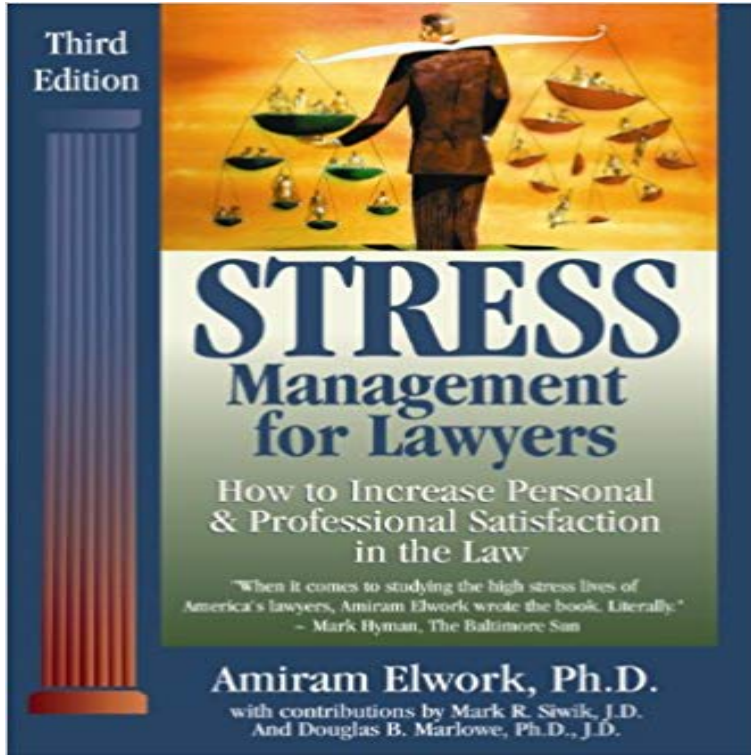


Stress Management for Lawyers: How To Increase Personal & Professional Satisfaction In The Law



When you practice law, stress comes with the territory. Such stressors as time pressures, work overload, conflict, and difficult people can rob you of a satisfying career and personal life. It doesn't have to be that way, however. You can take effective action and this book, written specifically for lawyers, shows you how. As I read the third edition of Amiram Elwork's book on lawyer stress, one word came constantly to mind: **ESSENTIAL** - absolutely so for every lawyer in the country. No one knows as much as Elwork about this topic, and his knowledge is a gift to the profession. --Steven Keeva, author of *Transforming Practices: Finding Joy and Satisfaction in the Legal Life* Dr. Elwork's book is a standard in the area of lawyer stress. It is concise and highly readable, and yet exhaustive in scope and well-researched. I would assign it as a required reading for all law students and lawyers. --Susan Daicoff, Professor, Florida Coastal School of Law, and author of *Lawyer, Know Thyself* Dr. Elwork delivers solid advice that helps lawyers prevent and manage stress. Lucidly written and grounded on sound psychological principles, this is the leading book on the subject. I recommend it highly. --Larry R. Richard, Director of Leadership and Organization Development, Hildebrandt International Writing a book with lasting power means writing a book that serves. This book touches on all the essential elements that lawyers need for creating a balanced life at work and at home. The information is clear, the advice is correct. --George W. Kaufman, author of the *Lawyers Guide To Balancing Life And Work: Taking The Stress Out Of Success*.

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