

THE LAWYER THE LION & THE LAUNDRY

Three Hours
to Finding Your
Calm in
the Chaos

PRESS PACKET



JAMIE JACKSON SPANNHAKE

Are you a busy person? Are you a professional as well as a parent, colleague, and giver? Me too. I understand what it's like to have competing obligations. Even when life is good, it is exhausting.

But can you imagine how much better your life would be if:

- You had enough time to handle it all?
- You were able to stay calm, focused, and productive in the midst of the chaos that is life?
- You were absolutely clear about what matters most to you?
- You had everything you need to succeed within your reach?

You can have this life – the life you desire – without feeling overwhelmed and exhausted. After more than ten years of reading, researching, attending workshops, talking with innumerable people, and experimenting in my own life, I have learned how to live a life filled with career success, time with family and friends, and space for personal desires.

In the three hours it takes to read *The Lawyer, the Lion, & the Laundry*, you will learn a system of two choices, two actions, and two thoughts that will change your everyday and allow you to create space and time for the life you truly want. This is not time-management, it is a profound and practical mind-management strategy that will significantly improve your life, from the inside-out.



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Even When Life Is Good, It Can Be Exhausting – But It Doesn't Have to Be That Way.

*New Book Teaches Readers Practical Mind-Management
for Thriving in the Chaos of Our Lives*

Washington, Connecticut (October 17, 2019) — In her new book, *The Lawyer, the Lion, & the Laundry: Three Hours to Finding Your Calm in the Chaos*, Jamie Jackson Spannhake shares a profound and practical mind-management strategy that significantly improves life, from the inside-out. The book is intended to be read in three hours and is designed to help anyone trying to manage various responsibilities in life, including career, family, social life, personal hobbies, spirituality, and so on, without feeling overwhelmed and exhausted. In the three hours it takes to read *The Lawyer, the Lion, & the Laundry*, the reader learns a strategy of two choices, two actions, and two thoughts that change everyday life and create space and time for the life truly desired.

The book is not just time-management. Rather, it provides guidance on how to have a life and career that honors personal dreams and desires. Spannhake explains that when she was successfully managing her legal career, family, and personal life, she was so busy that she felt overwhelmed and exhausted. She wasn't able to enjoy her life because it seemed so chaotic. Over ten years of researching, writing, speaking with others, and experimenting in her own life, she has developed a "mind management" strategy — a way to approach things differently to better handle her competing responsibilities. The book, published by Attorney at Work Publishing, is available on Amazon, AttorneyatWork.com, JamieSpannhake.com, and at select book stores.

In Part 1 of the book, Spannhake guides readers through choices that clarify values and desires for life. Once a "framework" for the desired life is thoughtfully and deliberately defined, she introduces the concepts of mindfulness and meditation, guiding the reader through beginning and then more advanced mindfulness and meditation concepts. Part 2 of the book explores two actions needed to ensure everything the reader needs to succeed is readily available: creating a support network of helpers and getting organized. Part 3 explores the

– more –

unhelpful ways we think and talk about time and guides readers through changing their relationship with time in order to feel less busy and stressed. Finally, Spannhake reminds readers that life is a journey, that we must remember to practice, but perfection is not required.

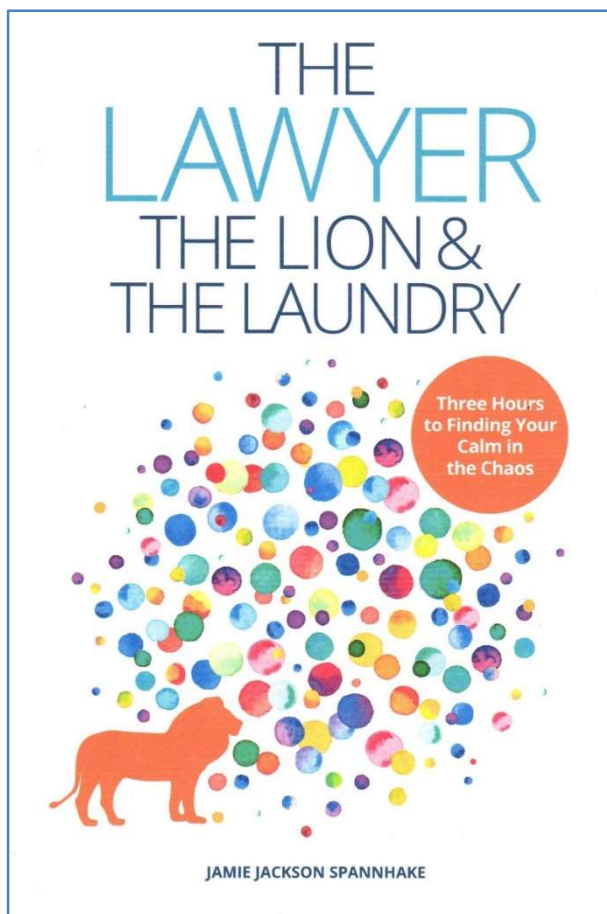
The book is full of helpful resources and includes references to a companion *Workbook*, which is designed for readers who want to dive deeper into the content of the book. The *Workbook* contains in-depth step-by-step guidance for all the exercises and questions in the book and offers daily practices to keep readers on track.

