

From: [Nate Amendola](#)
To: [Marina Small](#)
Subject: Must I Give the Police My Name?
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BARELY LEGAL WITH NATE AMENDOLA

Criminal Defense Law Firm in Massachusetts

Do I have to Tell the Police Who I Am?

Only if you are driving a motor vehicle. Otherwise, no. In Massachusetts, there is no law that requires you to tell the police your name or address except if you are driving a car. Remember: in virtually every circumstance you have the right to remain silent.

How to Be Strong

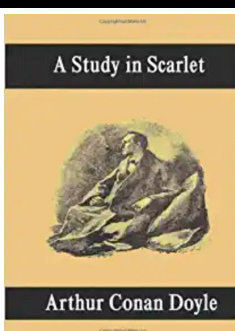
No one wants to be weak. But all of us experience weakness. Sometimes you are physically weak. Maybe you are injured. Sometimes your thoughts are negative. Maybe you are going through something. Well then, go through it. Because the only way out is through it. The true nature of things is that everything—every, single, thing—arises and passes away. That's what daily meditation shows you. So, stick to your routine, whatever it is. As Jock Willink says, "Discipline Equals Freedom." Discipline will help you be strong, even when you're not.

Animated Short Video

If you're a parent, particularly, a dad, I think you'll really appreciate this animated short video. It's definitely a little emotional, but isn't that the way into our hearts? A special thanks to my friend Chrissy, who is a new mom, for sending this over. Watch it all the way through.

[Ice Merchants](#)

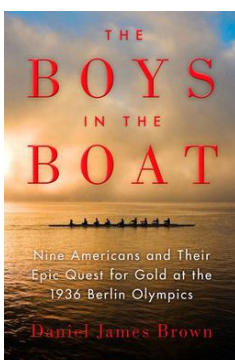
Recommended Reading



[A Study in Scarlet](#)

By: Sir Arthur Conan Doyle

Sir Arthur Conan Doyle. Everyone knows who Sherlock Holmes is, but how many people have actually read any of the books? A Study in Scarlet is the first book introducing Holmes. Easy to read and incredibly fun, you'll be glad you dug into this one.



[The Boys in the Boat](#)

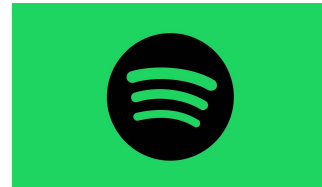
By: Daniel James Brown

35,566 5-star ratings on Amazon can't be wrong. My friend and celebrity lawyer, Wayne Dennison, recommended this book to me many years ago, though I didn't get around to reading it until just now. A wonderful, epic story about perseverance, teamwork, and leadership. Read it. You won't be disappointed.

What I'm Listening to

[The Tim Ferriss Show Episode #646](#)

Have you ever heard of the Eleusinian Mysteries? I've been fascinated by them for a few years now, and I recently listened to a great podcast (by one of my favorite podcasters, Tim Ferriss) talking about these secret rites and other ancient mysteries. Check it out.



Nate Amendola Defense serves Massachusetts in criminal defense matters.
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