

Resource: Recommended reading for Mindfulness and Justice (SRLN 2020)



Below is a list of resources about mindfulness and discourse related to it's impact on justice-

- Todd Kashdan, [Curious?: Discover the Missing Ingredient to a Fulfilling Life](#), HarperCollins Publishers (2010)
- Pamela Casey, Kevine Burke, Steve Leben, [Minding the Court: Enhancing the Decision-Making Process](#), 5 Int'l J. for Court Admin. 1 (2013)
- Todd Kashdan & Robert Biswas-Diener, [The Upside of Your Dark Side](#), Plume (2014)
- Caroline Webb, [How to Have a Good Day](#), Crown Publishing (2016)
- Emma Seppala, [The Happiness Track](#), HarperCollins Publishers (2017)
- Randall Kiser, [Soft Skills for the Effective Lawyer](#), Cambridge University Press (2017)

- Nathalie Martin, [Lawyering from the Inside Out](#), Cambridge University Press (2018)
- Rhonda V. Magee, [The Inner Work of Racial Justice](#), Tarcher Perigee, Penguin Random House (2019)
- Victor D. Quintanilla, [Doing Unrepresented Status: the Social Construction and Production of Pro Se Persons](#), 69 DePaul L. Rev. 543 (2019) (revised 2020)
- Victor D. Quintanilla, [Underestimating the Unrepresented: Cognitive Bias Disadvantage Pro Se Litigants in Family Law Cases](#), 26 Pysch., P. Pol., and L. 198 (2020)
- [Mindfulness and Judging Resources](#), Federal Judicial Center website
- Dr. Lisa Feldman Barrett's groundbreaking work on emotions, [books found here](#)

In addition to these resources, you can explore guided meditation videos and self-care tips on [SRLN's Self-Care page](#).

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