

THE BUTTON LAW FIRM

HOT-BUTTON ISSUES

www.buttonlawfirm.com | 214-888-2216

2919 Commerce Street, Suite 535, Dallas, TX 75226 | 1900 W. Illinois Avenue, Suite 101, Midland, TX 79701

WRITE A BOOK?

Challenge Accepted

Emily Dickinson once said, “There is no Frigate like a Book,” and I hope my new book will transport you — to a world where you have all the information you need about your personal injury case. It’s called “The Essential Guide for Your Texas Injury Case.” Getting that book written means a big task on my to-do list has been checked off, and it’s also given me the confidence to keep working on a few other writing projects.

Unlike many of the people I went to law school with, I wasn’t born into a family of lawyers. That means I never grew up thinking the law was easy to understand. In fact, it was quite the opposite: I wanted to provide people with a free resource that could help them understand their case, written by someone who used to find legal matters confusing and intimidating himself.

The book tackles many frequently asked questions, as well as a few important things that people haven’t ever asked me but should. I also walk you through the personal injury process, from the first call to getting your settlement, and I talk at length about something that most attorneys don’t: finding the right lawyer for your case. Believe it or not, we refer people to other lawyers all the time. It’s not a question of good or bad attorneys, but one of areas of expertise, experience, and client-attorney compatibility. If your case involves a legal issue that is not what I do or you may just be a better fit with a different lawyer or law firm, I want to make sure that your needs are met. I want to introduce you to the right lawyer for your case.

I’m not a naturally great writer, so getting this book done was a challenge in the best possible way. I had a lot of trouble with writer’s block because I’d sit down to write and then ask, “Am I explaining this correctly? Am I getting my point across?” Funny enough, the process of doing that has made me a better speaker as well. I found a process for



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writing that works for me — it includes a lot of editing — and I feel like the result is pretty good.

Having discovered a way to write, I’m now very excited to continue writing other books. I have two others in the pipeline right now. The first is all about car accident cases, which, as you can imagine, affect many of the people I deal with every day. The second book, which I’ve been working on for a while, is called “The Mental Edge.” To create it, I collected lessons that I learned in basketball, in court, and from studying personal development. I hope to present those principles of success in a way that will help other people benefit.

If you’d like to check out my first book, head over to my website (buttonlawfirm.com) and get a copy for free. It’s worth the time — especially if you have a personal injury case of your own.

Have a great start to fall,

Russell Button

A FRESH START

Generous People Give Thanks to Manchester Heroes

On May 22, 2017, a bomb was detonated in Manchester Arena's foyer as crowds were leaving an Ariana Grande concert. The blast killed 22, injured 116, and incited mass panic.

In the midst of the confusion, Chris Parker and Stephen Jones, two homeless men in the area, immediately ran to aid some of the victims. Parker wrapped a T-shirt around a girl who had lost both of her legs and cradled a dying woman in his arms. Meanwhile, after hearing the explosion, Jones began helping by pulling nails from victims' bodies.

After Parker's actions became known, an online fundraising page was set up to give thanks to the local hero. By the Wednesday after the attack, donors had contributed nearly \$40,000.

After hearing of Jones' actions, West Ham United co-owner David Sullivan reached out to the public to announce his desire to make Jones a "life-changing" offer and to help him "get back on his feet." Sullivan told BBC Radio 5 Live he wanted to help Jones by paying for his accommodations for six months and giving him some money to help him turn his life around.

Both men are being praised as heroes for their actions and quick thinking at Manchester Arena, and hopes are high that the men will be given a fresh start to pursue more financially secure futures.



Few things are as intensely personal or as misunderstood as the grieving process. Not only can our reactions vary wildly minute by minute, but they can vary wildly from person to person as well. During these times, it's important to know that you're not alone, that there are no "wrong" ways to feel, and that help is available.

We strongly encourage anyone suffering from the death of a loved one to seek out grief counseling in group sessions or one-on-one with licensed counselors. Support groups can be valuable, especially if you're not comfortable speaking with a medical professional, and they often provide a wide variety of resources as you work through your

YOU AREN'T ALONE

Working Through Grief One Day at a Time

grief. Not everyone will want to be in a support group, however, and that's okay too.

There's a lot of information out there about the "stages" of grief, which describe generally the reactions we have to loss as we process what has happened. First we are shocked, then we feel guilty for what has happened. Next we become angry, followed by deep depression. Finally, our emotions turn upward, and we reconstruct our lives as we accept what has happened.

As hard as losing someone is, finding the courage to seek help can be even harder. Everyone grieves differently, and nobody out there is "strong enough" to avoid grief. Whether you need to speak to a group or an individual counselor, or a combination of the two, we'd love to put you in touch with someone who can help. Please get in touch with us by phone or by email or through our website. I'm not about to tell you that it will get better immediately, but I will tell you that we can help.



SETTLEMENT VS. VERDICT

Which Is Better for Your Case?

There are two ways to close your personal injury case for good: a settlement or a verdict. Which one is going to work best for you? Well, that depends on the specifics of your case.

Once we get the wheels moving on your case, a settlement may be an option at any time. A settlement just means that both sides of the case agree on a dollar amount that you will be paid. If you agree to take it, everything else stops and the case is over. If the at-fault party looks at the facts of the case and decides they probably aren't going to do well in court, they'll usually offer you an amount of money and try to get you to take it instead of going through with the whole court process. But settlements can also happen once a trial is underway.

