The Mindful Law Student
A Mindfulness in Law Practice Guide

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The Mindful Law Student is an innovative guide to learning about mindfulness and integrating mindfulness practices into the law school experience. Through the use of metaphor, insight, mindfulness practices, and relaxation and self-care exercises, students are reminded of the tools they have long carried with them to navigate the exciting and challenging environment of law school and the practice of law. Scott Rogers brings readers on a journey through the law school experience with seven hypothetical students who experience situations not unlike their own that make tangible the challenges, benefits, and promise of mindfulness. He provides real-world examples of applying mindfulness in law school using language of the law to impart mindfulness insights and practices. This novel guide is an approachable and valuable resource for any law student.

‘This book, an exceptionally clear, comprehensive, creative, and clever guide to developing and working with mindfulness will help law students (and professors) deal more wisely with the challenges of law school, law practice, and life and to better serve their clients and society.’
– Leonard L. Riskin, author of Mindful Conflict Management: Inside Out and Outside In and Visiting Professor, Northwestern University Pritzker School of Law, US

‘For more than a decade I’ve enjoyed my collaboration with Scott Rogers researching the benefits of mindfulness for high stress professionals. In The Mindful Law Student, Scott beautifully conveys not only key research insights, but the essence of mindfulness, and its application to the serious domains of law and life.’
– Amishi Jha, neuroscience researcher and author of Peak Mind: Find Your Focus, Own Your Attention, Invest 12 minutes a Day

‘This book is a one-of-a-kind resource, a precious gift. Enacting and embodying, even just a bit, what is offered here can have a profoundly positive effect on your own life, and also, inevitably, your impact in the world.’
– Jon Kabat Zinn, University of Massachusetts Medical School, founder of MBSR, US