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The Likability Offensive: Making Your Practice More Effective Through Personal Interaction

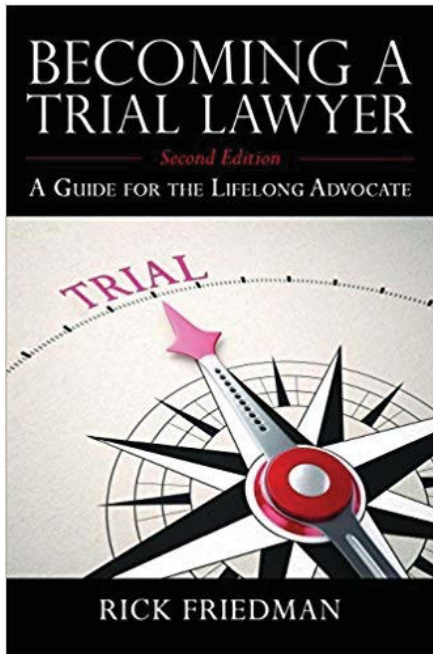


Friday, February 9th, 2018

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TOOLS IN YOUR TOOLBOX



“Here is the first hard truth: training yourself to become a trial lawyer is completely your own responsibility.”

Meditation & Mindfulness

"MINDFULNESS MEANS PAYING ATTENTION
IN A PARTICULAR WAY;
ON PURPOSE,
IN THE PRESENT MOMENT, AND
NONJUDGMENTALLY."

-JON KABAT-ZINN

Mindfulness Allows You To



9 sec

Meditation & Mindfulness

50,000 – 70,000 Thoughts Per Day



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