

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

Presented by Diane Hamilton and Michael Zimmerman

Utah State Bar Fall Forum  
November 16, 2007

- 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
  - 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)**

**-Basics of meditation**

**-Stephen Bodian, Meditation for Dummies (2006)**

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

**-Dennis Genpo Merzel, The Path of the Human Being (2005)**

**-Articles**

**-Science Explores Meditation's Effect on the Brain  
[www.npr.org/templates/story](http://www.npr.org/templates/story)**

**-Commonly Asked Questions About Meditation and Stress Reduction  
[www.dukehelath.org/HealthLibrary/HealthArticles](http://www.dukehelath.org/HealthLibrary/HealthArticles)**

**-Meditation Builds Up the Brain  
[www.newscientist.com](http://www.newscientist.com)**

**-Mindfulness-Based Stress Reduction Course: Research on MBSR  
[www.geriatrics.uams.edu](http://www.geriatrics.uams.edu)**

