

# The Attorney's Survival Guide



OR  
SEVEN SPECTACULAR SECRETS  
TO SUPPLEMENT YOUR SUCCESS  
AND SAFEGUARD YOUR SANITY

By

**Douglas A. Crowder**

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# **THE ATTORNEY'S SURVIVAL GUIDE OR SEVEN SPECTACULAR SECRETS TO SUPPLEMENT YOUR SUCCESS AND SALVAGE YOUR SANITY**

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## **THE PROBLEM**

It isn't easy being a lawyer. According to an article in the American Bar Association Journal, lawyers are 3.6 times as likely to be depressed as people in other jobs. 28 percent of practicing lawyers suffer with depression. 19 percent have symptoms of anxiety and 21 percent are problem drinkers.

[https://www.abajournal.com/voice/article/lawyers weigh in why is there a depression epidemic in the profession](https://www.abajournal.com/voice/article/lawyers_weigh_in_why_is_there_a_depression_epidemic_in_the_profession)

The California Bar requires all attorneys to have at least one hour of Minimum Continuing Legal Education on competence issues, such as substance abuse and mental health. A number of other states, including FL, IA, MO, MS, NV, NC and WV require courses in substance abuse and/or mental health.

<https://www.lorman.com/Minimum-CLE-Hours-by-State>.

Leaving aside these more severe problems, the practice of law is seldom rated in the top 10 most enjoyable occupations.

## **THE SOLUTION**

The purpose of this book, as the title implies, is to help lawyers SURVIVE the practice of law – and, more importantly, to help them ENJOY the practice a little more. This book contains 7 secrets that will help lawyers lead happier lives. If you follow these recommendations for 2 weeks, you will see the difference.

## **GUARANTEE**

We are so confident of the good results that you will get from this book that we offer a Double-Your-Money-Back-Guarantee! That's right! If your overall attitude and enjoyment of life has not increased by at least 12% after 2 weeks, then I will gladly issue you a refund check for TWICE what you paid for this book!

## **WHAT QUALIFIES ME TO WRITE THIS BOOK?**

There are 3 things that make me uniquely qualified to write this book!

One. I've been surviving as an attorney for longer than I'd like to admit – but at least in California since 1989.

Two. Despite Number One above, I am still perfectly sane! PERFECTLY SANE, I tell you! Who said that? I'm NOT crazy! NOT CRAZY AT ALL!

(Well, maybe you'll just have to make up your own mind on Number Two after reading this book!)

Three. Even more important than the first two – to be revealed in a later chapter!

## USE OF QUOTATIONS

In this book, I use a lot of quotes from other sources – some are inspiring, some informative, and some might even contain a tiny bit of humor.

My first reason is to demonstrate what a thorough researcher I am.

“If You Steal From One Author, It’s Plagiarism; If You Steal From Many, It’s Research” - A concept that has been attributed to many writers, musicians and comedians. See <https://quoteinvestigator.com/2010/09/20/plagiarism/>

(Although some contend that stealing from many is still plagiarism. See <https://www.plagiarismtoday.com/2011/06/07/why-stealing-from-many-isnt-research/#:~:text=It's%20a%20quote%20that's%20nearly,steal%20from%20many%20is%20research.%E2%80%9D>)

Second, is to add credibility to what I say. Doesn’t any statement seem more authoritative if it is a quotation rather than just something the author says? For example – tell me which of the two following statements you are more likely to believe?

**You can’t believe everything you read on the internet.**

Or

**“You can’t believe everything you read on the internet.”  
- Abraham Lincoln**



## **DISCLAIMER**

Where did I get these quotes? 94% of them from the internet. And Honest Abe is probably right that you can't believe everything you get from there.

I can't guarantee that these statements were actually made by those to whom they are attributed. Also, in most cases, I didn't bother to do a background check on the sources of the quotes – so I can't testify that all of these are Politically Correct, Scientifically Accepted or Philosophically Accurate. If any of you, My Dear Readers, discover that I'm misquoting someone -- or worse still, quoting someone who shouldn't be given a forum at all -- let me know and I'll make a correction for future editions!

## **LEGAL NOTICES AND MORE DISCLAIMERS**

Nothing in this book should be construed as legal advice, medical advice, tax advice, or even good advice!

No animals were harmed in the making of this book!

## **WARNINGS TO NON-LAWYERS**

If you aren't a lawyer, congratulations! You're 3.6 times less likely to be depressed!

However, if you aren't a lawyer, this book isn't for you! STOP READING! CLOSE THE BOOK IMMEDIATELY AND WALK AWAY QUIETLY!

The techniques described herein are designed only for practicing attorneys, and may be hazardous to anyone without legal training!

So, if you can't put "ESQ." behind your name, you have 2 choices – read on at your own peril, or wait for the sequel to this book, THE EARTHLING'S SURVIVAL GUIDE, which can be used safely by most inhabitants of the planet.