Bigle Legal named *The Lawyer, the Lion, & the Laundry* as one of the best books to read in 2019, specifically in the category of Personal Growth and Happiness. Bigle Legal writes: “In her new book, Spannhake explains how she came to understand that time management alone was not enough to lead to a happy lifestyle. She shares with her readers how she used mind management to enjoy life in the way she wanted. With plenty of take-aways for busy professionals, this book will guide you to finding calmness and satisfaction, both in and out of the office!”

To learn more about the book and companion *Workbook*, along with related products and resources, visit www.JamieSpannhake.com.

Jamie Jackson Spannhake is a lawyer, writer, speaker, and certified health coach. Her writing has appeared in print and online, including at Attorney at Work, eHow.com, Law Practice magazine, Law Practice Today, The Brooklyn Journal of International Law, and The Cumberland Law Review. She practices law as a partner in

a small firm with offices in New York and Connecticut. In addition, she mothers her eight-year-old daughter, successfully co-parents with her ex-husband, loves two dogs and two cats, and parents foster kids. She also volunteers at her daughter's school, regularly practices yoga and meditation, plays tennis, and runs. She is enjoying her life, without feeling exhausted or overwhelmed (though she sometimes has days when she is tired).



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ABOUT THE AUTHOR

Jamie Jackson Spannhake is a lawyer, writer, mediator, speaker, and certified health coach. Her work has appeared in print and online, including *Law Practice* magazine, *Attorney at Work*, *Health Food Radar*, eHow.com, *Law Practice Today*, *The Complete Lawyer*, and *Electronically In Touch*. She has also published in *The Brooklyn Journal of International Law* and *The Cumberland Law Review*, both academic journals. She regularly writes and speaks on issues important to women and lawyers, including time and stress management, health and wellness, and work-life integration.



She graduated magna cum laude from Brooklyn Law School and received her certification as a health coach from the Institute for Integrative Nutrition in New York City. She practices law as a partner at Berlandi Nussbaum & Reitzas LLP, as the only female partner in the firm, serving clients in Connecticut and New York in the areas of commercial litigation, estate planning, real estate, and business transactions.

In addition to writing and managing her law and mediation practice, she mothers a wonderful and happy eight-year-old daughter, successfully co-parents with her ex-husband, loves two dogs and two cats, parents foster kids, and is partially responsible for her aging parents. Even with those responsibilities, she volunteers at her daughter's school, regularly practices yoga and meditation, plays tennis, and runs several miles three to four times each week.

She is enjoying her life, without feeling exhausted or overwhelmed (though she sometimes has days when she is tired).

CONTACT

If you would like more information or a copy of the book for review, please contact Jamie Jackson Spannhake at 917-304-4522 or jamie@spannhake.com. You may also contact the publisher, Attorney at Work Publishing, via their website at AttorneyatWork.com. For information about bulk purchases, please contact the publisher.

WHAT OTHERS ARE SAYING

"The Lawyer, the Lion, & the Laundry is as one of the best books to read in 2019, specifically in the category of Personal Growth and Happiness: "In her new book, Spannhake explains how she came to understand that time management alone was not enough to lead to a happy lifestyle. She shares with her readers how she used mind management to enjoy life in the way she wanted. With plenty of take-aways for busy professionals, this book will guide you to finding calmness and satisfaction, both in and out of the office!"

-- *Bigle Legal*

"Imminently usable. In three hours, I was left with a clarifying approach to shifting my life in the direction I want it to go. And without adding a giant 'change my life' box to my to-do list."

-- *Briana, Small Business Consultant and mother of 3*

"Jamie's words of wisdom land perfectly and have come back to me over and over again. I am so impressed with her vision for helping others find themselves in the midst of life's mundane and chaotic challenges. Thank you."

-- *Jane, Non-Profit Strategic Consultant and mother of 2*

Jamie, "I just wanted to ... let you know how much I enjoyed, and appreciated, your [writing]. It was short, sweet, and to the point, and was exactly what I happened to need to read right now."

-- *Brian, attorney*

"Thank you so much. We lawyers need to learn how to help and treat each other with loving kindness. It sounds like you have incorporated that into your life and practice. I will endeavor to do the same."

-- *Doug, attorney*

MORE

Jamie has been speaking to groups and organizations and writing for publications for over 10 years. She's an expert on time and stress management, healthy life-style choices, and handling life with its competing responsibilities. She has helped countless individuals achieve a healthier balance in their lives.

Author of *The Lawyer, the Lion, & the Laundry: Three Hours to Finding Your Calm in the Chaos*, Jamie believes a great life starts with doing the hard work of clarifying your values and priorities in order to create the life you want to live. This clarity, combined with mindfulness through meditation, a useful support network, organization, an acceptance of reality, and adjusting as life changes, leads to a fulfilled life.

She has served on numerous expert panels, including for the New York City Bar Association and the American Bar Association. She regularly writes for Attorney at Work and her own blog. Her writing has appeared in *Law Practice* magazine, *Law Practice Today* webzine, *GP/Solo* magazine, *The Complete Lawyer*, *Electronically In Touch*, *Health Food Radar*, and eHow.com.

For more information or to hire Jamie for your next event or publication, visit www.JamieSpannhake.com.

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