Well-being and Mindfulness in the Practice of Immigration Law

AILA Texas Chapter

Fall Conference 2022

*Laura Kelley*

Radical Compassion by Tara Brach

Self-Compassion Step-by-Step by Kristen Knife

The Wise Heart by Jack Kornfield

The Way of Integrity by Martha Beck

You belong by Sebene Selassie

Braiding Sweetgrass by Robin Wall Kimmerer

A New Earth by Eckhart Tolle

Mindful of Race by Ruth King

True Refuge by Tara Brach

The Untethered Soul by Michael A. Singer

*Anuj A. Shah*

Physicians Committee for Responsible Medicine <https://www.pcrm.org/vegankickstart>

21 Day Vegan Kickstart App Download the App on the App Store or Get It On GooglePlay

<https://www.pcrm.org/news/news-releases/21-day-vegan-kickstart-program-launches-new-website-and-phone-app>

Books: The World Peace Diet by Dr. Will Tuttle; Eat to Live by Dr. Joel Fuhrman; Eat for Life by Dr. Joel Fuhrman and Proteinaholic by Dr. Garth Davis.

*C. Lynn Calder*

*Duke- Lovingkindness Meditation(attached)*

*Duke-Well-Being During a Crisis (attached)*

*Resources Handout Document (attached)*

*Ruby Powers*

*Solo/Small Firm, Ruby L. Powers, Texas Bar Journal Publication May 2022*