

Find Your Line

By: Russell Button

This year my main interest has been incorporating yoga and meditation into my daily routine. No matter where I am or what I have going on, I make time for each. It has been an invaluable asset to my growth as a person and trial lawyer. But why? Recently, I've been studying a lot about the benefits of yoga and meditation to better understand why it has had a profound impact for me.

Let's start with yoga. For those of you that know me, I played basketball competitively for many years. I was never really big on stretching. I thought yoga was just what people did to get more flexible. Little did I know, that becoming more flexible made me a better athlete. It also has been preventing me from minor aches and pains that come with training. Better yet, I recover faster from my morning workouts.

How do I do it? I do it on my own. I've never been big on group sessions for my training, so I knew I needed to find my own yoga training center. I stumbled upon a fantastic yoga teacher that has videos, explanations, and a weekly newsletter – YBC. Yoga-By-Candace: <http://yogabycandace.com>. I started with beginner stuff and memorized them. Then try out new ones as I get comfortable. There is more to yoga than just stretching. It really impacts all of your life. Also, the workouts can get pretty intense. Check it out or check out any yoga center in person. I'm sure they are great, just not my preference.

Now on to meditation. I have always been into visualizing. This started with basketball. Essentially you play the game in your head before it happens. Now I use it daily with being a trial lawyer. I work all the way through a cross-examination or closing argument in my head. I visualize responses, faces, my



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actions, etc. It really helps so when I'm actually performing, I've been there and done it already. Nothing surprises me and I can stay calm in the face of chaos.

But my journey to meditation started with a random book purchase while at an airport in New Mexico back in the summer of 2014. I was stuck in the airport with delays, ran out of reading materials, and went to the bookstore. I found an interesting looking book called 10% Happier by Dan Harris. It discusses his journey to, through, and with meditation. Let me put it this way: the book was exactly what I needed at that moment. I instantly became one of those frustrating people walking around reading a book. I finished it before I ever got home. It was that good and eye-opening. Matter of fact, many of my friends and family can attest to the fact that they received that book as a gift at some point since then.

I have always been looking for a way to unwind my mind or get myself focused before I start a task. Owning my own law firm is full of distractions and obligations that all are important. So how do you pick and choose? How do you focus while performing the task at hand? That is where meditation came into the picture for me.

I must admit that it is still a learning process for me, but I practice it daily. It is now a part of my essentials that I need every day, just like a workout. Again, I researched it, learned from others, and found my path to doing it. The results have been fantastic. I am able to focus and be in the moment for each task at hand. Taking one thing at a time. My productivity has risen dramatically.

The questions you need to ask yourself are:

Do I want to get better?

What do I need to get better at?

How am I going to do it?

For me, I needed to find a way to balance the pressures and distractions of being a trial lawyer, starting and owning a law firm, and not losing who I am. My recent additions of yoga and meditation were the tools I chose to plug into this year. They don't have to be yours. All you have to do is start looking for your line and follow it.

Are We Making A Difference?

By: Russell Button



At The Button Law Firm, we are fully committed to making our community safer. We take on cases that have far reaching implications that will save lives by demanding safety changes. We screen our clients to find those that want to implement a safety change or enforce an existing safety rule that would have prevented what happened to them so that it doesn't happen to someone else. At the outset I always ask myself, how can we make a difference with *THIS* case?

It comes back to why I love being a trial lawyer. This job is perfect for who I am. I get to represent the David's against the Goliath's. The common people against global billion dollar corporations. I get to right wrongs and bring evildoers to justice. Simply put: I get to make it right.

However, are we making a difference? I don't see the amount of catastrophic truck wreck clients coming in my door slowing down. I don't see the number of drunk drivers disabling my clients reducing. I don't see corporations choosing to put safety measures in place so their employees and customers are safe from criminals.

So, what we do is demand that these safety measures either be a part of each settlement or we let the case become public with a jury verdict. Because at the end of the day, our clients will remember that they made a trucking company enforce its safety rules to supervise its drivers' hours-of-service closely to prevent sleep deprived drivers on the same roads as our families. They will remember standing up to a corporate giant demanding that changed their life forever.

The greatest satisfaction my clients get is knowing that they are making an impact for the greater good in society. They are taking a stand to make sure that whatever happened to them will not happen to another innocent person. No matter what you do, always ask yourself how can I make a difference because we all really can make a difference.

How To Find The Best Personal Injury For Your Case

By: Russell Button

I routinely get asked how to find the best lawyer for this area or that area. This month I am going to write about how to find the best personal injury lawyer for your case. Now, full disclaimer, this is not an exact science. It is merely a guideline that I have developed to know what type of lawyer is best for a particular client.

We all have seen the ads on TV or heard them on the radio. We know who they are. We see the billboards as we drive around town. The options for a personal injury lawyer are endless. Most people don't know a lawyer as either an acquaintance, friend, or family member. So how do you pick?

