



Raising The Bar: Turning a Law Career You Hate into a Life You Love, In or Out of the Law

Adam J. Ouellette Esq

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This book was written by a lawyer for lawyers. Raising The Bar is a manual for better living whether you want to stay in the profession or you would like to find your way out. Lawyers in this country don't just dislike the law many downright hate it. The biggest issue is most don't know what to do to make their lives better, be it stay in the profession and find a way to love the law or decide to follow their hearts and plan their exit strategy. More and more attorneys are committing suicide, and many in the profession suffer with depression, as well as drug/alcohol addictions. The profession is bursting at the seams and the hordes of newly licensed attorneys who are looking for work is growing larger each year. This book takes a completely honest look at a profession that was once a honored and respected, but is now one of the most hated and detested in the world. Is all lost? Can anything truly be done to create a life we can call ideal and to make a difference in our profession? The Answer is a resounding "YES", we can all make a difference, and it starts in each of us. After reading and exploring the "10 Steps To Awakening" as discussed by the author, the reader can expect take away the following:

- How to determine whether the law is your life's purpose.
- Why most lawyers have no balance in their lives.
- How to create a life in the profession that you can love.
- How to discover your life work even it it's outside the profession.
- How to truly make in difference in the world and leave a lasting legacy.
- How emotions work and how they are meant to guide you.
- How to understand that what you believe creates your entire life.
- How to use mediation to transform a scattered mind into a quiet one.
- How to live in the present moment, your place of true power.
- How to live from your heart space and intuition.
- How to understand the coming paradigm shifts in the profession.
- How to prepare for the coming game changers for all attorneys.

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