## **TIP NUMBER ONE: DRINK LOTSA WATER**



**Thousands have lived without love, not one without water. - W. H. Auden**

**I believe that water is the only drink for a wise man. - Henry David Thoreau**

**I never drink water; that is the stuff that rusts pipes. - W. C. Fields**

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If you suffer from depression or anxiety, that may simply be the result of not drinking enough water.

A 2018 study of over 3,000 adults found that those who drank more water had a lower risk of anxiety and depression. A 2014 study found that the participants felt more happiness when their water intake increased. Studies from 2015 and 2011 found that lower water intake was associated with greater tension, depression, and confusion, in both men and women.

<https://www.healthline.com/health/anxiety/dehydration-and-anxiety#hydration-and-mood>

Every system in the human body needs water to function, including the brain. In fact, about 75 percent of brain tissue is water. Dehydration causes the brain to function slower and less efficiently. Social stresses such as anxiety, fear, insecurity, and ongoing emotional problems, can be tied to not consuming enough water. Dehydration can also result in feelings of dejection, inadequacy, and irritability, and can trigger panic attacks.

<https://solaramentalhealth.com/can-drinking-enough-water-help-my-depression-and-anxiety/>

There are different estimates on how much water you should drink a day. The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is about 11.5 cups (92 oz. or 2.7 liters) for women, and about 15.5 cups (124 oz. or 3.7 liters) for men.

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256#:~:text=So%20how%20much%20fluid%20does,fluids%20a%20day%20for%20women>

My own suggestion is to drink 2 cups immediately upon arising, and then try to take about 1 cup per hour after that. If you are feeling tired or depressed, increase the water intake.

My own preference is also to avoid drinking any water for one half hour before or after having a meal. Why? The water would interfere with the body's digestive juices.

This is not medical advice. But remember that I'm a self-proclaimed expert on the survival and well-being of fellow lawyers, as a result of having practiced for over 3 decades and still being perfectly sane. (PERFECTLY SANE, I TELL YOU!)

Will increasing your water consumption make you happier? I don't know! Try it! What have you got to lose? Remember my double-your-money-back guarantee!

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**"In wine there is wisdom, in beer there is freedom, in water there is bacteria." -- Benjamin Franklin:**

**"Clearly, whether the glass is half full or half empty depends on whether you're in the process of filling or emptying it." – Steven Littman**

**"My fake plants died because I did not pretend to water them." - Mitch Hedberg**

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Adversary Proceedings

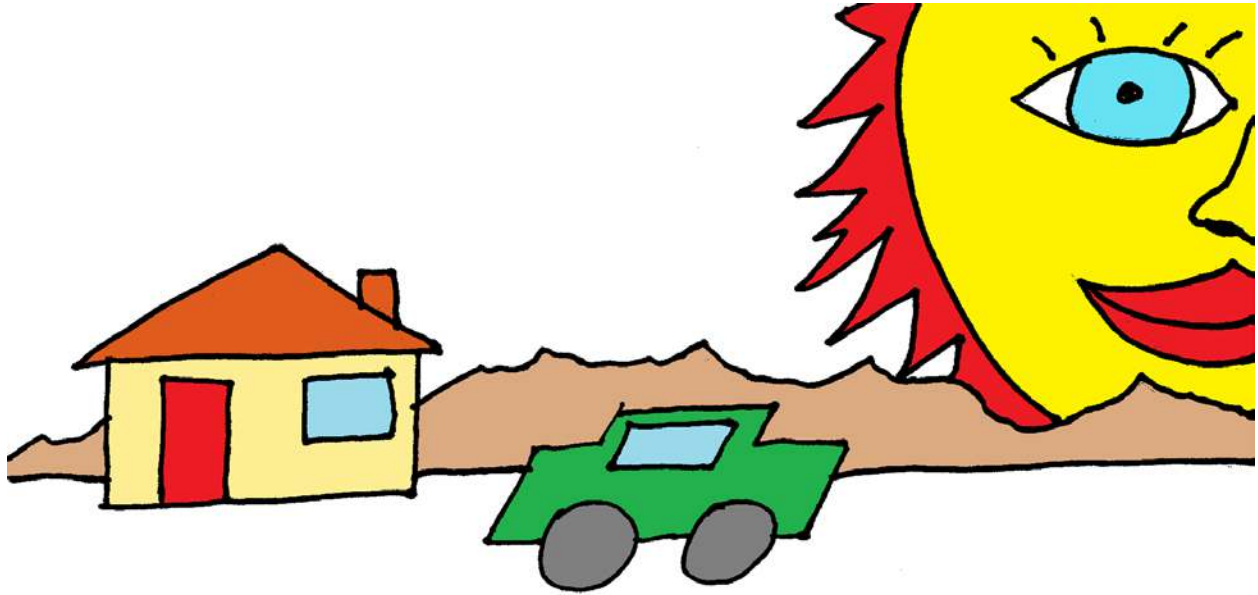
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**TIP NUMBER TWO:  
CELEBRATE A VICTORY!**



What? You say you haven't had any victories lately? Well, what IS a victory, anyway? "Success in any contest or struggle involving the defeat of an opponent or the overcoming of obstacles." Collins Dictionary. The word comes from Victoria, the Roman goddess of victory.

