

SMOKEY JOE'S "AGONY OF DEFEAT" BLUES SALOON

Where Olympic Quality Lawyers Come to Sing the Blues

GOLD MEDAL: Every attorney knows what it feels like to Sing the Blues. Your case has gone south because of bad facts, a bad judge, or bad lawyering. Your law practice or legal department has gone south because somehow you've lost control of managing it well. Your personal life has gone south because you've forgotten how to balance work and family. You may even be dealing with depression.

SILVER MEDAL: Read the accompanying article, and see the Top 10 Ways to Avoid the Litigator Blues, and the Top 10 Bits of Advice for the Litigator Who Has Made a Big Mistake.

BRONZE MEDAL: Read accompanying article for a list of practical tips for dealing with difficult clients and opposing counsel.

HONORABLE MENTION: Most attorneys will have the challenge of dealing with aging parents. The AARP offers a list of practical advice for the adult child of aging parents. Don't be caught unprepared.

HONORABLE MENTION: Depression hits attorneys at an alarming rate. Be aware of the signs for depression happening in your life, and read the accompanying article for a list of practical tips for dealing with depression, including seeking help from the local Bar or a local mental health professional, and finding ways to add balance to your life.

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