

JON KATZ, P.C.
ATTORNEY AT LAW
FAIRFAX, VIRGINIA 22030
(703) 383-1100
www.katzjustice.com



PURSUING YOUR BEST DEFENSE AGAINST CRIMINAL & DUI PROSECUTIONS IN VA & MD

MAINTAINING CALM IN THE EYE OF THE LAW PRACTICE STORM

IMPLEMENTING THIS PATH

By Jon Katz

IT ALL BEGINS WITH YOU

“When someone squeezes you, puts pressure on you or says something unflattering or critical; and out of you comes anger, hatred, bitterness, tension, depression, or anxiety, it’s because that is what’s inside.” Wayne Dyer, *10 Secrets for Success and Inner Peace*- Wayne Dyer

- *How to Argue & Win Every Time*- Gerry Spence
- *Search Inside Yourself*- Book by Chade-Meng Tan
- *Getting to Yes*- Fisher & Ury

CLEARING OUT THE INTERNAL GUNK

“I need to take my own power down to 0.... If he has 100, I have 0... Whatever he has, I’m always beneath it... I’m not chasing his attributes, or competing, or catching up, or exceeding him.” Taijiquan Master Benjamin Pang Jeng Lo

- *Mindfulness for Beginners*- Jon Kabat-Zinn
- *Be Here Now*- Ram Dass
- *Zero Limits*- Joe Vitale & Ihaleakala Hew Len

EMBRACING POTENTIAL CLIENTS AND HIRED CLIENTS

“The magic mirror of loving others and having others love us back.

- Psychodrama seminars
- Trial Lawyers College seminars
- Mindful & Contemplative Lawyering

DEALING WITH CURVEBALLS & POOPSTORMS LIKE A GLADIATOR

A challenging judge is like a boulder in the middle of the road. We have a choice to drive around it or to get a hernia trying to lift it away- Steve Rench, Denver trial lawyer

“Everyone is my teacher, starting with my worst enemy” – Dalai Lama

“Do. Or do not. There is no try.” – Master Yoda

- Maximus Decimus Meridius- Russell Crowe’s character in Gladiator
- *Win Your Case*- Gerry Spence
- *Cross-examination: Science and Techniques*- Pozner & Dodd

HEARING THE UNSAID; STICKING TO THE OTHER PERSON

- Meditation and mindfulness practice
- T’ai chi ch’uan sensing hands
- Sticking and engaging as part of sequencing to get new clients and to persuade others

THE POWER OF EMPATHY, SPONTANEITY & JOY IN LIFE & LAW PRACTICE

- *Lovingkindness*- Sharon Salzberg
- Storytelling for persuasion
- Lessons from taijiquan master Cheng Man Ch’ing

THE PRACTICE OF LAW AS A HEALING ART

- Positively changing ourselves helps others
- Mindful Lawyering www.mindfullawyerconference.org
- Learning the language of mental health professionals