



Chris Earley
Truth Series Author

The Earley EDITION

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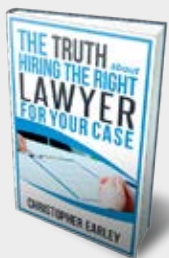
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Life Lessons To My 21-Year-Old Self

by Chris Earley

When we are young we have all the answers. We know everything and have it all figured out. Here are 21 things I would tell my all-knowing 21-year-old self about what life has in store, and what it is truly all about:



- Life is *really* short and the years go faster as you get older.
- Parenthood will change your life in ways you can't even begin to imagine, young man.
- Having a spouse who loves you and truly supports you is life-changing which makes life deeper, wider, and more meaningful.
- Be in the moment. Stop and *slow* down.
- You can tell a whole lot about someone by the way they treat a waiter.
- You need to take risks. Don't play it safe.
- Stop worrying. What you are worried about will probably not even happen, and if it does, it will not be nearly as big of a deal as you think.
- Everything in moderation, except moderation.
- The more you give the more you get.
- Work smarter, not harder.
- Listen more, talk less.
- Play the long game and focus on getting just a little bit better each day. Singles are easier than home runs.
- If you need to fall on your sword just do it and move on.
- Grit wins over talent. Always.
- Judge less. You never know what is going on in someone's life.
- Be careful what you feed your head. Staying positive is absolutely crucial.
- The real learning comes outside of the classroom.
- Dream really big.
- It's not what happens to you in life, but how you deal with it.
- When you are middle-aged you will go to bed really early and actually love it.
- Now get a damn haircut and buy some decent clothes! What are you thinking, man?! ■

- Chris Earley



Getting to KNOW YOU

by Chris Earley

I have a busy life with many balls in the air so I am always looking for ways to reduce stress. Meditation is something I have never really tried before, so I decided to give it a try. It has so far proven for me to bring with it a ton of benefits such as less stress, better focus, better sleep, and countless other benefits. Although I am quite new to it, meditation has been an awesome experience so far.

Before I started to meditate though, I did some online research and in one Google search, discovered that meditating can actually help you get to know who you really are. I found that to be a fascinating possibility, so I dove right in.

When you first start doing it, you quickly realize how hard it is! Getting your brain to actually stop and focus on the present is just as hard (or even harder) as lifting weights, or doing vigorous cardio exercise. At first it was frustrating because it is hard to stop your mind from wandering. But with time, these muscles get stronger and stronger through consistent practice. You learn to embrace the fact that the mind wanders during meditation, but you learn to gently pull it back to the present moment.

If you are not already doing it, consider giving meditation a try. It's free and takes very little time to do. Who knows what you will find? ■

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EARLEY FAMILY NEWS



I am so proud of the Law Office of Christopher Earley Dodgers who recently finished an awesome little league season.

I had the pleasure of not only sponsoring the team, but also the honor of being the head coach. The boys are all really great kids and they always tried so hard. Thank you for an awesome season!

WHAT'S NEW AT THE OFFICE

Congratulations to Alannah Crowley, Liseth Garcia, Erin O'Neil and Jennifer McGlynn for winning a \$50 Amazon gift card in our recent giveaway. Way to go, guys!



Thank you so, so much to Massachusetts Lawyers Weekly for recently giving me a monthly column in their newspaper. I will be writing each month about law practice management tips for lawyers. If you want a copy of any of the articles, just shoot me an email at cearley@chrisearley.com.

Care to Share?

If you have recently had a big life-changing experience (birth of a child or grandchild, marriage, wedding anniversary, engagement, graduation, new job or promotion, etc.) email me at cearley@chrisearley.com because we want to celebrate you in next *The Earley Edition*. Don't be shy! ■

What Others are Saying

about the Law Office of Christopher Earley

Joshua Robbins
3 reviews · 1 photo

★★★★★ a year ago

"Extremely knowledgeable and hardworking"

Chris is a talented and professional attorney. He is extremely knowledgeable and hardworking. He is a strong and zealous advocate for his clients and a credit to the legal profession.

Xiomara Durand
1 review

★★★★★ a year ago

"He made it as stress free as possible."

Christopher was awesome helping me resolve my slip and fall case. He made it as stress free as possible given my circumstances. I am very happy with the services and will be sure to refer him to friends and family!



PARA NUESTROS CLIENTES DE HABLA HISPANA

Tenemos un historial comprobado de éxito en asegurar millones de dólares en acuerdos para personas lesionadas en accidentes automovilísticos, accidentes de lesiones personales, compensación por accidentes laborales, resbalones y caídas, accidentes de mordeduras de perros, accidentes de bicicletas, accidentes peatonales, accidentes de motocicletas, y cualquier otro tipo de casos de lesiones personales en Massachusetts.

Asegúrese de solicitar nuestro libro gratuito sobre accidentes automovilísticos en Massachusetts. La ley solo le otorga un tiempo limitado, por lo que se debe actuar rápidamente para proteger sus derechos. Nuestro número de teléfono es 617 338 7400, o envíenos un correo electrónico a cearley@chrisearley.com.

REMINDER ABOUT OUR FIRM'S COMMUNICATION POLICY

Our promise to you is that while we are working on your case, we don't take inbound phone calls. Chris Earley takes no inbound unscheduled phone calls whatsoever. It makes him much more productive and helps get your case resolved faster. You can always call the office at 617-338-7400 to schedule a phone appointment, usually within 24-48 hours. This is a lot better than the endless game of "phone tag" played by most businesses today.



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Thank You For Your Referrals!

This month, we'd like to thank Emiliano V., Kevin G., Ida C., Len S., Paula P., Hector R., Melissa L., Emmanuel G., Joseph M., and Mark B. for believing we are the right firm to help their friends and family. Your continued support gives us the ability to reach more individuals and make a positive difference in their lives. If we can help anyone you know that needs our services, please send them our way!

Quote of the Month

**"If opportunity doesn't knock,
build a door."**

– Kurt Cobain



Rory Earley

RORY'S RECIPES: Aunt Janice's Famous Potato Salad

Coming from a big family, we gathered every long weekend or summer holiday for a family cookout! My fabulous Aunt Janice's potato salad was always on the table! The real recipe is somewhat of a secret, but this is my best attempt to recreate it. A simple and classic recipe with just a few ingredients.



INGREDIENTS:

- 2.5 lbs small red potatoes (skin on)
- 1/2 – 3/4 cup mayo (to your taste)
- 2 stalks of celery, finely diced
- 4 hard-boiled eggs, diced
- 1/2 tsp celery seed

DIRECTIONS:

- 1 Dice up the potatoes and boil until fork tender. Allow to cool (even overnight in fridge!).
- 2 In large bowl combine potatoes, mayo, celery, eggs & celery seed. (Add more mayo to your taste.)
- 3 Allow to cool in fridge before serving.