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Confidential Support for Legal Professionals

Avoiding Burnout – What Fuels Your Fire CLE Selected Resources

Steven Keeva, Transforming Practices: Finding Joy and Satisfaction in Legal Life (American Bar Association 2011, [2014](#); Amazon)

Dr. Jacqueline Kerr, “[Ending the Self-Perpetuating Cycle of Burnout and Bias](#)”
Dr. Jacqueline Kerr Blog

Shauna Faye Kieffer, “[This moment and this breath: a Public Defender Writes about Loss, Survival and Extreme Sports](#)” Minn. Bench & Bar
78(10)(November 2021)

Cathy Krebs, “Practical Tips for Addressing Burnout” ABA Children’s Rights Litigation Articles (Alexandra Michel, “[Burnout and the Brain](#)” Association for Psychological Sciences (Jan. 29 2016).

Emily Nagoski, PhD and Amelia Nagoski, DMA, Burnout: The Secret to Unlocking the Stress Cycle (Ballantine 2009) Visit [Website](#) for book, discussion guides, resources.

Ellen Ostrow, “[Clear the Obstacles to a Balanced Life](#)” The Association of Trial Lawyers of America (reprinted with permission) (August 2003)

Judith Rush, LCL Blog “[The Benefit of Balance in Avoiding Burnout](#)” (Nov. 29 2022)

Judith Rush, "[A Hidden Gem Worth Finding](#)" Minn. Bench & Bar 80 (4)
May/June 2023)

Dyan Williams, "[The Practice of Being: Mastering Stress & Finding Meaning as a Lawyer](#)" Minn. Bench & Bar 67(3) (March 2010)