Did you succeed at anything lately?

Did you drive to work today? Or to the store? Or the beach? Well, driving a car even a short distance involves quite a number of successful actions – getting it started; backing it out of the parking space; applying the brakes with the correct pressure so that you don't go through the windshield or crashing into another car; not getting lost – well, you get the picture.

Did you cook something recently? That also required quite a number of small successes – pulling the correct ingredients from the fridge or the shelves; turning on the oven; getting the food done without burning it.

Just having some food and a refrigerator to put it in can be considered a triumph!

It's always easy to focus on the defeats, the disappointments, the things that didn't go quite right. But with a little practice, it's just as easy to focus on the wins, the victories and the things that turned out well. Looking at the victories won't cost any more than looking at defeats, and it's more fun. Besides, a good attitude will make you more capable of succeeding – leading to more victories.



Did you make it through 2020 in one piece? (Or if not in one piece, then in multiple pieces that are still sort of getting along with each other?)

If so, I'd venture to guess that the number of RIGHT things you do outnumber the WRONG things by at least 100 to 1!

I'm not asking you to be optimistic – just observant. Take a look at some of the things that are going right!

Do you have friends or family? Or other Earthlings you can interact with? Did you share any communication with them lately?

How about your daily surroundings? Did you see the sunrise? Or the sunset? Or a crescent moon? Did you hear the birds singing? Or some music you liked? Did you experience a cool breeze or a warm sun? These are all victories to celebrate. I'm sure you can think of a lot more.

If you make only one New Year's Resolution this year, it should be to CELEBRATE YOUR VICTORIES!

How can you celebrate? You can rejoice silently, all by yourself, just by paying attention to something going right. Or, you can celebrate someone else's victory, just by telling them about it -- by saying, for example, "You did a good job of \_\_\_\_\_ (cooking, cleaning, selling, etc.) today." For a bigger victory, you might host a dinner party (or maybe a Zoom meeting or conference call). I'll leave it to your imagination on how to celebrate.

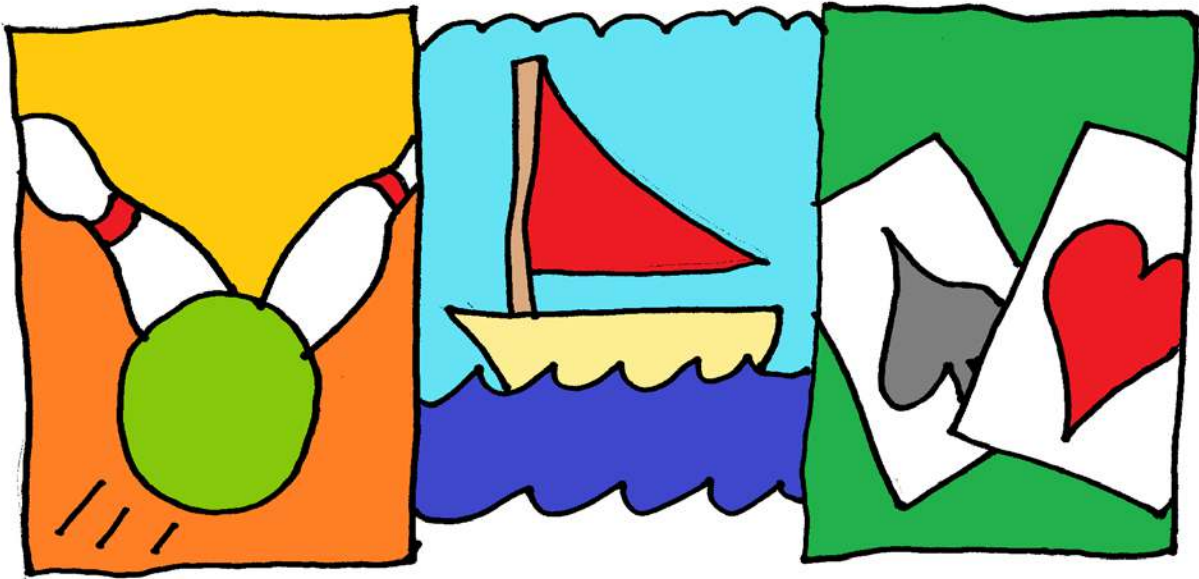
As one writer penned, "Every day should be Thanksgiving Day. We should always remember to be thankful for the good things we have."

What if your philosophical system doesn't accept that there is anyone or anything to be thankful toward? Well, you can at least congratulate yourself on managing to be in the right place at the right time to end up with what you have now.

As the rock band Rare Earth sang in 1970 (if you've lived long enough to remember this song, you've had a few victories), "I just want to celebrate another day of living. I just want to celebrate another day of life."



