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The Lawyer's Guide to Balancing Life and Work: Taking the Stress Out of Success, Second Edition

by **George W. Kaufman**

CHICAGO, Oct.25, 2006 – Years of hard work, pressure, and endless striving for material reward are the hallmark of many lawyers' lives. Yet, many lawyers are living someone else's vision of happiness—whether that of a parent, a teacher, or another influential person in their life.

George Kaufman, writing with warmth, humor, and seasoned wisdom in his book, [*The Lawyer's Guide to Balancing Life and Work*](#), will help lawyers to get in touch with their own values and develop a purpose-driven life aligned with their personal definition of success and happiness. Unlike many books of this kind, the guide provides readers with a series of practical exercises and tools designed to help lawyers reevaluate their lifestyles and what truly gives them satisfaction.

Change doesn't happen overnight, Kaufman explains, but once lawyers have reestablished what's meaningful in their life, they can make incremental changes toward a new reality. The author explains how to:

- identify personal stressors—and successfully manage them
- turn the mundane into a creative outlet—and use creativity to enliven day-to-day work
- learn how to resist the dehumanizing aspects of the profession
- craft a life-affirming vision statement and incorporate it into daily activities
- develop an action plan for making effective change
- define the values in one's life, and integrate them into thoughts and actions.

The Lawyer's Guide to Balancing Life and Work is filled not only with proven approaches, but with practical examples, inspirational real-life stories, and interactive exercises aimed at helping lawyers ultimately reconcile their goals and expectations with the realities and demands of the legal profession. Also included with the book is a CD-ROM containing exercises and tools to aid with the creation and implementation of these new priorities.

Kaufman is a businessman and lawyer who has been practicing law for more than 35 years. He has been involved with the Omega Institute for Holistic Studies, the largest retreat and holistic study center in America, for more than 15 years. Although he continues to practice law part-time, most of his work is focused on writing and lecturing.

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Editor's note: Review copies are available by sending an e-mail to Neal Cox at coxn@staff.abanet.org.

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