



Brooklyn Law School

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***Untangling Fear in Lawyering*** is a practical resource for law students, lawyers, legal educators, and law practice mentors to eliminate unnecessary drivers of fear in our profession that impact learning, performance, and individual well-being.

Responding to the National Task Force on Lawyer Well-Being's call to action for the profession to reduce the level of toxicity in our profession, this book helps law students and lawyers deconstruct and understand fear so that they can become authentically powerful advocates.

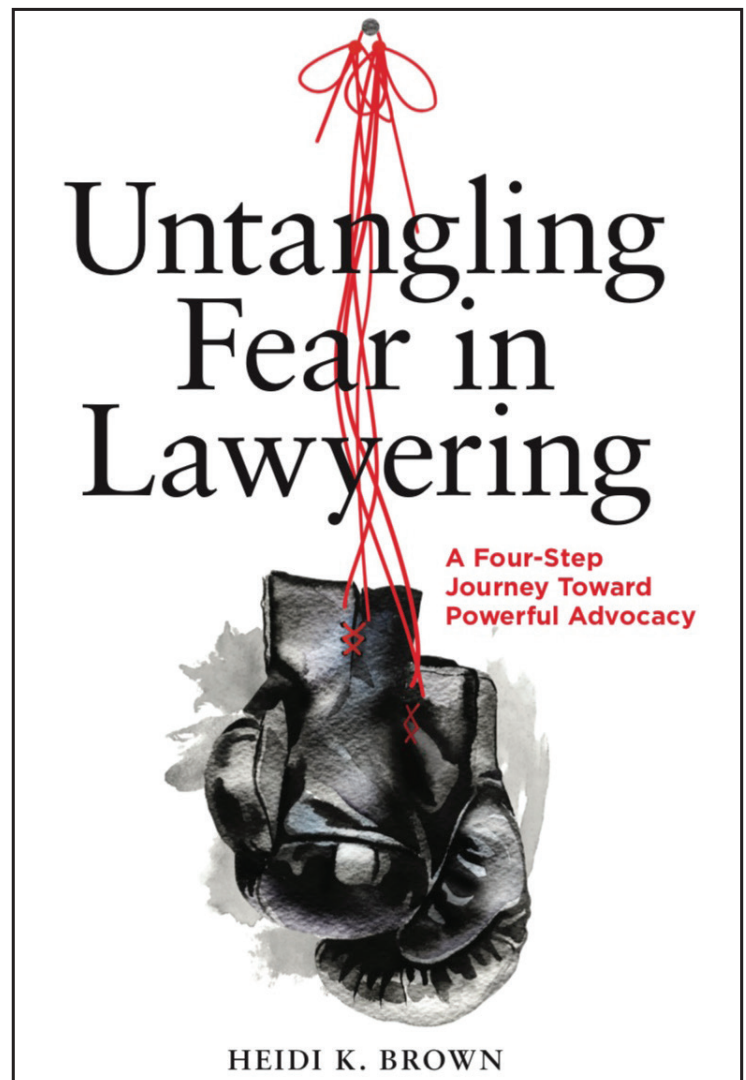
The book discusses the reality, causes, manifestations, and consequences of fear in legal education and practice, from the standpoint of law students, junior attorneys, and clients. It analyzes fear from a cognitive, physical, and emotional perspective.

The book draws guidance from how other industries address fear (and mistake-making) in education and training. The book concludes with a four-step process for law students and lawyers to reframe fear into fortitude.



**Heidi K. Brown** is a graduate of The University of Virginia School of Law, a law professor at Brooklyn Law School, and a former litigator in the construction industry. Having struggled with anxiety and fear as a law student, attorney, and new law professor, she finally untangled her fears, embracing authenticity as a powerful asset in teaching and practicing law. She is also the author of *The Introverted Lawyer: A Seven-Step Journey Toward Authentically Empowered Advocacy* (ABA 2017).

Her website is [www.theintrovertedlawyer.com](http://www.theintrovertedlawyer.com), and she loves to hear from readers on Instagram @introvertedlawyer and Twitter @introvertlawyer.



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