Resources:

<http://www.mindful.org/a-five-minute-breathing-meditation/>

Jeena Cho and Karen Gifford; The Anxious Lawyer <http://theanxiouslawyer.com/about-the-book/>

Kevin Fuller; When Emotion Overwhelms Reason (and How to Counter It In Divorce Negotiations), <http://collablawtexas.com/blog/2015/09/when-emotion-overwhelms-reason/>

Owen D. Jones; Vanderbilt University Law School Legal Studies Research Paper Series Working Paper Number 17-16; Keynote: Law and the Brain – Past, Present, and Future Ariz. St. L.J. 48:0917

Download free of charge from [http://ssrn.com/abstract id - 2932510](http://ssrn.com/abstract%20id%20-%202932510)

Chandra L. Moss and Marie I. Braun, Playing in the Family Law Sandbox Together Nicely” California Lawyer April 29 2016

Esther M. Sternberg, M.D. Stress and Health <https://medlineplus.gov/magazine/issues/winter08/articles/winter08pg5-6html>

Paula Young, The Where of Mediation: Choosing the Right Location for a Facilitated Negotiation <http://www.mediate.com/pfriendly.cfm?id=2385>