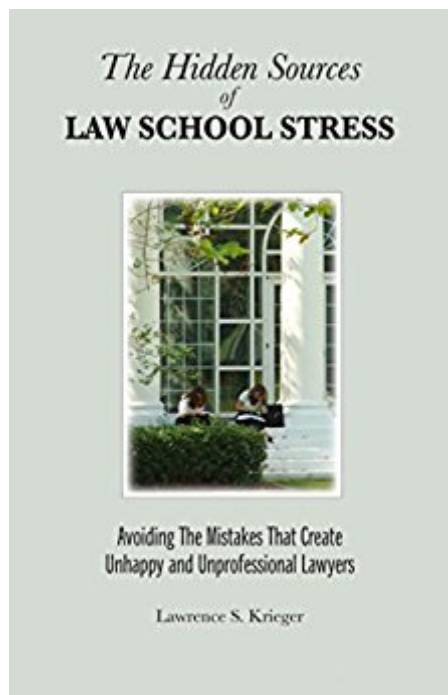


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# The Hidden Sources Of Law School Stress: Avoiding The Mistakes That Create Unhappy And Unprofessional Lawyers



## Synopsis

This brief book has been purchased for students by more than half the law schools in the United States, Canada, and Australia. It tells you why law school can be so stressful (p.s. -- it's not what you think!), and why it doesn't have to be that way. The content combines the experience of generations of law students and lawyers, many law teachers, and 40 years of scientific research on what determines whether you will be happy, anxious, or depressed. The author is a recognized expert in attorney and law student well-being. He recently completed the largest in-depth study of lawyer mental health to date, involving several thousand lawyers in four states.

## Book Information

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## Customer Reviews

As a law school dean of students, I can say that this booklet is the best piece I have ever seen written on this topic for current law school students and for those who work with them.. It encompasses and explains the key issues for law students, who find it hard to sort out the real source of their stress and how to address it. The booklet is brief and plainly written so that the information is thoroughly accessible, and the advice is extremely helpful. Truly excellent!

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