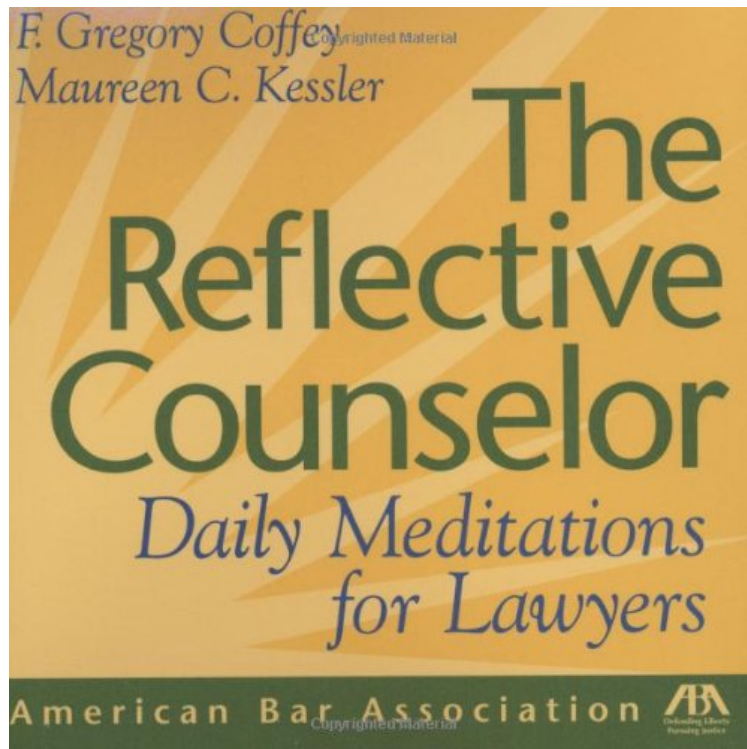


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The Reflective Counselor: Daily Meditations for Lawyers

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F. Gregory Coffey, Maureen C. Kessler : The Reflective Counselor: Daily Meditations for Lawyers before purchasing it in order to gage whether or not it would be worth my time, and all praised The Reflective Counselor: Daily Meditations for Lawyers:

0 of 0 people found the following review helpful. Five StarsBy Beth KingWhat an enriching book!
0 of 0 people found the following review helpful. Wonderful gift for a lawyerBy SWGreat gift for a lawyer. It was very much appreciated.
3 of 3 people found the following review helpful. Not just for lawyers, but for anyone in a personal service professionBy LauraThis book of reflections, co-authored by a practicing psychologist and an ordained minister (who herself was once a practicing attorney), is designed to provide lawyers with a daily "meditation" on issues related to the difficult situations they face on a regular basis. Each calendar day, a quotation is presented, along with a discussion of its application to the difficulties of the practice of law. The book is designed so that you can jump right in, for example, to today's thought: "After all, it is those who have a deep and real inner life who are best able to deal with the irritating details of outer life."The authors then point out, correctly, that as lawyers, we can only change our own behavior, not that of others, giving cogent examples that illustrate their point brilliantly. The wisdom presented here is not just life-affirming (and profession-affirming!), but if remembered at critical points, could certainly improve the lawyering skills of many.As a lawyer who has taken a different road after many years of practice, what I find in this book is advice and wisdom that is easily applicable to anyone working in a service-related profession. "The Reflective Counselor" could just as easily be titled "The Reflective Accountant" or "The Reflective Surgeon" (albeit with occupation-specific examples). Anyone in a high-pressure environment, where the concerns of the client or patient

should come first, would benefit from the very practical counsel offered here.

This 370 page meditation-a-day book is designed to help lawyers recover their spiritual strength in their hectic world. Each daily entry appears on a single page and includes an introductory quotation, followed by a reflection inspired by that quotation. Themes found in the book include overcoming fear, personal beliefs and values, maintaining integrity, personally defining success, dealing with difficult people, and common workplace challenges.

