

References for Cultivating Resilience During a Pandemic and Beyond
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I. PROFESSIONALISM & CIVILITY

A Lawyer's Creed and Aspirational Statement on Professionalism

Georgia Rules of Professional Conduct. Rule 1.1. Competence

II. STRATEGIES & RESOURCES FOR ENHANCING ATTORNEY WELL-BEING

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III. BOOKS ON MINDFULNESS & WELL-BEING

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Newport, C. (2013). *Deep Work: Rules for Focused Success in a Distracted World.*

Walker, M. (2017). *Why We Sleep.*

IV. Other Resources/Websites

[ABA Law Practice Division: Attorney Well-Being Committee](#)

[Georgia Attorney Wellness Committee](#)

[Georgia Lawyer Assistance Program](#)

[Mindfulness in Law Society](#)

[National Alliance on Mental Illness \(NAMI\)](#)

[The Anxious Lawyer](#)

[Warrior One \(Mindfulness for the Legal Mind\)](#)

Podcasts

On Being with Krista Tippett

Tara Brach

Ten Percent Happier with Dan Harris

The Anxious Achiever (presented by Harvard Business Review)

The Resilient Lawyer with Jena Cho

Unlocking Us with Brene Brown

Apps

Ten Percent Happier

Calm

Headspace

Insight Timer