Most clients that come to me are either referred by a fellow attorney that respects my work or by a past client. First they call and my paralegal Teresa will get the details of what happened. She attempts to get as much detail as possible so we can best evaluate it. If it fits into one of the categories of cases I focus on and meets my specific criteria, then we set up a time for me to speak with them on the phone or meet in person. Before we meet, we try to obtain as many documents or information we can on the event or injury.

At our initial meeting, we discuss our process of prosecuting cases and evaluate whether we will be a good fit for each other. My entire team meets the clients because we will be spending a lot of time together. I explain all the steps of the lawsuit as well as all the effort I require out of my clients. We have multiple phases of homework that they are expected to do at each stage. We work together as a team to make sure everything stays on schedule. If at the end of the meeting we both feel we are a good fit for each other as client and lawyer, then we make it formal and proceed forward. If we feel that we would not be a good match, then I recommend other lawyers that may fit what they are looking for and we go our separate ways.

So some of the questions I would ask if I were looking for the best personal injury lawyer for my case would be:

How much is my case worth?

How do you work up your cases?

How many safety changes have you implemented throughout your career?

How much work will I have to put into this?

Do you focus group your cases?



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If you are looking for a lawyer that will make your case about more than the money, they should never be able to tell you the value of your case at the outset. Who can know the value until it is completely worked up? We don't know all the details yet.

Most settlement or advertising lawyers don't get to know their clients. They simply sign, settle and move on. For a lot of people, that's ok. That's what they want. A quick resolution. But for others, that is not satisfying. I love my clients. I truly enjoy being around them and helping them through the event that brought them to me. You have to determine what you want with your life-changing event. If you want it to be more of a business deal, then you know where you need to look. Otherwise, you will want to know how an attorney works their cases up.



To understand why the safety changes are important, you can read my article title [Are We Making A Difference?](#) that happens to be in this newsletter. This to me is very important and has been very important to all my clients.

If a lawyer says you just need to show up for your deposition and mediation, if at all, and that's it, know that you are getting a business deal. To me, that would be extremely scary if an attorney did not expect me to be involved in the case where my life or family member's life is at stake. Usually the people that do the most damage (trucking companies and insurance corporations) have the most resources to fight. It will always take a lot of hard work, both from the lawyer and client.

Finally, do they focus group? At The Button Law Firm, we routinely focus group all aspects of each case multiple times. It helps us stay ahead of the curve and know what the true jury will be wanting, expecting, and thinking at every turn. In order to get the best results, you need to know what your audience wants. This is why we focus group. However, this is unique and not wide spread. Again, it really depends on what you're looking for with your case to know what type of personal injury lawyer you will need.

There are of course more questions to ask and considerations that are equally important. I just wanted to give each of you some food for thought in how to evaluate what type of personal injury lawyer is best for your case. Because I know that when a life-changing event or injury occurs, the last thing we have time to think about is what lawyer is best for my case. But it needs to be a smart decision because you will have to live with the results of it. Let us know if you or a loved one ever has a question as to what lawyer is best for their case or what questions to ask them to evaluate it. We would be glad to assist.

Immigration Consequences of Car Wrecks

By: David Square

Intro by Russell: David is a friend of mine from the trial lawyer group Reptile. He was one of the first to graduate from the program just last year. Over time, I have used him as a resource for my Hispanic clients and immigration considerations on cases I handle. He is extremely knowledgeable and experienced in this unique area as he handles both immigration and personal injury cases down in south Texas otherwise known as "The Valley". I hope you enjoy his article as an informative piece. Please do NOT rely on it as legal advice. It is merely a means of educating and informing you and your loved ones of interesting twists or rights in our legal system. If you have a legal question or issue, please contact one of us or another lawyer.

People without legal status have the right to make a bodily injury claim when involved in a car wreck. Throughout my years in practice, I have run across individuals with immigration issues as well as being victims of wrecks. Their first question is: will it affect my immigration status if I file against another individual?

For the most part, it can be said that it does not have consequences. The most common problems that illegal immigrants face is the lack of driver's license, driving while license suspended and proof of financial responsibility (i.e. car insurance). It is important to note that many insurance companies' now offer liability financial coverage for individuals without driver's license. On the other hand, Mexican states such as the state of Nuevo Leon have had pilot programs allowing individuals from that Mexican state to renew their license while in United States. Finally, individuals can apply for an international driver's license which is valid. In addition, if the wreck is determined to be a crime, the individuals may be eligible for a U visa. There are many options available to illegal immigrants. It is simply a matter of knowing what rights you have, what your options are, and the process to obtaining it.

When referred to the immigration authorities, the immigration Judges do take issue with above mentioned offenses since they compromise the safety of the population. These safety rules are enacted for the main purpose of protecting the society as a whole. Please do not be afraid. If you have any questions on how you may be able to obtain any of the above, please reach out to Russell, myself, or any other lawyer. Again this is simply educational.