"The Reflective Counselor will become the model for all daily meditation books! Every single page of this book overflows with wisdom that reminds you who you really are and that helps you realize who you dream of becoming. If you are a lawyer and do these daily meditations, your work will become your life practice, but no matter what you do, this book will cultivate a nobility of spirit that will transform your daily activities into a sacred art." -- Rabbi Irwin Kula, Author of *Yearnings: Embracing the Sacred Messiness of Life*, and President, The National Jewish Center for Learning and Leadership

"Coffey and Kessler have accomplished something unusual and important. They have created a book that works whether you read it front to back, back to front, or randomly drop onto a page. It works because the message on each page delivers a singular reminder for us to be human, to honor our core values, to trust, and to be worthy of trust granted to us." -- George Kaufman, Author of *The Lawyer's Guide to Balancing Life and Work: Taking the Stress Out of Success*

"There's no quick fix. Show up, wait, watch and work: You don't give up, says Anne Lamott. Routine, rigor and unrelenting demands mark the landscape of every lawyer's life. These meditations offer space, time and rearranged moments. Not shallow piety but layered insights that awaken and re-charge." -- Janet Walton, Professor of Worship, Union Theological Seminary

"Imagine a book that requires you to read only one page per day, in return for which you achieve greater clarity and decisiveness about the things that really matter. There is such a book and it's entitled *The Reflective Counselor: Daily Meditations for Lawyers*. It's based on the idea that many of the stresses lawyers experience are brought on by inattention to their own core goals and values. In just a couple of minutes each day, this book will remind you of who you are and of what you want deep-down inside, so that you can effectively navigate the direction of your life. Do you have the time for this? That all depends on whether you think there is something you're doing that can possibly be more important." -- Amiram Elwork, Ph.D., Author of *Stress Management for Lawyers*

"This volume is a beautiful testament to the power of inspiration in a busy world. The authors combine great heart with incisive understanding of our profession and its needs. They deliver a welcome daily dose of meaning, connectedness with self, inner peace, and harmony with others and the greater life that surrounds us, and at the same time embrace a practical tone that lawyers and law students will readily relate to. This is a real gift to all of us, thank you!" -- Larry Krieger, Former Prosecutor, Law Professor and Founding Chair, AALS Section on Balance in Legal Education

About the Author

Dr. F. Gregory Coffey earned his Bachelor's Degree in Psychology and German from Bowdoin College in 1984. Greg completed his doctoral training at Hofstra University in 1991, where he pursued internship experiences at the Hofstra Health Dome and the Institute for Behavioral Therapy. Greg is a clinical psychologist who has been engaged in therapeutic practice for over twenty years. He has been in private practice since 1992, and, in addition to acting as a life coach for many attorneys and other professionals, Greg creatively utilizes proven cognitive behavioral techniques and short term therapy to treat depression, anxiety, and other manifestations of psychological distress and illness. Since 2001, Dr. Coffey has been affiliated with Long Island Psychiatric, an organization which applies a comprehensive therapeutic approach to the treatment of emotional and behavioral disturbances across the life spectrum. Greg is also an Adjunct Professor of Psychology at Nassau Community College since 1995, teaching courses in Child Development, Introductory Psychology, Adolescent Psychology and Abnormal Psychology. Maureen C. Kessler is a 1976 graduate of St. John's University School of Law. Maureen began her legal career as a corporate associate with Kelley, Drye Warren in New York. In 1980, Maureen joined the Legal Department of Goldman, Sachs Co., eventually becoming a Vice President and Associate General Counsel. Maureen remained with Goldman Sachs through 2002. Maureen has also been an adjunct professor at New York Law School and Hofstra Law School. During the period 2004 through 2006, Maureen was also the Director of Part-Time Programs at Hofstra Law School. While employed as a practicing attorney, Maureen attended Union Theological Seminary on a part-time basis. After graduating in 2001, she was ordained as a minister. Maureen has served as an interim associate pastor, and as a chaplain to the inmates of the Nassau County Correctional Center and the Juvenile Detention Center.