

## Best Practices for Contentment

### SIGNS YOU'VE DONE WELL IN LIFE

You feel proud of yourself.

Regardless of where you are in life, you feel proud of yourself for having achieved what you have and having done what you've done –whether it's good or bad.

You feel happy with where you are and where you're headed. You know who you are and you're doing things that align with your values.

You are better than you were yesterday, last week, and last year. You might not be the best you could be yet but at least if you're better than you were yesterday and the day before, then you've done well in life.

You are passionate about your job, your hobbies, and your life. After all, what is there to enjoy if we don't enjoy life?

You live in the present. Instead of focusing on the past and wish things were different or worry too much about the future, you focus on the present.

SOURCES: Mo Seetubtim, 12 Signs You've Done Well in Life, [www.thehappinesplanner.com](http://www.thehappinesplanner.com)

## NPR Podcast

### [Economics of Happiness](#)

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## Wellness & Self-Care

**DRINKING TEA CUTS ALZHEIMER'S RISK** New research suggests that drinking tea is linked to a reduction of risk of cognitive impairment in older people. A single daily cup of tea reduces cognitive decline in people over 55 by 50% according to the study. Those with a genetic susceptibility to Alzheimer's had a risk reduction of 86%. The type of tea consumed did not matter.

"Based on current knowledge, this long-term benefit of tea consumption is due to the bioactive compounds in tea leaves, such as catechins, theaflavins, thearubigins and L-theanine. These compounds exhibit anti-inflammatory and antioxidant potential and other bioactive properties that may protect the brain from vascular damage and neurodegeneration."

SOURCE: Lei Feng et al., Tea consumption reduces the incidence of neurocognitive disorders: Findings from the Singapore longitudinal aging study, 20(10) Journal of Nutrition, Health & Aging 1002-1009 (Dec 2016).

## Practice Tips

### QUALITIES CORPORATIONS NEED ON THEIR LEGAL TEAMS

Understand Breadth of Legal Specializations Except for very small companies, a general counsel should have at least 25 years of quality experience across a number of practice areas, including corporate, transactions, and employment. They should also have at least reasonable experience with general compliance issues, intellectual property, insurance, litigation, and dispute resolution. In addition to these areas, the legal team must keep up with the ever-changing landscape of regulation, globalization, and technology.

Be Thrifty Corporate legal teams feel the crunch to cut expenses along with every other business segment. They're finding ways to be value-producing departments who can impact company effectiveness in big ways.

Embrace Technology Depending on their collective skills and budget, corporate legal teams can take a broad approach to technology adoption and thus maximizing their operational effectiveness.

SOURCE: Sam Bock, Four Qualities Modern Corporations Need in Their Legal Teams, Law Technology Today (Mar 29, 2017).

**Nothing great was ever achieved without enthusiasm.**

**-- Ralph Waldo Emerson**