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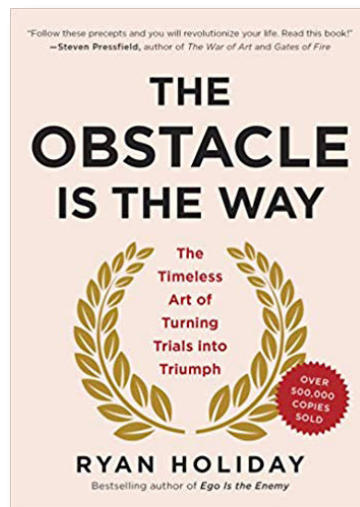
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'THE OBSTACLE IS THE WAY'

Stoicism and Success in the Modern Era

Would you rather read an inspirational book favored by some of the biggest stars in the NFL, or a strategy guide found on the nightstands of some of the world's most powerful political figures? Well, thanks to Ryan Holiday's latest work, you don't have to choose. "The Obstacle Is the Way: The Timeless Art of Turning Trials into Triumph" has been championed by leaders in almost every field, from musicians to governors. To understand why this work is winning such high praise, you first have to understand the man who wrote it.

In classic entrepreneurial fashion, Holiday dropped out of college when he was just 19 years old, choosing instead to get his education under the direct mentorship of author and strategist Robert Greene. Eventually, his focus on media manipulation and human nature would land him at the top of the American Apparel marketing team. Now the head of his own strategy firm, Brass Check, Holiday and his team have advised major brands



like Google and TASER. "The Obstacle Is the Way" represents a distillation of Holiday's personal philosophy for success.

The book gets its name from a modern rephrasing of a Marcus Aurelius quote. The philosopher turned Roman emperor once said, "What stands in the way becomes the way." From this principle, and the foundational tenets for stoicism developed by the ancient Greeks, Holiday presents a no-nonsense approach to problem-solving that is as old as time.

Packed with examples ranging from American Civil War generals to Amelia Earhart, "The Obstacle" paints a clear, compelling picture of what this ancient philosophy has to offer the leaders of the future. The book has a hardline stance: "It doesn't matter what happens to you. It matters what you do," which removes factors of luck and talent from the equation. To Holiday, persistence trumps everything else.

Those looking for feel-good quotes or self-affirming platitudes should probably skip this book. But for those who are serious about reaching their personal or professional goals, and who are willing to put in the work, "The Obstacle" is just the kind of kick in the pants you've been looking for.



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REDISCOVERING PEACE WHY I MEDITATE

It's easy to get caught up in a busy schedule and lose track of time. That happens to me almost every day. But no matter how hectic things get, I take 20 minutes to myself twice a day, once in the morning and once in the afternoon. I close my eyes, clear my mind, and practice mindful meditation. I've been meditating since I was a kid, and it's something I recommend everyone experience for themselves.

If I'm being honest, I got into meditating for a pretty silly reason. In college, I was dating this girl whose brother was really into transcendental meditation. Members of the transcendental meditation movement claim that meditating can unlock superhuman powers, like levitation. This girl swore she once walked in on her brother while he was meditating and saw him floating a couple inches off his bed. Now, I don't know if her brother really floated, but college me thought that sounded pretty cool. I broke open the phone book, found a couple in my area who led the local branch of the transcendental meditation movement, and called them up.

I was blown away after just the first session. Meditating had been much easier than I'd thought it would be. My brain went right into the rhythm, and I came out of it feeling very calm and relaxed. I found this level of clarity I had never experienced before. Almost 40

**"I found this level of
clarity I had never
experienced before."**

years later, I've never levitated, but I still make time to meditate every day.

Setting aside the claims of levitation or astral projection, meditation has a real impact on our mind and body. For example, research published in the journal "Cognitive, Affective, & Behavioral Neuroscience" found that mindful meditation greatly improves a person's focus and attention. Other scientific studies found evidence that suggests meditation helps decrease depression and anxiety, improves restful sleep, reduces stress, and helps with managing pain. Over decades of meditation, I have experienced many of these benefits myself.

There are a few different techniques of meditation. Transcendental meditation, what I practice, involves clearing your mind and repeating a mantra inside your head. You don't repeat the mantra out loud, and anytime you catch your mind wandering, you just forgive yourself and come back to the mantra. Whatever mantra you use, it should be something that speaks to you on a deeper level. For example, I stopped using



the mantra my teachers taught me years ago because I met a very spiritual woman who taught me a new mantra that connected to my religious beliefs. This mantra, which I don't share with anyone, is personal and powerful. I've been using it for 20 years.

Since that first session in college, I've only missed maybe two meditation practices. On those days I didn't meditate, I could really notice the difference: I felt terrible, scatterbrained, and tired. Because meditation changes your brain chemistry, it's a lot like running — when you skip a run, you really miss it.

Meditation is truly amazing, and I believe everyone can benefit from the practice. Through meditation, we have the opportunity to connect with who we are as beings and become more grounded in ourselves and the world. Meditation makes you happier by making you feel a little more at peace with the world.

