

Book review:

Happy Lawyer Happy Life: How to be happy in law and life

Authored by Clarissa Rayward

Review by: Megan Lawton

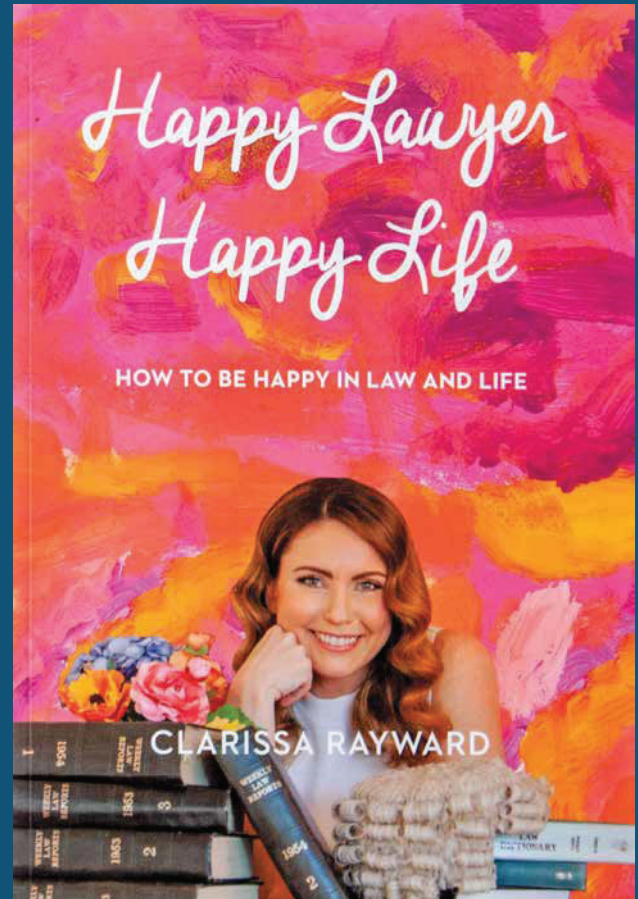
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Vivid Advice

How to cheer yourself up in three easy steps:

1. Buy this book;
2. Place it conspicuously about your home or office;
3. Under no circumstances read it.

This is a cheery little book for cheery people. A bright sparky cover of hot pink with its radiant picture of the author, successful lawyer full of wisdom is likely to infuriate many. In a nutshell, if you pick it up on a good day you will enjoy the tools and checklists. What happy person doesn't want to write a list of ten things making them happy right now? But as you drown under BAS statements and internet drop outs you are likely to be better served to down tools and go for a walk around the block.

Luckily for you this is in keeping with Rayward's philosophy—which is thankfully nothing new (who wants to take health advice from a lawyer?). The magic is that Rayward uses examples from her life and her legal practice to illustrate how to live a fulfilled life and this is likely to resonate with lawyers—many of whom find it difficult to



accept advice from anyone who hasn't been there. Whilst you may pass on the recipes and the 'Smartie jar challenge' she has a simple powerful message:

Start right now and change things...

Look after your **H** health
 Improve your **A**ttitude
 Embrace your **P**assion
 Celebrate your **P**urpose
 Be **Y**ourself