**TIP NUMBER THREE:  
DO SOMETHING YOU ENJOY**



**“The best advice I ever received came from my mother: “Do at least one fun thing every day.” Clifford Cohen.**

**“It's at times like this I wish I'd listened to my mother.”**

**“Why, what did she say?”**

**“I don't know, I never listened.” Douglas Adams.**

**"Just one small positive thought in the morning can change your whole day."  
Dalai Lama.**

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We all know that life would be beautiful if we could just be doing what we enjoy all the time. I'm not asking you to go that far. All I'm going to suggest is that at least once a day, you do something you enjoy, for at least 5 minutes.

Is there anything you can do today that you'd enjoy? Something that isn't immoral, illegal or fattening? Something that won't get you sued, arrested, or kicked off social media?

Maybe you like to draw pictures. Or jump to conclusions. Or write poetry. Or even something simple like watching the grass grow or the paint dry. The possibilities are endless.

Is there anything you'd like to do if only you could spare a few minutes from your daily routine? Something you might do if no one was watching?

If so, do it! For at least 5 minutes!

If you make it a point to do something you enjoy for 5 minutes a day, your whole outlook will change for the better. Or your money back!

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**“Sometimes you just have to jump in a mud puddle because it’s there. Never get so old that you forget about having fun.” Tom Giaquinto.**

**“Don’t take life too seriously! Nobody gets out alive anyway. Smile. Be goofy. Take chances. Have fun. Inspire.” Dawn Gluskin.**

**“There is no pleasure in having nothing to do; the fun is having lots to do and not doing it.” Andrew Jackson**

## TIP NUMBER FOUR: MAKE DECISIONS SCIENTIFICALLY

**“In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing.”**  
**Theodore Roosevelt**

**“When you come to a fork in the road, take it.”** Yogi Berra

**“Once you make a decision, the universe conspires to make it happen.”** Ralph Waldo Emerson

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As lawyers, we are constantly faced with very important decisions – decisions that can affect our career, the lives of our clients, the fate of future generations.

Important decisions such as – should I take on Client X? Should I file motion Z? Should I wear the red tie or the blue? (Or, if you are taking the advice from a later chapter of this book, this decision might be phrased “Should I wear the turquoise bolo tie or the silver dollar bolo tie?”)

Sometimes, the right answer will be obvious. Sometimes it will be a little tougher.

I have developed a fool proof way of making correct decisions that uses the scientific method. How? I ask one of our former American presidents! The presidents I consult most frequently are George Washington, Abraham Lincoln, Thomas Jefferson, and Franklin D. Roosevelt.



How do I communicate with these long-gone leaders? I'll give you an example. If faced with a tough decision, I pull out a quarter, and look at the face of George Washington, and say, “George, should I wear the gold bolo tie today? Heads for yes, tails for no.”

Then I flip the quarter high into the air, and watch it come down. Then I proclaim, jubilantly, “Heads it is. George says I wear the gold bolo. If you can’t trust the Father of our Country, who can you trust?”

Of course, if you don’t like any of our former presidents, you might be able to find a one-dollar coin and consult Susan B. Anthony, or Sacagawea. Or you might find a Canadian Maple Leaf and ask Queen Elizabeth. The possibilities are virtually unlimited on who you can ask for advice.

One great thing about this method is that it has a guaranteed 50% accuracy rate – which is a lot better than most decision-making methods!

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**“A wise man makes his own decisions. An ignorant man follows public opinion.”  
Chinese Proverb**

**“Choices are the hinges of destiny.” Edwin Markham**

**“When in danger or in doubt, run in circles, scream and shout.” Herman Wouk**

## **TIP NUMBER FIVE: WEAR A BOLO TIE**



A BOLO TIE is a cord fastened around the neck with an ornamental clasp worn as a necktie. The word comes from BOLA, which is a rope with weights attached, used especially in South America to catch cattle by entangling their legs.

Bolo ties are fashionable for both men and women.

The Bolo Tie was proclaimed the official state neckwear by the legislatures of Arizona (1971), New Mexico (2007) and Texas (2007).

See:

<https://www.ereferencedesk.com/resources/state-symbols/arizona/neckware.html>

<https://www.newschannel10.com/story/6223674/new-mexico-makes-bolo-tie-official-state-tie/>

[https://www.netstate.com/states/symb/attire/tx\\_bolo\\_tie.htm](https://www.netstate.com/states/symb/attire/tx_bolo_tie.htm)

Some celebrities who have been spotted wearing Bolo Ties include (in no particular order) Glen Campbell, Julia Roberts, Bruce Springsteen, Kelly Osbourne, John Travolta, Bob Dylan, Macklemore, Bruno Mars, San Diego Chargers quarterback Philip Rivers, Johnny Depp, and Bill Murray.