-Joseph Miller

If you belong to a union or other labor-related group and want to schedule my presentation at your group's speaking arrangement, you can do so by calling 888-694-7994. The presentation is free of charge, offers important information for taking appropriate action in Virginia workers' compensation cases, and everyone in attendance gets a free copy of my book, "10 Traps and Lies That Can Ruin Your Virginia Workers' Compensation Case." Education is the best way to protect yourself from making a mistake. So call now, before it's too late.

Donate With Care

THE RIGHT WAY TO DONATE AFTER SPRING-CLEANING

Spring is in the air, and it's time to celebrate with another round of spring cleaning. Banish the clutter and make room in your life for something new! Many charities see a sharp increase in donations as spring-cleaning season starts. Donating your used books, kids' toys, and gently worn clothing allows your old items to have a second life. However, when filling that donation box, make sure you're donating each item because it can do good and not just because you feel bad about throwing it away.

Charities have a big problem with well-meaning citizens dropping off items that are better left in the trash. There are many items charities simply cannot handle. Most charities will have lists of items they can and cannot accept on their websites. Some items that you should not donate include:

- Expired medications
- Old TVs
- Cribs
- Loose remote controls
- Personal care items, like soap, shampoo, or makeup
- Mattresses
- Carpets
- Tangled cords or phone chargers
- Any broken, damaged, or dirty items

These items may be unsafe to sell, costly to ship, or impossible to refurbish effectively.

When a charity regularly receives items they cannot use, they have to spend hours of manpower sorting through things that end up in the trash anyway. This process can be expensive for organizations with already-strained resources. Some local charities spend over \$1,000 a year on dumpster and trash removal fees for unusable donations.

While charities will have no choice but to throw unusable donations in the trash, there are services you can use to make your spring-cleaning eco-friendly, even for items you can't donate. For example, if you have torn or stained blue jeans, reach out to Blue Jeans Go Green. This program keeps denim out of landfills by turning it into insulation. And while Goodwill can't take your batteries or old flip phone, you can check out Call2Recycle.org to learn how to safely recycle your e-waste.

Your donations can be a big help to local charities. Just don't "donate" your garbage.



Our Clients Say It Best



"Atty Miller and his parents are amazing! Five star thanks to their amazing legal assistant Candice who helped guide me through the entire process! It was a length and tiresome process but she's been dedicated to us the entire time and I appreciate it. Candice is the definition of 5-star customer service!"

-Destyne Lilliston

"Joe Miller did an excellent job on my case. They let me know everything that was going on in my case; the legal team was top notch. I had a great time working with Joe and Lisa."

- Mark Weldon

Take a Deep Breath

3 Easy Tips for Mindful Meditation

Did you know a study published in JAMA Internal Medicine found mindful meditation helps lower stress levels? And that patients who habitually meditate report less chronic pain? More and more, modern science is proving that the ancient practice of meditation is extremely valuable and something almost everyone can benefit from.



The good news is you don't need to climb a mountain or go on a week-long retreat in order to experience the benefits of meditation. Here are a few tips to help you build a meditation habit in your daily life.

Try an App

Meditation apps are a saturated market, but there are a few hidden gems. Headspace and Calm are two top-rated apps available for Apple and Android, both offering free trials and paid

premium subscriptions. These apps provide guided meditation sessions where a recorded teacher coaches you through the process and gives advice on meditating. Guided meditation can be very useful for beginners.

Take a Class

Meditation has become very popular, which means there are plenty of groups dedicated to teaching beginners how to meditate. Look for classes at your community center or search online for a meditation studio near you. If you want to get into transcendental meditation specifically, you can find a local teacher on the Transcendental Meditation website at TM.org.

Fly Solo

Group classes and technology can help you build the foundation of meditating, but all you really need to start meditating is just a few minutes of free time. Sit in a comfortable position someplace you won't be distributed, close your eyes, and just breathe naturally. Set an alarm on your phone for 10 minutes when you are first starting out to build the habit. If your mind wanders, just gently bring your focus back to the breath. It really is that simple.

Don't let myths and preconceived notions about meditation keep you from experiencing something that may change your life for the better. Make time to meditate today.

Joe's Monthly 'SOUL SNACKS'

**Were it not for the dark, the light
would not be apparent at all.**

-R.L. Brody

**Bitter people are never grateful;
grateful people are never bitter.**

-R.L. Brody

Everything Popcorn

Ingredients

- 3/4 cup corn kernels
- 2 tablespoons flaky sea salt
- 1 teaspoon black sesame seeds
- 2 teaspoons white sesame seeds
- 2 teaspoons granulated garlic
- 2 teaspoons granulated onion
- 1/3 cup canola oil
- 4 tablespoons unsalted butter, melted

Directions

1. In a small skillet over medium heat, toast sesame seeds. Shake skillet often and cook until white seeds are golden and fragrant, about 2 minutes. Transfer to a small bowl and add garlic, onion, and salt.
2. In a large saucepan, combine corn kernels and oil. Cook over medium-high heat, covered, until corn kernels start to pop. Once popping, continue cooking and shaking the pan intermittently until popping ceases, about 3-5 minutes.
3. Transfer popcorn to a large mixing bowl. Pour in butter and toss to coat. Finally, add seasoning, toss again, and serve.