

Best Practices for Contentment

QUALITY RELATIONSHIPS The quality of any relationship (whether a spouse or with a work colleague or friend) plays a significant role in your overall happiness and well-being. There's no doubt that happy people have both more, and better quality relationships. High-quality relationships provide a buffer against stress, depression and other negative emotions, as well as promoting positive emotions such as happiness, and a more general positive sense of well-being.

Although a lot of people don't realize this, even the best relationships have their difficulties and problems. Accordingly, the key to having a great relationship is not to eliminate disagreements, but to manage these as effectively as possible. In addition, it's also important to build positivity into relationships and one of the best ways to do this is to engage in positive experiences together.

SOURCE: www.drhappy.com.au

TED Talks

[How to Speak So People Will Listen](#)
by Julian Treasure

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Wellness & Self-Care

MINDFUL MEDITATION Meditation has been shown to have therapeutic benefits in depression, anxiety, substance abuse, chronic pain, and eating disorders. The benefits also extend to physical features such as lowering blood pressure and lowering cortisol levels. According to a 2011 study, mindfulness meditation works because of four central meditation components: **Body Awareness** People report higher awareness of the sensations in their body, their thoughts, etc. This helps them empathize with others.

Emotional Control People usually become less reactive to things that had previously provoked their emotions.

Attentional Control This comes with practice.

New Perspective on Self Becoming mindful allows for a kind of meta-awareness –watching your own mind in action.

SOURCE: Britta K. Holzel et al., *How Does Mindfulness Meditation Work?*, 6(6) *Perspectives on Psychological Science* 537-559 (Nov 2011).

Surveys & Perspectives

LAWYER SATISFACTION IN THE PROCESS OF STRUCTURING LEGAL CAREERS On average, top ten law school graduates spend 69% of their time serving corporate clients and 35% of their time representing personal clients and or small businesses. The patterns almost reverse as we follow the hierarchy of law school tier, with average fourth tier graduates devoting 28% of their time representing corporate clients and 57% of their time on personal clients or small businesses. The direct correlation between law school tier and client types, and the step-graded pattern of this correlation, demonstrates that the system of stratification in the legal profession is even more complex than the two hemispheres previous research suggests. The streaming of top law graduates into the corporate sphere has long raised questions about the ways in which the resources of the legal profession are expended, and the patterns documented call for further reflection on the implications of stratification for the legal field

SOURCE: Bryant G. Garty, *Lawyer Satisfaction in the Process of Structuring Legal Careers*, 41 *Law and Society Review* 1 (2007).

Try not to become a person of success, but rather try to become a person of value.

-- Albert Einstein