



Western Law Wellness Summer Reading list



The Right Not to Remain Silent: The Truth About Mental Health in the Legal Profession (2024). Ed: Beth Beattie, Carole Dagher & Thomas G.W.Telfer

1.
 - A series of candid and courageous memoirs by members of the legal profession living with mental health and addictions issues.
 - **Includes a Chapter by Professor Thomas Telfer

The Law School Book: Succeeding at Law School 3rd ed. (2009) Allan C. Hutchinson

2.
 - A well written and often humorous exploration of the life and demands placed on the Canadian law student.

The Mindful Self-Compassion Workbook (2018) Kristin Neff, Christopher Germer

3.
 - A scientifically proven method to help you build inner strength, self acceptance and resilience.

Mindfulness for Beginners (2012)

John Kabatt-Zinn

4.
 - A starting point for anyone curious about mindfulness
 - Mindfulness has been shown to have numerous benefits to wellbeing and stress relief for legal professionals