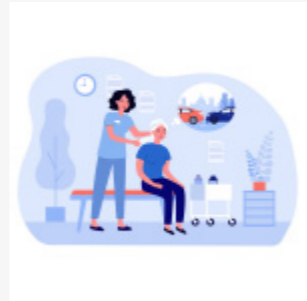




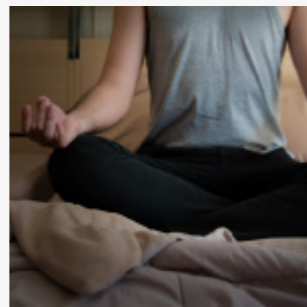
A NURSE'S MOST INCREDIBLE SKILL

My youngest daughter, a freshman in college, recently asked me if she could interview me for a school paper. She was writing about emotional labor, or the process of managing your emotions to fulfill your personal job requirements. How do you keep your emotions in check? What emotions do you typically need to express for your work? These were the types of questions she was curious to ask me as a personal injury lawyer ... [CONTINUE READING](#)



WHY CASES WIN, EVEN WITH PREEXISTING INJURIES

Last month, we won a settlement for one of our accident injury clients of the at-fault party's full insurance policy limit. Our client had injured her neck and underwent a cervical discectomy after being involved in a car accident in June of 2021. This same client of ours had been in a prior accident in August of 2017. In that previous accident, she had also injured her neck, and as part of her treatment of that injury, she underwent a cervical discectomy in April of 2018 ... [CONTINUE READING](#)



5 SOLUTIONS FOR QUALITY SLEEP

All day long, thoughts run through your mind, and by the end of the day, your head is probably ready to explode. After all, it's estimated that in 24 hours you can have between 60,000–80,000 thoughts. At some point, your brain needs a break, and that's especially true before you try to go to bed. Here are some ways to quiet your mind, so you can get a full night's sleep ... [CONTINUE READING](#)