



## Criminal Defense Law Firm in Massachusetts

### How to Stay Tuned

The brain is like a fine instrument in that it must be tuned before each use. Instruments that are out of tune don't sound right and are therefore suboptimal in performance. Apply that logic to your brain.

This is one of the many functions of a daily meditation habit. Each morning before you begin your day, your brain needs to be tuned. Just like the violin player tunes his instrument before he plays. When you train yourself to be aware of what's happening in your mind, you are sharpening your ability to focus and recognize when you're lost in thought. This makes you more mentally nimble and flexible and demonstrably increases your happiness.

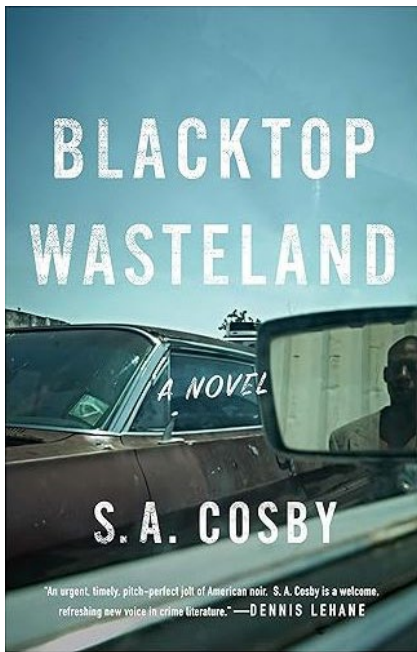
Start by noting the sensations you feel as you sit for your meditation. Note where you feel pressure, temperature, and other bodily sensations. Then move to your anchor—I suggest your breath—and just watch it. As you become aware of a thought (which will undoubtedly happen immediately) make note—that is recognize—that you are thinking and return your attention to your breath. Do this over and over. Every morning. This is how you stay tuned.

### Afternoon Pick Me Up

I drink a lot of coffee in the morning, and just like everyone else, 'round about 1 or 2 PM I start feeling groggy and energy deficient. One way to combat this is to drink a lot of water. You shouldn't skip that, but you can supplement with a very good drink that feeds you brain. Check it out.

NEUTONIC

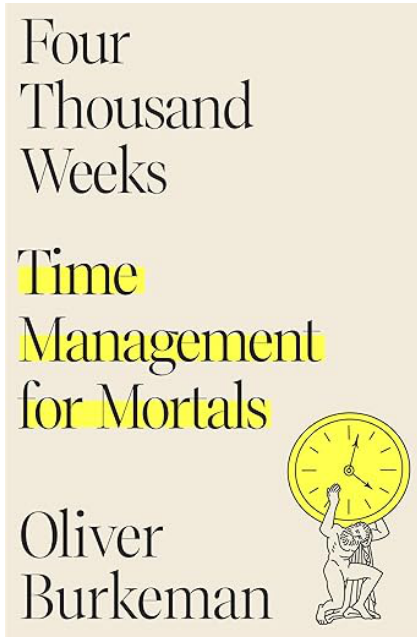
### Recommended Reading



#### [Blacktop Wasteland](#)

By: S.A. Cosby

I've got to say that for a thriller, this one goes deep. Reader beware, it's a little gory and chock full of violence, but well worth the nightmares (just kidding). Follow Beauregard "Bug" Montage, a former thug-turned-car mechanic, as he navigates the pressures of fatherhood and wrestles with his identity in this fast-paced and well-written thriller. This one kept me up past my bedtime on a few occasions. I couldn't put it down.



#### [Four Thousand Weeks](#)

By: Oliver Burkeman

The average human life is 4,000 weeks. How do you figure out what's important and what's not? How do you "fit it all in?" You don't this book argues. Yes, this is a time management book, sort of. I think it's really more of a philosophy in disguise. This is 5 stars. A perfect 10. It's so good, that I suggest you cancel your plans, buy the book, and read it straight through. You won't be disappointed.

### Sunglasses

#### [Comanche BRG](#)



These are expensive, but they're the best pair of sunglasses I've ever owned. Worth the investment, if you don't lose them