Why should you wear a Bolo Tie? The Texas state legislature summarized the benefits better than I can:



WHEREAS, A singular fashion associated with the American West is the bolo tie, also known as the bola tie, which is distinguished by its decorative clasp that fastens a length of cord or string; a staple of the western-wear fashions sported by a large number of Texans, the bolo tie conjures up the romance of the pioneer era and speaks to the determination and independence that figure so prominently in Lone Star lore; and

WHEREAS, A fashion accessory that can be personalized to reflect the wearer's taste and interests, the bolo tie is well matched to the individualism that is so much a part of the Texan identity; in selecting or designing a clasp, bolo tie wearers are able to express their personal flair; moreover, the selection of a bolo over a standard tie can suggest that the wearer refuses to be bound by convention and relishes the freedom to exhibit a distinctive sense of style even as they maintain a dignified, formal appearance;

[https://www.netstate.com/states/symb/attire/tx\\_bolo\\_tie.htm](https://www.netstate.com/states/symb/attire/tx_bolo_tie.htm)

Recent studies have also shown that Bolo Ties can lead to a more positive mental attitude, bring good luck, and even ward off evil spirits. [citation missing]



The origin of the Bolo Tie is shrouded in mystery. Victor Emanuel Cedarstaff of Wickenburg, AZ is often credited with inventing the bolo tie during the late 1940s. In 1954, he obtained a patent, not for the bolo tie itself, but for a type of slide used for a necktie. Other sources claim the bolo tie has been around since the late 1800s.

<https://search.proquest.com/openview/944e2c9218824ea8722fd2b5c629803a/1?pq-origsite=gscholar&cbl=25597>

One writer responded: "It is just like the Americans to take credit for something that was invented centuries before their nation was formed. Genghis Kahn and his generals wore bolo ties as they were conquering a good portion of the planet in the early 1200s. Moses sported a bolo when parting the Red Sea." [citation lacking]

Recent archeological evidence suggests that the bolo tie was common neckwear on the ancient Continent of Atlantis, and the probable reason for their downfall was that they quit wearing their bolo ties.

Some have suggested that the Bolo Tie was created in a distant galaxy long before the days of Zeus, Odin, or Great K'Thulu. [citations omitted]

Whenever the Bolo originated, if you want to raise your self-esteem and improve your luck, while making a significant fashion statement, you should wear a bolo tie.



## PAID ADVERTISEMENT

How can you own your very own bolo tie?

For a limited time, and while supplies last, we are (to our knowledge) the Only Law Firm in the Nation offering bolo ties for sale. For \$50, you can get a BASIC BOLO TIE, with a stone, cord and tips of our choice. Similar to one of those shown on the left below.

For \$100, you can get a SILVER DOLLAR BOLO TIE with a tips and cord of our choice. The Silver Dollar will be a Peace style, minted between 1921 and 1935, in “cull” condition (meaning well-worn), similar to that pictured below on the right.



For a custom designed bolo, call for a quote.

West Atlantis Bolo Ties  
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[marketing@crowderlaw.com](mailto:marketing@crowderlaw.com)  
Tel. 213-509-1515

**TIP NUMBER SIX:  
BELIEVE 6 IMPOSSIBLE THINGS BEFORE BREAKFAST**

**“It always seems impossible until it's done.” Nelson Mandela**

**“It's kind of fun to do the impossible.” – Walt Disney**

**“They laughed at Columbus. They laughed at Fulton [inventor of the steamboat]. They laughed at the Wright Brothers. But they also laughed at Bozo the Clown.”  
Carl Sagan**



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Lewis Carroll's *THROUGH THE LOOKING GLASS AND WHAT ALICE FOUND THERE* (the sequel to *ALICE IN WONDERLAND*) contains the following dialogue between Alice and the White Queen (a chess piece).

“I can't believe that!” said Alice. [referring to the Queen's claim to be over 101 years old.]

“Can't you?” the Queen said in a pitying tone. “Try again: draw a long breath, and shut your eyes.”

Alice laughed. "There's no use trying," she said: "one can't believe impossible things."

"I daresay you haven't had much practice," said the Queen. "When I was your age, I always did it for half-an-hour a day. Why, sometimes I've believed as many as six impossible things before breakfast."

<https://www.alice-in-wonderland.net/resources/chapters-script/through-the-looking-glass/chapter-5/>

What are some impossible things you'd like to believe? Well, just give it a shot. Try believing 6 of them before your next meal.

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**"It is either easy or impossible." – Salvador Dali**

**"No one gets very far unless he accomplishes the impossible at least once a day." – Elbert Hubbard**

**"In order to attain the impossible, one must attempt the absurd." – Miguel de Cervantes**

**TIP NUMBER SEVEN:  
PRAISE YOUR ENEMIES**

**“But I say to you who hear, love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you.” Luke 6:27-28**

**“If you don’t have anything nice to say, don’t say anything at all.”  
An old saying, attributed to a few different sources**

**“You have enemies? Good. That means you’ve stood up for something, sometime in your life.” Winston Churchill**

**“Do I not destroy my enemies when I make them my friends?” Abraham Lincoln**

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The Bible says to love your enemies. I won’t go that far. But I will say to find something good to say about them. My philosophy is that there are many who are obnoxious, but very few are truly evil. And there’s no one who does not have at least one good quality. (With a few possible exceptions which I won’t mention here).

