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The Legal Brain

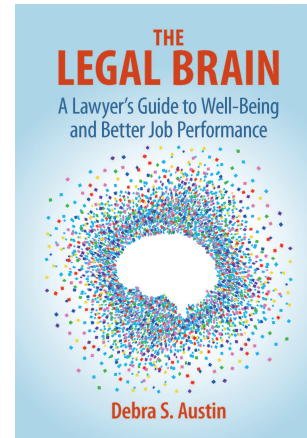
A Lawyer's Guide to Well-Being and Better Job Performance

Debra S. Austin

University of Denver

The Legal Brain is an essential guide for legal professionals seeking to understand the impact of chronic stress on their brain and mental health. Drawing on the latest neuroscience and psychology research, the book translates complex scientific concepts into actionable advice for legal professionals looking to enhance their well-being and thrive amidst the demands and stressors of the profession. Chapters cover optimizing cognitive fitness and performance, avoiding or healing cognitive damage, and protecting “the lawyer brain.” Whether you are a law student, practicing lawyer, judge, or leader of a legal organization, this book provides valuable insights and strategies for building resilience, maintaining peak performance, and protecting your most important asset - your brain.

Introduction; 1. The Impaired Lawyer; 2. The Spectrum from Languishing to Flourishing; 3. The Lawyering Culture; 4. The Lawyer Brain; 5. Memory, Knowledge, and Building Expertise; 6. Motivation, Reward, and Developing Habits; 7. The Impact of Stress; 8. The Influence of Self-Medication; 9. The Importance of Fuel; 10. Optimizing Brain Health; 11. Enhancing Mental Strength; 12. Developing an Action Plan for the Neuro-Intelligent Lawyer; 13. The Neuro-Intelligent Legal Organization; Conclusion; Endnotes; Bibliography; Index.



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\$29.99	\$23.99

‘The Legal Brain is magnificent. The book goes beyond general intelligence and emotional intelligence to explain neuro-intelligence: the ways lawyers can cultivate habits that promote brain health - because lawyers’ central asset is their brain. Professor Debra Austin has written an extremely accessible book, packed with information about how to overcome some of lawyers’ most significant challenges, such as perfectionism, trained pessimism, and the imposter syndrome. Beyond that, The Legal Brain is an uplifting read, sprinkled with thoughtful, unusual, and inspirational quotes, and offering specific checklists and action plans. It contains powerful tools for lawyers to detox, reset, and become more productive and satisfied in their life and work.’

Nancy Levit,

author of The Happy Lawyer: Making a Good Life in the Law, Associate Dean for Faculty and Curators’ Professor of Law at the University of Missouri-Kansas City School of Law.



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