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The rigors of a demanding professional work life are taking a toll on lawyers, as well as on other professionals who struggle against burnout. In response, many lawyers are taking sabbaticals to rejuvenate and maintain peak performance within their organization.

The American Bar Association Career Resource Center has released a new book, **"Rest Assured: The Sabbatical Solution for Lawyers,"** to help legal workplaces recognize ways to invest wisely in their professional "human capital," and to help lawyers with the framework for proposing and implementing a sabbatical break.

Author Lori Simon Gordon, a lawyer beneficiary of a sabbatical from her partner role at the law firm of Latham & Watkins, details the stories of lawyers who benefited from time away from their practices and returned refreshed and reinvigorated.

The book cites sabbaticals as a key solution to employer agony over ever-increasing recruiting competition and retention complexities, and the high price of both, as well as the career malaise lawyers commonly experience from a lifetime of relentless work hours and demands.

"The sabbatical policies and practices described in **"Rest Assured"** illustrate the positive impact of sabbaticals on both the quality of legal work and the quality of life at workplaces that have adopted them," Gordon wrote.

"Rather than lawyers stepping away from the profession, lawyers who take sabbaticals consistently find that it makes them more successful in their legal careers."

The ABA Career Resource Center, at <http://www.abanet.org/-careercounsel>, provides career and job search guidance to lawyers and law students to enrich their career choices and job satisfaction. The center integrates ABA career information and creates and offers online, in-print and in-person career resources.

The center publishes career manuals, workbooks, and related materials; offers resume reviews, educational teleconferences, and web-based question and answer forums; and makes career presentations at ABA meetings, law schools and in workplaces.

The book is 140 pages and is available for \$59.95. Please request product code V02RATB when ordering the book.

To order the book, please call the ABA Service Center at (800) 285-2221.