

Mindfulness Resources for Attorneys

Harvard Negotiation Law Review Article on benefits of mindfulness meditation:

<http://mindfullawyerconference.org/pdf/art-10Harvard-Riskin.pdf>

Mindfulness for Lawyers handbook: <http://www.mindfulnessforlawyers.com/attorney-handbook/>

6 Mindfulness Exercises That Each Take Less Than 1 Minute:

<https://www.psychologytoday.com/blog/in-practice/201302/6-mindfulness-exercises-each-take-less-1-minute>

Anxiety breathing tool:

https://31.media.tumblr.com/b1406ea40336dc68e5404b380c391d96/tumblr_ns9tcMOgY1qkv5xlo1_500.gif

.1 Meditation for Lawyers: <http://theanxiouslawyer.com/6-minute-meditation-for-lawyers/>

10 Best Meditation Apps: <http://www.igeeksblog.com/best-meditation-apps-for-iphone-and-ipad/>

12 of the Best Free Guided Meditation Sites:

<http://herohealthroom.com/2014/12/08/free-guided-meditation-resources/>

Free meditation groups/classes:

- Shambhala: <http://atlanta.shambhala.org>
- Drepung Loseling Monastery: <http://www.drepung.org>
- Dharma Jewel Monastery: <http://dharmajewel.us>
- Atlanta Soto Zen Center: <http://www.aszc.org>
- Zen Center of Georgia: <http://www.zen-georgia.org/directions.html>
- Yoga Samadhi: <http://yogaatlanta.com/schedule/>