

Stress Management For Lawyers: How To Increase Personal & Professional Satisfaction In The Law

Amiram Elwork

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When you practice law, stress comes with the territory. Such stressors as time pressures, work overload, conflict, and difficult people can rob you of a satisfying career and personal life. It doesn't have to be that way, however. You can take effective action and this book, written specifically for lawyers, shows you how.



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