



## Criminal Defense Law Firm in Massachusetts

### These Are The Days

One of the central components of Buddhism is the notion that suffering is universal. It's all around us, all the time. Yes, things are hard. Things are brutal. Life isn't fair. We're born only to die. We're in a state of constant decay. People get married. People get divorced. People get sick, then they get well. You're up, you're down. If it's not this thing, it's that thing. Happiness isn't just about the good times. Because yes, there will be good times. But just as surely, there will be bad times too. Your happiness depends on your ability to weather those storms. You know what really helps? Being grateful. Research shows that grateful people are happy people. I know things are tough for you right now. But I also know there is a lot to be grateful about. Just think how wonderful modern life is. In 1925, only half of all homes in the U.S. had electric power. By 1940, nearly half of US households lacked hot piped water, a bathtub, a shower, or a flush toilet. Ibuprofen wasn't developed until the 1950s. We didn't have iPhones until 2007! Big deal you say, I live now and not then. True, but think about how brutal it must have been back then, merely 100 years ago. Imagine getting your tooth pulled, breaking a bone, or life without pizza! Be thankful. Be grateful. Live better.

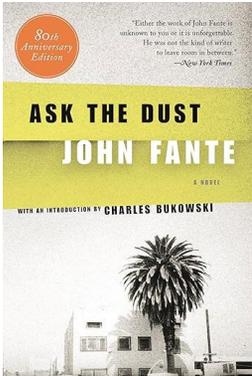
### Alive Time

I can't remember where, but I remember reading about "alive time" versus "dead time," and how much people waste time. We complain that we have no time for this or that. But just look around. Look what people are doing in line at the grocery store, waiting for a flight to take off, waiting for their food at a restaurant, waiting for the light to turn green. Know what people are doing? Nothing. Wasting time. On their phones death scrolling. That's pure dead time. So, make it alive time by doing something meaningful. Read a book. Talk to the people around you. Call your mom. Or do nothing but just observe. Or perhaps, do something so rare these days: think.

### No Snapchat is Safe

Your deleted Snapchats aren't really deleted. Law enforcement can still "see" them if they get a warrant to search your phone. Snapchat, and other communication apps, may be required to disclose certain user data through court orders subpoenas, or search warrants. These days you leave a digital footprint everywhere. Think about what you are doing before you act.

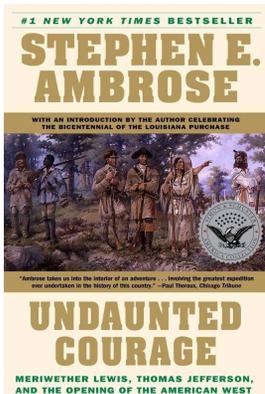
### Recommended Reading



#### Ask the Dust

By: John Fante

Set in Depression-era Los Angeles, this story follows a young writer in his attempts to find fame and love. A pleasure to read, and at times laugh-out-loud funny, this is a good one to read if you're looking to start and finish a book in a week. Very memorable and relatable characters. You won't soon forget this book.



#### Undaunted Courage

By: Stephen Ambrose

Epic! I'm sure you've heard about the Lewis and Clark expedition where President Thomas Jefferson funded an exploration of the American West. But do you know much about it? You can't believe the stuff these folks did. It's incredible. This one might take a little time to get through, but it's worth it.