



## BARELY LEGAL WITH **NATE AMENDOLA**

### Legal Tip of the Month

#### **Exercising Your 5th Amendment Right**

Have you ever been stopped for a traffic violation? Me too. It happens. An officer is almost always going to ask you: "Do you know why I stopped you?" Don't fall into this trap. He's trying to get an easy admission from you. A simple "no" or a statement like "Officer, respectfully, I'm declining to answer all of your questions" should suffice. You are required to give an officer your license and registration. So don't mess around with that. But with anything beyond that, it's probably best to exercise your 5th amendment right to stay silent. Remember, be polite. But firm.

**Learn More**

### **A Word From Nate – Where is Your Tongue?**

Stop. Right now. Think about this: where is your tongue? Is it pressed against the roof of your mouth, or is relaxed and resting on your palette? I want you to notice, as often as you can, where you tongue is. What you'll find is that when you're stressed or anxious, your tongue will be tensed up and pressing against the roof of your mouth. That causes all sorts of tension that you're not even aware of. But when you are aware of where your tongue is, you can gently remind yourself to lower it to its proper resting place. This is a great hack to help you maintain mindfulness with the added benefit of reducing stress. This actually works. Try it.

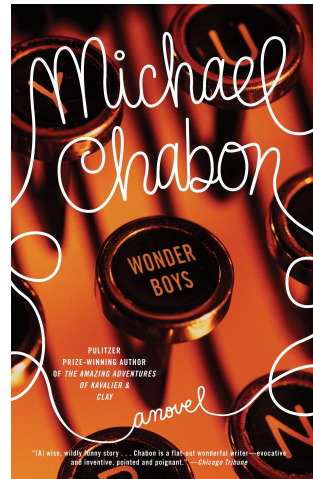
### **Cool Thing**

I have finally found a pair of swim trunks and gym shorts that I love. Check this brand out: <https://www.saxxunderwear.com/> What makes these things special is a hammock where you can hang your dang a lang.

### **Recommended Reading**

## Wonder Boys – Michael Chabon

Both of this month's recommendations come from my buddy and coach extraordinaire, Charley Mann. This book is wildly funny and a delight to read. It chronicles the antics and tribulations of a formerly successful writer who can't seem to get out of his own way. The cast of characters is rich and Chabon's writing style is gripping. This is modern fiction at its finest.



## War of Art – Steven Pressfield

I once heard this book referred to as the “entrepreneur’s manifesto.” That’s probably true, but like all classics, it’s much more. Blending philosophy, spirituality, self-help, and humor, this one really stuck with me. Lots of folks love this book and now I see why. This is essential reading for anyone trying to get better and make a dent in the universe.



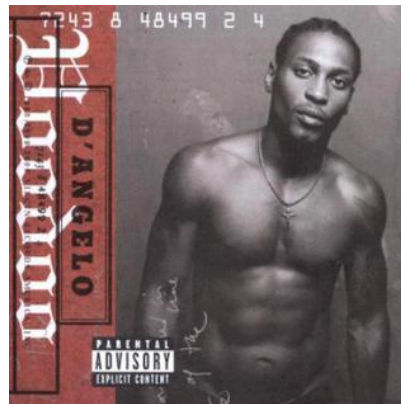
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## Music Recommendation

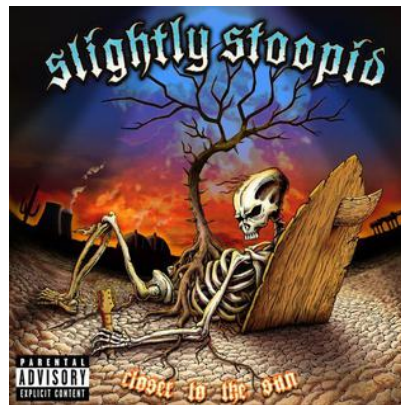
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When the New England weather starts to get better, there are a few classic albums that I just love to put on repeat. Check these out for some great chill, summer vibes:

a. D'Angelo, [Voodoo](#). This is D'Angelo's sophomore album, and it grooves hard. Every. Single. Track.



b. Slightly Stoopid, Closer to the Sun. Although these fellas have been around, I think they're starting to get quite popular. Hailing from Southern California, Slightly Stoopid is the ultimate party band. Part reggae and part funk, this is another band that grooves hard, plain and simple.



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