In the law practice, you might make a few enemies. Odious opposing counsel. Judges who have it in for you. Ungrateful former clients. Those who don’t appreciate being sued.

One way of handling your enemies is to plot secret revenges that you will probably never take. Another way is to think of one of their good qualities and compliment them on it. You can always think of something nice to say about anyone. Such as:

“That’s a nice tie (or dress or jacket, etc.) you’re wearing.”

“Thanks for returning my phone call so promptly.”

“I admire you for working hard for your clients.”

If you’re really having a hard time coming up with a good compliment, you can use (as a last resort only) one of the following half-compliments. (Yes, you can use them free of charge, so long as you give me credit for them).

“You look exceedingly good for your advanced years.”

“That’s a great hat (tie, skirt, etc.) When those come back in style, you’ll be the first to have one.”

“You’re surprisingly lucid at times.”

**“You’re amazingly active for someone with your weight.”**

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**“Even a paranoid can have enemies.” Henry Kissinger**

**“If you don't have enemies, you don't have character.” Paul Newman**

**“Always write angry letters to your enemies. Never mail them.” James Fallows**

**“I have no friends and no enemies - only competitors.” Aristotle Onassis**

**“I liked him better when he was an enemy.” Judas Armstrong in THE  
GUARDIANS OF THE GARDEN**

## **POSTSCRIPT# 1**

Well, Dear Readers, there you have it! “Seven Spectacular Secrets to Supplement Your Success and Safeguard Your Sanity.”

If you’re considering exercising your Double-Your-Money-Back Guarantee, wait! There’s one more bonus secret that follows, so read on.

On the other hand, if you don’t want your money back, maybe you will after reading the final chapter.

If you dare.

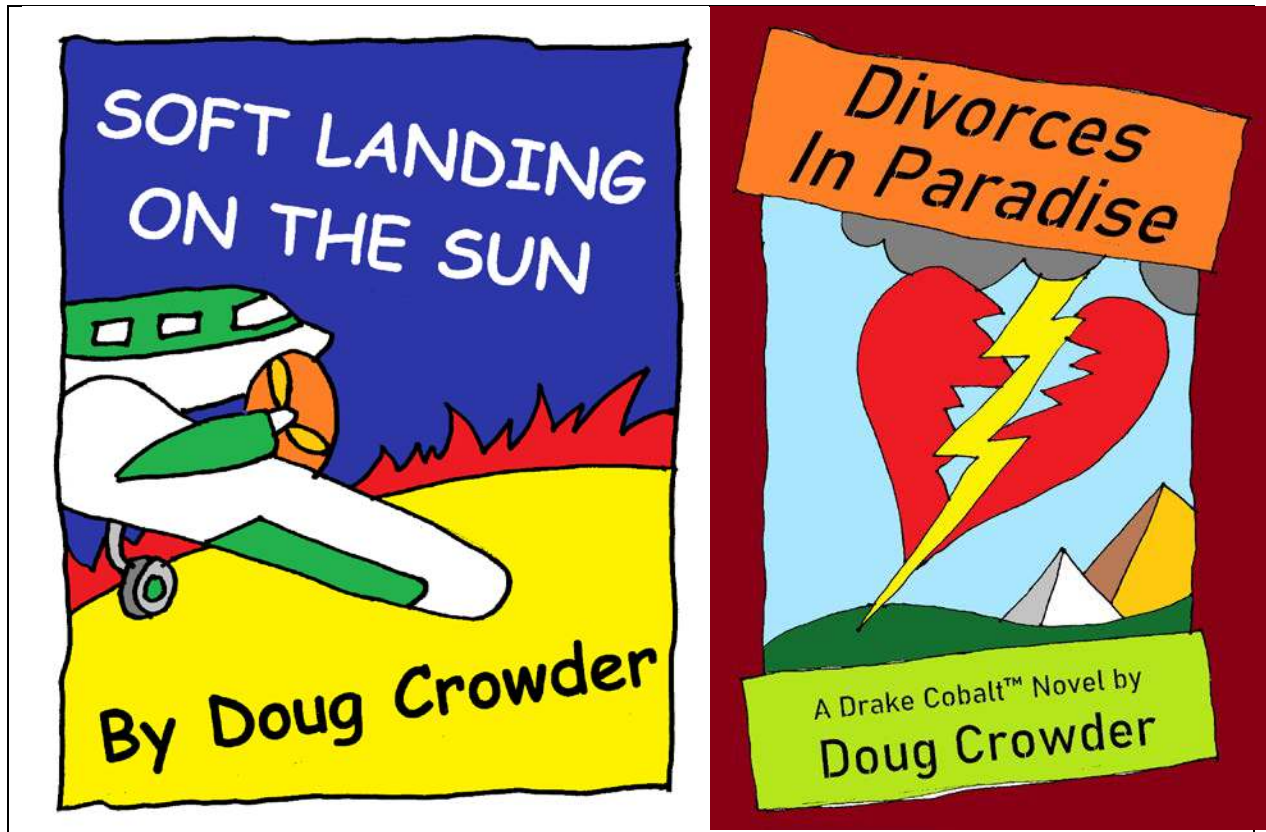
**TIP NUMBER 8:  
READ SOME FICTION BY DOUG CROWDER**

**“His works not only unravel the mysteries of Lost Atlantis, but provide a roadmap to the Atlantis of Tomorrow.” – Unknown**

