



Lawyer Wellness Is NOT An Oxymoron: Why Tomorrow's Top Lawyers Must Embrace Wellness Today-And What You Need to Do to Be One of Them

Andy Clark

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Tomorrow's top lawyers know that lawyer wellness is NOT an oxymoron. Now more than ever, lawyers who fail to invest consistently in their personal wellness are at a competitive disadvantage in their legal career - and in their lives as a whole. Lawyers who do not adopt a wellness lifestyle today will fall further behind in the coming years as the legal services business rapidly evolves. This book shows you why this is so - and gives you the essential wellness information and resources you need to thrive in tomorrow's legal services landscape. In this book you will discover: *why so many lawyers are unhealthy, unhappy, and unfulfilled *how a wellness lifestyle creates sustained health, happiness, and fulfillment - and makes you a more effective lawyer *what wellness really is, what a wellness lifestyle consists of, and what you need to do to create one *why lawyers are perfectly positioned to adopt a wellness lifestyle, to change the legal profession for the better, and to be wellness leaders for the world

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