



ANCHORED IN ADVERSITY

USING THE TIMELESS WISDOM OF STOICISM
TO MASTER **ELECTION ANXIETY**

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How long have you been practicing **immigration law**?

1. 0 to 5 years?

2. 5 to 10 years?

3. 10 to 20 years?

4. +20 years?

2

"Voter Suppression Allegations Spark Protests Across Key States"

"Razor-Thin Margins in Battleground States Could Lead to Weeks of Uncertainty"

"Misinformation Surges as Election Day Approaches"

"Electoral College Could Override Popular Vote for 3rd Time This Century"



"Immigration Policies at Risk After November"

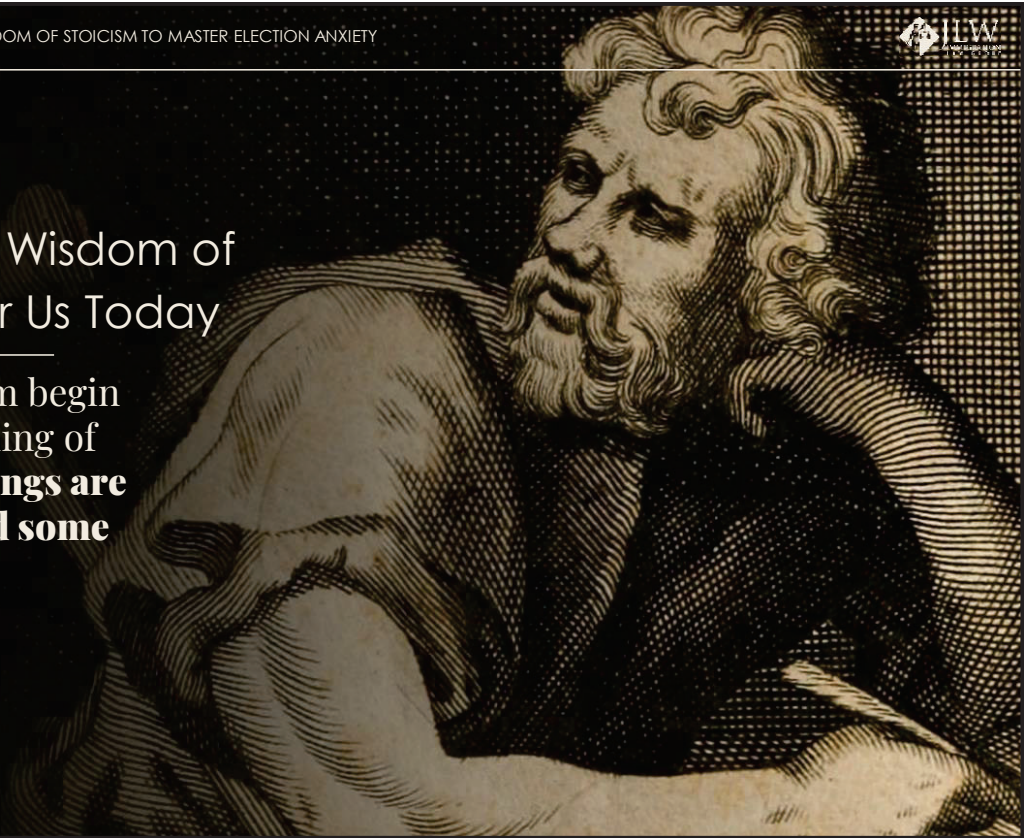
"Immigration Court Backlogs to Surge Based on Election Results"

"Thousands of Families Face Deportation as Election Approaches"

What the Ancient Wisdom of Stoicism Can Offer Us Today

“Happiness and freedom begin with a clear understanding of one principle: **Some things are within our control, and some things are not.**”

—Epictetus



5

Grant me the serenity to
Accept the things I cannot change
Courage to change the things I can, and
Wisdom to know the difference.

6

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Title search: Dealing with Election Anxiety

Also available as part of the eCourse

[2024 eConference on Immigration and Nationality Law](#)

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48th Annual Conference on Immigration and Nationality Law session
"Dealing with Election Anxiety"