**“I can confidently say that no one writes Science Fiction-Courtroom Drama-Musical Comedy quite like I do. (I’m not saying no one writes it BETTER than I do – just that no one writes it LIKE I do!)” – Doug Crowder**

**“There oughta be a law against ‘fiction’ like this.” - The University of Bakersfield Law Review**

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Another activity to add to your daily routine is: READ SOME FICTION BY DOUG CROWDER.

If everyone on the planet read just one of Doug Crowder’s stories, there would be no more war, crime or poverty. People would set aside their petty differences and Humankind would unite as an unstoppable force in its quest for the stars!



A bold claim, indeed. But one that can't be DISPROVEN until everyone has read one of his stories.

If you do, you may find that your fortunes have improved, you have a fresh new outlook on life, and the sky is a brighter shade of blue!

On the other hand, you may go into an uncontrollable rage, hurl the book against the wall, and start knocking over tables and chairs.

On the third hand, you may say, "Huh? What the heck is he talking about?"

Whatever the result, all of his fiction comes with a money-back guarantee! And any free stories you get come with a DOUBLE-YOUR-MONEY-BACK GUARANTEE!

You can start with the bonus story attached. Then, if you survive that, I'm sure you can figure out how to get your next daily dose.

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**"Doug Crowder claims to be a 'Science Fiction Writer!' That's false advertising! Most of his work has very little to do with science. Oh, sure, he throws in a few elements to make it SEEM like Science Fiction – such as robots, dinosaurs, time travel, flying saucers, and little green men. But in reality, his material is closer to Speculative Political Satire or Cosmic Soap Opera. Besides that, most of it isn't even FICTION!" – The American Journal of Tax and Astrology**

**"Hidden within the pages of Doug Crowder's fiction are the secrets of life, time and the universe itself." - Nobody in Particular**

**"So, where's my refund check?" – Porq Swinely**

# A Town Without Lawyers

## EPISODE ONE

By Doug Crowder.

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*EDITOR'S NOTE: This story takes place on the newly risen (or maybe re-risen) Continent of Atlantis sometime in the 2700's. It is totally fictional. Any resemblance to anything happening now is a horrible mistake.*

Urma Understanding was working late at her office in Tranquility Town's quaint Mongoose District. She took a few minutes from the motion she was composing to watch the sun disappear over the gently curving peaks of the Veracity Hills. It was the custom among many Atlantians to stop whatever what they for a few minutes to watch the sunset. For many, that was considered the best time to pray. Having just finished their shift, the Daytime Gods were in a good mood as they began their Happy Hour, while the Nighttime Gods were still fresh and alert, having just arrived at work.

Since Urma never discussed her religious views, it is unknown which of the many Atlantian deities she prayed to, if any, or what she might pray for. However, since business had been painfully slow lately, it is likely that her wish list included new clients. If so, she should have been more specific in her prayers.



Her sunset ritual was suddenly interrupted by the annoying ring of the office phone. Running back inside, she grabbed it on the fourth ring, and answered with her standard greeting, “good evening, Peace & Love.” (This was before she became a partner, expanding the firm’s name to “Peace, Love & Understanding.”)

“Urma, you’ve got to help me,” pleaded the woman caller’s tearful voice – a voice Urma couldn’t quite place.

“Who is this?”

“This is Teresa. Teresa Truth. Socrates has been arrested.”

Urma now recognized the caller’s voice. Socrates Truth was one of Urma’s classmates at the Utopia University School of Law. He had been captain of the Moot Court team, and an assistant editor of the UU Law Review. Upon graduation, he declined offers from several of the large firms in Atlantis City and Brotherly Love, choosing instead to hang up his shingle in the quaint coastal village of North Beach, along the rugged and sparsely populated northeast coast of the Continent. (Inhabitants of Atlantis often referred to it as “The Continent of Atlantis,” or sometimes just “the Continent,” although most geographers would consider it too small to deserve that title.) Shortly after that, he married his childhood sweetheart, Teresa. The few times Urma had talked to them since the wedding, they seemed happy – enjoying the simpler, more peaceful lifestyle of a small town over the higher income but higher stress levels of a big city. But now it seemed that their life was not so simple and peaceful.

“What was he arrested for?” asked Urma.

“For practicing law. He appeared in court this morning to represent a homeless lady being sued by a credit card company. The judge ordered him to leave the courtroom, but he refused to.”

“How can he be arrested for practicing law? He’s still a licensed attorney, isn’t he?”

“Of course,” replied Teresa, “but haven’t you heard? The city just passed a new ordinance banning lawyers.”

