



BARELY LEGAL WITH **NATE AMENDOLA**

Legal Tip of the Month

The Truth About Miranda Warnings

You've heard about the Miranda warnings, right?

You've seen them given on countless cop TV shows: "you have the right to remain silent, anything that you say can and will be used against you, you have the right to an attorney . . ." The thing is, the legal requirements for Miranda aren't really what you see on TV. The law is basically this: the cops don't need to give you Miranda warnings unless you are (1) in custody **AND** (2) subject to interrogation. Think, "custodial interrogation". That's why Miranda warnings aren't required at an arrest—you're in custody, that's for sure, but you might not be subject to interrogation.

If the police aren't asking you questions, then you're not being interrogated. If you start offering up information spontaneously, that's your own problem. No Miranda violation there. That's why you should always keep your mouth shut. **Trust me, folks get into a lot of trouble by just talking.**

A Quick Life Hack

Hack—If you're not using [Athletic Greens](#) then you're missing out. AG is a daily nutritional supplement powder that I take first thing every morning on an empty stomach for insane energy and mental well-being throughout the day. This stuff is called "foundational nutrition" and I'm telling you right now this \$hit works.

A Word From Nate – Shined Shoes Save Lives

General Schwarzkopf is noted for stating that "shines shoes save lives." What he means is that how you do anything is how you do everything. Success starts with the little things. It starts at the bottom. The idea is that if you are careless about the little things, then you are probably careless about the bigger things. What we're talking about here is the power of habit and discipline. When you start to pay attention to the little things, you are building strong habits and are disciplining yourself to be first-class in everything you do. This is not hard. It's why I keep saying that if you master the morning, you master yourself. That's because the morning gives you lots of opportunities for easy wins, which contribute to great days. If you see a hanger on the floor of your closet, pick it up. It takes one second. Put the empty cup in the dishwasher. It takes two seconds. When your kid drops a toy, bend over and get it. Teach them from the beginning the right way to do things.

What Are Ignition Interlock Devices?

An Ignition Interlock device (IID) is a small breathalyzer that is installed in your car. The device is about the size of a cell phone. An IID is connected to the ignition system and prevents a car from starting unless the driver gives a passing deep lung air sample.

The device tests the driver's blood alcohol concentration (BAC) by measuring the amount of alcohol in a subject's breath. If the percentage is over .02%, the car will not start.

[Learn More](#)

Nate Amendola Defense Case Result

OUI First Offense, Not Guilty in Barnstable District Court

The key to winning a case at trial is to develop a believable theory of the case. A winning theory weaves multiple elements. First and foremost, it must be a logical and sellable story. The story must be consistent with every piece of evidence, including bad facts. Of course, the theory must also consider the relevant law. And finally, a good theory of the case contains elements of human emotion.

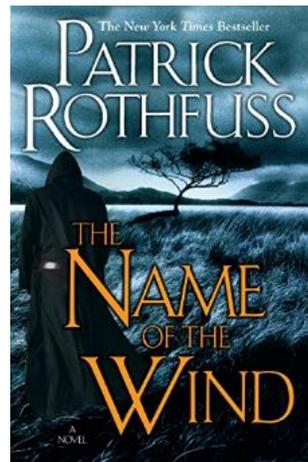
[Learn More](#)

Recommended Reading

Name of the Wind – Patrick Rothfuss

Lots of my book recommendations come from my sister, who exceeds me on the nerd scale. This is perhaps one of her finest recommendations. I love books about heroes and the hero's journey.

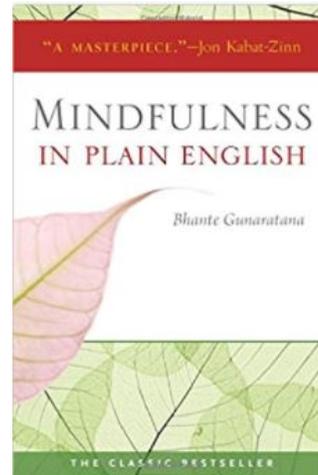
This bad boy (the first in a trilogy) is rad beyond explanation. It's about a dude name Kvothe who possesses superhuman abilities and just rocks the world. I couldn't put this down.



Mindfulness in Plain English: Bhante Gunaratana

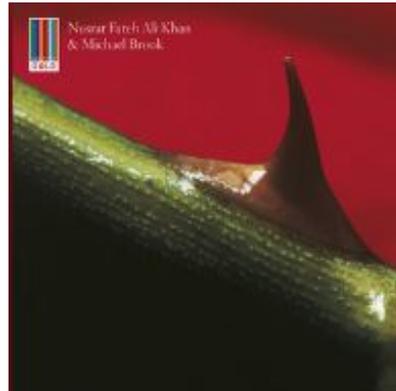
I talk a lot about the importance of mindfulness and being in the present moment. Practicing meditation has been the single greatest self-improvement tool I've discovered. It's made me happier, less anxious, and overall, a much better person. You practice mindfulness through meditation. This book is a straightforward, easy-to-follow guide on how to practice vipassana (insight) meditation. The purpose of insight meditation is to train yourself on how to see the true nature of things. With this type of meditation, you're probing your understanding of reality.

Really, this stuff is mind-blowing. I've read lots of meditation books and this is probably my favorite.



What I'm Listening To

I use music as a tool to cultivate concentration and help me get very focused on what I'm doing. Music that has lyrics often distracts me. This album has lyrics, but they're not in English. I love this whole record. It's definitely got a downbeat, lounge vibe feel, which makes it perfect for studying or working.



Nate Amendola Defense serves Massachusetts in criminal defense matters.
Contact our Hingham law office today at 781-740-0800.

