at [http://works.bepress.com/sarah\\_adams-schoen/1/](http://works.bepress.com/sarah_adams-schoen/1/) or [http://works.bepress.com/cgi/viewcontent.cgi?article=1000&context=sarah\\_adams-schoen](http://works.bepress.com/cgi/viewcontent.cgi?article=1000&context=sarah_adams-schoen)

*Gratitude and Well-Being: A Review and Theoretical Integration* available at <http://greatergood.berkeley.edu/pdfs/GratitudePDFs/2Wood-GratitudeWell-BeingReview.pdf>

**Book recommendations:**

*Mindset: The New Psychology of Success* by Carol Dweck

*Flourish: A Visionary New Understanding of Happiness and Well-being* by Martin E.P. Seligman

*Lawyer, Know Thyself* by Susan Daicoff

*Happiness Is a Choice* by Barry Neil Kaufman

*Happiness at Work* by Jessica Pryce-Jones