



## Criminal Defense Law Firm in Massachusetts

### Big Rocks

There are so many things to do every day. All the things that you must do as part of your job. Then there are the things in your personal life. Your kids, your spouse. Your parents and your friends. They all need something from you. You also need something from you. You need to keep yourself physically and mentally fit. That takes daily work too. And there's the other stuff. The laundry. Food shopping. Meal prepping. Credit-card paying. It's exhausting. It's hard to live in this modern world. So how do you keep track of it all? How do you know what to do first? How do you know what to do at all? Consider the following. I want you to solve a puzzle. There is a 5-gallon bucket. Next to the bucket, there is a pile of big rocks. Next to those is a pile of medium rocks, perhaps between the size of a golf ball and a cheeseburger. Further still there are some smaller rocks, throwing stones. And finally, some finer-grained stuff. Sand, pebbles, things like that. Your task is to get every item, including all the sand, into that 5-gallon bucket. How do you do it? Obviously, you start with the big rocks. Then put the medium-sized rocks around the big ones. Then the small stuff, and finally, you fill in the gaps with the sand and other tiny. Everything fits neatly. You can fit all your "things" into your life too, but only if you identify the big rocks first. Because everything else fits in around those things. Those things are the center of the bullseye. So, what are your big rocks?

### Assault vs Assault and Battery

I probably have more assault and battery cases than anything else. Why? Because it's so easy to commit an A&B. In Massachusetts, an A&B doesn't require an injury. Any *touching* that is non-consensual is an assault and battery. Well, I don't want to bore you with the details, but an assault and battery is not really a singular crime. It's two. An assault isn't what you think it is. An assault is when you put someone in fear of unconsented touching. It's the thing, the act, that happens right before the touching. The unconsented touching is the battery. If I threatened to strike you with my fishing rod, that an assault. If I then touch you with it, no matter how slight, that's the battery.

[Tell me more about A&B](#)

### Great New Podcast

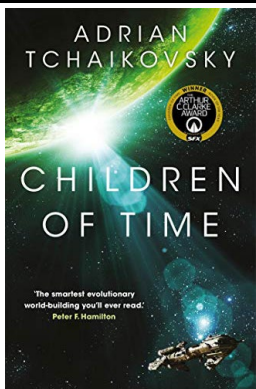
We're so lucky these days. There are so many awesome podcasts that can help you improve the quality of your life. There has never been a time in history like this. Never ever have we as a species had so much access—free access—to information that can help us become great. It's truly a spoil of riches. So, here's another one to add to your list. In this podcast, learn "life lessons from the greatest thinkers on the planet."

I loved the episode with Alex Hormozi. Episode #670. I will also link the specific episode for you to give it a listen.

[Modern Wisdom with Chris Williamson](#)

[23 Controversial Truths About Life](#)

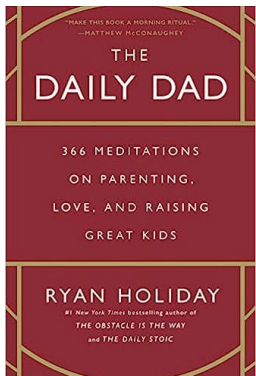
### \*Recommended Reading\*



#### [Children of Time](#)

By: Adrian Tchaikovsky

What I've realized about myself lately is that I'm a nerd because most of the fiction books I read are science fiction. No book will ever compete with Frank Herbert's *Dune*, because it's the best book ever written. But this *Children of Time* book is pretty dang good and a hoot to read. It's got all the good stuff: epic struggle for human survival, romance, philosophy, and time travel. In the words of Chris Williamson, "just read it."



#### [The Daily Dad](#)

By: Ryan Holiday

Special thanks to my friend Chris Early for sending this along. I talk about Stoic philosophy a lot in this newsletter because it helps me find my true north in this crazy, confusing world. I'm a big fan of Ryan Holiday and find this book—a compilation of daily Stoic meditations for dads—an indispensable part of my practice. I read a new page at the start of each morning to prepare, and reflect, on the day that's about to unfold.

### Music to Shred By

[Guthrie Govan](#)

Everyone loves a guitar shredder. Ever heard of Guthrie Govan? Check this slayer out . . .

