

Finding Joy in the Journey to Esquire

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2026-07

Synopsis

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inLanguage	english

This groundbreaking yet easy-to-listen-to book explains why those who study and practice law experience burnout differently and provides a simple, research-based plan to help lawyers and law students minimize stress, manage emotions, and find joy in the journey to esquire.

Burnout. Many law students and lawyers in America have experienced it. What's expected of lawyers and what it's really like to be a lawyer in today's world are two very different things and people exhaust themselves trying to close the gap between them.

How can you work hard when every magazine cover keeps insisting on self-care?

How do you put in the hours at school and work when you're already giving 110 percent and not getting the results you want?

How can you live happily and healthily in a world that is constantly saying you need to do more, get more, and you're not enough?

I'll tell you how. You use the RENEWAL system described in this book to beat burnout and create a life and career you truly enjoy!

From the founder of Diversity Access Pipeline, Inc. which runs the Journey to Esquire® Scholarship & Leadership Program, blog, and podcast.

Reader's comments

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