



## Case Result

### Doctors Get in Trouble Too

It was a perfect summer evening. The sun was setting low over the horizon and the breeze blew gently across my face. My view over the harbor was spectacular. I didn't think my life could get any better. Then my phone buzzed. It was my answering service texting me about an urgent matter. I try to remove distractions from my life, but this is part of the business. You never know when duty calls. The message oozed with peril and distress. I dialed the potential client's number, prepared to hear yet another poor soul's story. The call was picked up immediately by a man who was demonstrably upset. He was a doctor from another state who had just been arrested while vacationing with his partner. The charges were serious: three felonies (two counts of breaking and entering and one count of vandalism) and one misdemeanor (domestic violence). He was scared. Charges like these could jeopardize his professional license.

If I've learned one thing in this business, it's that things aren't always as they seem. Bad things happen to good people probably more than you'd like to imagine. Misunderstandings are common. This was one of those situations. So, the next day, I drove down to the court to meet with the prosecutor, a person whom I know to use his intelligence and position of power fairly. I persuaded him to dismiss the breaking and entering charges before the Doctor was arraigned on the theory that the charges were a colossal misunderstanding. That was the first major win. The second major win was an agreement to dismiss the remaining charges (vandalism and domestic violence) after a few months of proof that the Doctor was taking care of a few demons that needed to be tamed. And of course, as you can expect, he did what he needed to do and all charges against him have been completely dismissed and he's on to greener pastures.

[More Case Results](#)

## Illusion of The Self

One of the core concepts of Buddhist thought is the notion that the self is nothing but an illusion. Meditation will help you understand this. A universal law of nature is that everything changes. There are no exceptions. When you meditate, you experience this directly. Thoughts come and go. Feelings come and go. Sensations come and go. Over and over again. That is what you do when you meditate. You are training yourself to notice the impermanent nature of reality. When you think about it, I promise this is your direct experience of reality, too. Now, you need to ask yourself, who are you, really? Are you that torrent of thoughts, feelings, and emotions? Or are you that inner being that notices all those things you can separate the two, you start to see things as they really are. You understand the nature of things. It's quite beautiful and liberating. Are you confused? Me too. That's why I subscribe to Sam Harris' mind-bending meditation and consciousness-theory app "Waking Up." I'm going to gift you a free 30-day trial (no credit card required).

Tip: Check out James Low's "Constellations of Thought" talk in the theory section of the app for a deeper dive on the illusion of the self.

[Waking Up App](#)

## Cool Thing

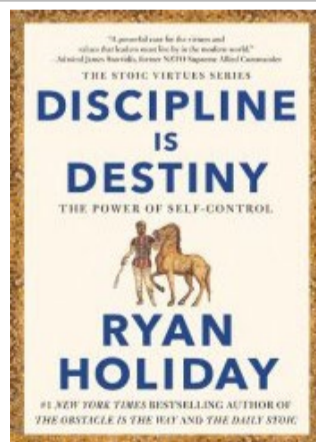
It makes me shudder to think about recommending a \$54 t-shirt, but they're so good I would be doing you a disservice if I didn't. I have a collection of these now that has completely replaced all my other t-shirts. The fit is parallel to none, the material is indescribably soft, and they are durable beyond measure. You can wear these for years and they will still look and feel brand new.

[Strato Tech Tee](#)

## Recommended Reading

### Discipline is Destiny By: Ryan Holiday

I'm a huge Ryan Holiday fan and have read all his books. He's a modern Stoic philosopher who, in addition to writing books, puts out two daily newsletters that I read every day (The Daily Stoic and The Daily Dad). Being super disciplined is not fun, because it's frankly difficult. But as the great Jocko Willink says: "discipline equals freedoms." That's why I get up before 5:00 AM every day and totally abstain from drinking alcohol. It makes me stronger and fiercer. Check out this book and find your power.



## What I'm Listening To

### Amazing Grace Aretha Franklin

I once heard a journalist tell the story of Aretha Franklin's 1972 live album "Amazing Grace." Apparently, as Franklin rose to stardom, some were worried or upset that she had lost or forgotten her gospel roots. In response, she and the Southern California Community Choir recorded a live concert at a Baptist church in Los Angeles. The entire album is unreal. But the magical moment, according to the journalist, appears in the very first track, "Mary, Don't You Weep." At four minutes and thirty seconds into the song, Franklin unleashes and improvises a series of "my mys" that could tear a brick building down. Listen to it. Your hair will literally stand up. I promise.