Your attorney is your best advocate when negotiating a settlement. They'll know whether the deal is a good one or whether you can get

more money if you go through the trial. A settlement usually means you get money for what happened sooner, but the amount may not be as much as you'd receive otherwise.

But what about a verdict? Well, a verdict comes at the end of the full court proceeding. After we go through all the hoops, the jury will recess to discuss the case and then come back with what they think. That's the verdict, which is the collective wisdom and voice of the community. Our jury process is a foundational tool to put the value on a human life and hold people and companies accountable. Thomas Jefferson said it best, the jury system is "justice by the people."

I love to go to trial and am proud to be a trial lawyer. Whether a settlement or verdict is best for your case is a decision that you will make on your case after being informed of the risks and benefits of moving forward to trial. It is my job as the trial lawyer to get your case prepared to go to trial. Insurance companies value a case that creates exposure for them more than a case that has a team begging to settle. What I want more than anything is to protect your interests and get justice for what you've endured.

MEMES



APPLE CIDER CHICKEN

With cool fall weather comes the desire for hot, comforting meals. Take advantage of fall's abundance of apples to make this savory dish.

INGREDIENTS

- 2 tablespoons olive oil
- 2 tablespoons butter
- 4 boneless, skinless chicken breasts (about 2 pounds)
- Salt and freshly ground black pepper
- ½ Vidalia onion, chopped
- 1 Granny Smith apple, cored and sliced into ¼-inch wedges
- 3 cloves garlic, minced
- 2 teaspoons dried thyme
- 2 bay leaves
- 2 tablespoons all-purpose flour
- 1½ cups apple cider

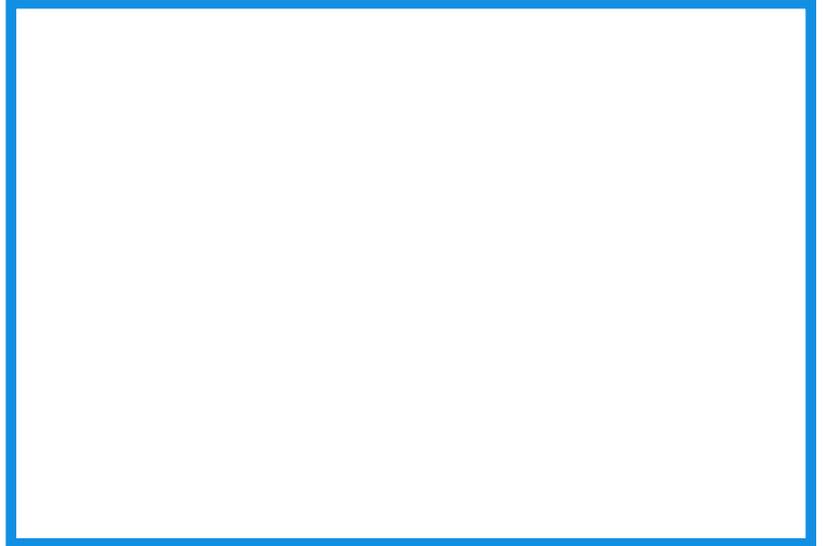
DIRECTIONS

1. Heat oil and 1 tablespoon butter in a skillet over medium-high heat.
2. Season the chicken breasts with salt and pepper, add to pan and sear until golden, about 4 minutes each side. Remove chicken from pan and set aside.
3. Add remaining butter, onion, apple, garlic, thyme, and bay leaves. Sauté until apple begins to get color and onions soften, about 6 minutes. Add flour and stir for 2-3 minutes.
4. Nestle chicken back into pan, add cider, bring to a boil, then reduce to a simmer and cover. Cook until chicken is cooked through, about 12 minutes.

Recipe courtesy of foodnetwork.com

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DEALING WITH STRESS

Learn Healthy Coping Mechanisms That Put You in Control

You have more control over stress than you think. Stress management is about taking charge of your lifestyle, thoughts, emotions, and the way you deal with problems. No matter how stressful your life seems, there are steps you can take to regain control.

IDENTIFY SOURCES

Chronic stress is hard to recognize. Look closely at your habits and excuses. Do you explain away stress as temporary? Do you define stress as an integral part of your life? Do you blame your stress on others? If you don't recognize your role in creating or maintaining stress, you will never be able to control it.

FIND HEALTHY STRATEGIES

Withdrawing from loved ones, bingeing on food or alcohol, procrastinating, and sleeping too much are all unhealthy ways to deal with stress. Instead, find unique, healthy coping strategies to deal with stress. Focus on what makes you feel calm and in control.

AVOID, ALTER, ADAPT, AND ACCEPT

Some stressors are predictable. Learn how to predetermine your reactions by choosing to avoid, alter, adapt, or accept. Avoid people

or situations that stress you out. Talk about your feelings instead of bottling them up, create a balanced schedule, reframe your problems, look at the big picture, and practice gratitude. It's critical to look at the glass as half-full and learn to forgive.

MAKE TIME FOR RELAXATION

Nurturing yourself is a necessity, not a luxury. If you make ample time for self-care, you will be in a better place to handle life's stressors. Give yourself options like going for a walk, calling a good friend, journaling, or reading a book.

LIVE A HEALTHY LIFESTYLE

In addition to regular exercise, there are other healthy lifestyle choices that can increase your resistance to stress. Eat a healthy diet; reduce caffeine and sugar; avoid alcohol, cigarettes, and drugs; and get enough sleep.

Stress is unavoidable, but it doesn't have to dictate your life. With stress management techniques, you can avoid chronic stress, reduce your stress levels, and live your life to the fullest.