*Why did North Beach ban lawyers? Will Urma agree to represent Socrates? If so, how can she help him in A Town Without Lawyers? For the answers to these and many other questions, stay tuned for the next episode, coming to you in only 30 days (or whenever the author can get it written, whichever comes first).*

*EDITOR’S NOTE: for your free copy of all 14 episodes, send an email request to [marketing@crowderlaw.com](mailto:marketing@crowderlaw.com).*

## CONCLUSION AND HOMEWORK ASSIGNMENT

Well, there you have it. Seven Spectacular Secrets to help you SURVIVE the Practice of Law – and more importantly, to ENJOY it a little more.

For a quick summary, these Seven Secrets are:

- ONE. Drink Lotsa Water.
- TWO. Celebrate a Victory.
- THREE. Do Something You Enjoy.
- FOUR. Make Decisions Scientifically.
- FIVE. Wear a Bolo Tie.
- SIX. Believe 6 Impossible Things before Breakfast.
- SEVEN. Praise Your Enemies.
- EIGHT. Read Some Fiction by Doug Crowder.

My prediction is that if you follow these recommendations for 2 weeks, you will see the difference. To help you do so, the following pages contain WEEKLY REPORT FORMS. Their use is simple.

First, at the beginning of the day, write down what you consider your overall mental attitude is, on a scale of 1 to 10, with 1 being very unhappy and 10 being as happy as possible. For example, 4 is slightly down, 8 is feeling pretty good. Feel free to use decimal points if you want to be more precise, such as 5.5 or 6.7. At the end of the day, do this again, writing down a number for your attitude. Remember, that YOU are the only one who decides what these numbers are.

Second, for each target you make, put a slash ( / ) or a tally mark ( | ) or any sort of mark you like to show that you completed a target. It makes no difference what order you do these targets in. If you don't get all of them done, there's no penalty. If you get any done, you can see the result.

Do the same for each day of the week. On the pages that follow, there is an example of a filled-out form, and two blank forms.

What to do with these Weekly Report Forms? Anything you like! You can send them to me, so I can keep some tally on how this system is working. Or, feel free to contact me with questions, comments or suggestions.

# SAMPLE

## WEEKLY REPORT FORM

Name: Porq Swinely	Week Ending: 3/20/21
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TARGET	SUN	MON	TUE	WED	THU	FRI	SAT
Overall Mental Attitude	4	4.7	5				
Immediately upon arising, drink 2 cups (8 oz. each) of water	/	/	/				
Think of one victory you've had, and write that down.		/	/				
Believe 6 impossible things before breakfast	/	/					
Drink 3 <sup>rd</sup> cup (8 oz.) of water.	/	/	/				
Wear a bolo tie.		/					
Do at least ONE thing you enjoy for at least 5 minutes during the day.	/		/				
Drink 4 <sup>th</sup> cup of water.		/	/				
Do some type of exercise for at least 5 minutes during the day		/	/				
Drink 5 <sup>th</sup> cup of water.	/		/				
Say something nice about someone you don't like.		/					
Drink 6 <sup>th</sup> cup of water			/				
Make at least one decision logically and scientifically			/				
Drink 7 <sup>th</sup> cup of water							
Walk at least 20 minutes during the day	/	/					
Drink 8 <sup>th</sup> cup of water							
Read some fiction by Doug Crowder			/				
Overall Mental Attitude	5	5.2	6				

## WEEKLY REPORT FORM

Name:	Week Ending:
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TARGET	SUN	MON	TUE	WED	THU	FRI	SAT
Overall Mental Attitude							
Immediately upon arising, drink 2 cups (8 oz. each) of water							
Think of one victory you've had, and write that down.							
Believe 6 impossible things before breakfast							
Drink 3 <sup>rd</sup> cup (8 oz.) of water.							
Wear a bolo tie.							
Do at least ONE thing you enjoy for at least 5 minutes during the day.							
Drink 4 <sup>th</sup> cup of water.							
Do some type of exercise for at least 5 minutes during the day							
Drink 5 <sup>th</sup> cup of water.							
Say something nice about someone you don't like.							
Drink 6 <sup>th</sup> cup of water							
Make at least one decision logically and scientifically							
Drink 7 <sup>th</sup> cup of water							
Walk at least 20 minutes during the day							
Drink 8 <sup>th</sup> cup of water							
Read some fiction by Doug Crowder							
Overall Mental Attitude							

## ABOUT THE AUTHOR

Douglas A. Crowder has practiced law in Southern California since 1989. Despite that, he still claims to be Perfectly Sane! (Of course, he has also made the claim that his real father is Zeus, King of the Greek Gods!) His office is in Beautiful Downtown Burbank, and he lives in an undisclosed location between the mountains and the sea.



His practice includes bankruptcy, alternatives to bankruptcy, creditor-debtor litigation, business formation, and occasional family law.

He has been approved by the California Bar as a provider of Continuing Legal Education since 2012.

In his spare time, he writes fiction, semi-fiction and non-fiction.

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