



Resources for Solo, Small and General Practitioners

Addictions & Treatment

- *Twenty Questions for Problem Drinkers* by Michael Sweeney and Meloney Crawford Chadwick (GPSOLO Volume 18, Number 5, July/August 2001)
- *Out of the Shadows: Women and Addiction* by Cindy McAlpin (GPSOLO Volume 23, Number 7, October/November 2006)
- *Internet Addictions* by Kenneth Search (GPSOLO Volume 21, Number 7, October/November 2004)
- *Other Bumps in the Road: Internet Addiction – Lawyers Getting Caught in the Net* by Kimberly S. Young (GPSOLO Volume 18, Number 5, July/August 2001)
- *Sexual Addictions* by Lynn Phillips (GPSOLO Volume 21, Number 7, October/November 2004)
- *Other Bumps in the Road: Gambling* by Paul R. Ashe (GPSOLO Volume 18, Number 5, July/August 2001)
- *Never Enough (Gambling)* by Michael J. Burke (GPSOLO Volume 26, Number 7, October/November 2009)
- *Identifying Addiction* by Carol P. Waldhauser (GPSOLO Volume 18, Number 5, July/August 2001)
- *What to Expect at Twelve-Step Meetings* by Michael Sweeney (GPSOLO Volume 21, Number 7, October/November 2004)
- *What to Expect in Treatment* by Michael J. Sweeney and Meloney Crawford Chadwick (GPSOLO Volume 23, Number 7, October/November 2006)
- *Relapse after Long-Term Sobriety* by Janet Piper Voss (GPSOLO Volume 26, Number 7, October/November 2009)
- *Getting on with it: Recovery Success Stories* by Donald Muccigrosso and Donna L. Spilis (GPSOLO Volume 18, Number 5, July/August 2001)

Alberta Lawyers' Assistance Society

- Professional Counselling for you and your family members (4 hours, per person, per issue, per year)
- Peer Support
- Education
- Resources (www.albertalawyersassist.ca)

Practice

- *Being Solo: Incapacitated: What Happens to Your Solo Law Practice?* by David Leffler (GPSOLO Volume 21, Number 7, October/November 2004)
- *Being Solo: Getting the Most Out of Networking* by David Leffler (GPSOLO Volume 26, Number 7, October/November 2009)
- *Being Solo: Reach Out... and Ask for Help* by David Leffler (GPSOLO Volume 23, Number 7, October/November 2006)
- *Being Prepared for Unexpected Events* by Lloyd D. Cohen (GPSOLO Volume 26, Number 7, October/November 2009)

Mental Health

- *Other Bumps in the Road: Depression* by Mary Greiner (GPSOLO Volume 18, Number 5, July/August 2001)
- *Overcoming Depression* by Daniel Lukasik (GPSOLO Volume 26, Number 7, October/November 2009)
- *Living with Mental Illness* by Eileen Travis (GPSOLO Volume 23, Number 7, October/November 2006)
- *Living with ADHD* by Lynn Phillips (GPSOLO Volume 23, Number 7, October/November 2006)
- *Other Bumps in the Road: Adult Attention Deficit Disorder* by Alan C. Bail (GPSOLO Volume 18, Number 5, July/August 2001)
- *Preventing Burnout: Live Well, Laugh Often* by Adrian Hill (GPSOLO Volume 21, Number 7, October/November 2004)

Life and Law

- *Balancing Life in a High-Stress Job* by Susan Riegler (GPSOLO Volume 26, Number 7, October/November 2009)
- *So You're a Lawyer. Can You Be Happy?* By Rebecca Nerison (GPSOLO Volume 21, Number 7, October/November 2004)
- *The Families of Solos and Small Firm Practitioners* by David L. Gates (GPSOLO Volume 26, Number 7, October/November 2009)
- *The Mindful Lawyer* by Robert Zeglovitch (GPSOLO Volume 23, Number 7, October/November 2006)