

MEDITATION AND STRESS REDUCTION:
Why Sitting Still Will Make You a More Effective Lawyer
and a More Satisfied Person

Presented by
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- I. **Overview of meditation practice and its perceived benefits**
 - a. In legal practice
 - b. In life

- II. **Recent scientific evidence**
 - a. Health benefits of meditation
 - i. Stress reduction
 - ii. Enhanced immune system reaction
 - iii. Lowered blood pressure
 - iv. More resilience and calm
 - v. Improved decision making
 - b. How meditation “rewires” the brain

- III. **Instruction in meditation**

- IV. **What next?**

Readings

-Books

-Science

-Sharon Begley, Train Your Mind, Change Your Brain (2006 Ballentine Books)

-Norman Doidge, M.D., The Brain That Changes Itself (2007 Viking Books)

-Eric Kandel (Winner Nobel Prize in Medicine), In Search Of Memory: The Emergence of a New Science of Mind (2006 Norton)

-Meditation

-Jon Kabat-Zinn, Full Catastrophe Living (1991)

-Jon Kabat-Zinn, Wherever You Go, There You Are (1994)

-Stephen Bodian, Meditation for Dummies (2006)

-Victor Davich, 8 Minute Meditation: Quiet Your Mind, Change Your Life (2004)

-Articles

-Science Explores Meditation's Effect on the Brain
www.npr.org/templates/story

-Commonly Asked Questions About Meditation and Stress Reduction
www.dukehelath.org/HealthLibrary/HealthArticles

-Meditation Builds Up the Brain
www.newscientist.com

-Mindfulness-Based Stress Reduction Course: Research on MBSR
www.geriatrics.uams.edu