

TEACHING & PRACTICING

# Spontaneous Remission

*Turning off stress hormones & awakening healing chemistry*

Less Stress & More Greatness

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# TEACHING

*Three Steps*



# Spontaneous Remission

*Turning off stress hormones & awakening healing chemistry*

The entire practice is 1-minute.

*Step 1*

***place your  
hand on  
your heart***

(to indicate that you are moving your  
attention to your heart)

It helps to close your eyes here.

**Step 2**

# ***Slow your breath***

(sending a message  
to the body  
that you are safe)

Step 3

***Feel caring or  
appreciation or  
gratitude or  
compassion  
for someone  
or something.***

(receive the benefits of  
heart-centeredness)

Spend 30 seconds on Step 3

*This practice activates 1300 biochemical reactions that last for about 6 hours.*



# Spontaneous Remission

*Turning off stress hormones & awakening healing chemistry*

Try to practice this daily

# PRACTICE

## Spontaneous Remission

*Turning off stress hormones & awakening healing chemistry*

**STEP 1**  
hand on heart

**STEP 2**  
slow breathing

**STEP 3**  
feel something



*“Less Stress, More Greatness”*

## Law School Programs Summary

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# USC Gould

School of Law

### **1L Mindfulness, Stress Management, and Peak Performance Program USC Gould School of Law**

This voluntary, no-credit, semester-long program is offered to all first year law students. We are now in our third year of running our program. Professors Jarrett Green and Rebecca Simon piloted this program at Southwestern Law School (2016-2018) and it is now housed at USC Gould School of Law. The National Task on Lawyer Well-Being commended our nationally recognized program as capable of having “a transformative effect on law student well-being.” (August 2017 Task Force Report.) In the Fall 2018 semester, we had an average of 70 USC 1Ls attend each session. The program is designed to help students master the mental, emotional, and decisional aspects of law school, so they can experience less stress, more joy, increased productivity, optimized cognition, and greater overall success in law school. The program takes a multidisciplinary, science-based approach, and equips the students with vital neuroscientific, biochemical, physiological, psychological, and emotional tools and techniques to enhance their well-being and cognitive performance in law school, and eventually in the practice of law.



## SCHOOL OF LAW

UNIVERSITY of CALIFORNIA • IRVINE

### **Self-Mastery for Law Students Elective Course University of California Irvine School of Law**

In this elective, 2-credit course, Professors Jarrett Green and Rebecca Simon teach the components of self-mastery to law students interested in improving their academic success, emotional well-being, and also their overall happiness, productivity, and future success in the legal industry. Our course takes a multidisciplinary, science-based approach to teaching self-mastery in the law. This includes theory, teachings, practices, tools and techniques presented from eighteen different fields and disciplines. We are the first course in the country to offer this type of approach.





**UC HASTINGS**  
COLLEGE OF THE LAW  
SAN FRANCISCO

## **Bar Exam Stress Management & Peak Performance Online Program**

(Bar Exam Stress Management Supplement currently running at UC Hastings and USC)

We developed a science-based program designed to support students with the mental and emotional tools essential for passing their bar exam. So many students (as we all know) fail the bar even though they have more than enough intelligence, more than enough substantive knowledge, and more than enough preparation. The overwhelming stress, and lack of tools to deal with performance anxiety, fear of failure, procrastination, motivation problems, informational overwhelm, etc., often cause our students to be derailed during the bar preparation period or in the exam. We designed this program to support the mental health of our students so that their best performance can emerge during their bar study and exam period. URL for our bar program supplement:  
[www.barpeakperformance.com/](http://www.barpeakperformance.com/)

For Questions or More Information Please Contact

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# The Bar Peak Performance Program™

Manage Your Stress, Optimize Your Cognition, and Maximize Your Productivity So You Can Pass The Bar Exam

## OVERVIEW

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- **ONLINE PROGRAM**

This is a cutting-edge, science-based, online program designed to give students the mental and emotional tools essential for passing the Bar Exam.

So many students fail the Bar even though they have more than enough intelligence, more than enough substantive knowledge, and more than enough preparation. What they lack is the “X Factor” for success. And what is that “X Factor”? *The science-based tools and techniques that allows students to:*

- ✓ Master the intense pressure of studying for one exam for two straight grueling months, and not allow the intense stress to impact their overall preparation.
- ✓ Maximize their focus, attention, will power, and productivity for the two-month study period.
- ✓ Reduce their distractability and overcome the procrastination and other motivation problems;
- ✓ Make the best possible decisions during their breaks and non-study time so that they truly rejuvenate their brains and return to studying with vigor, energy, and cognitive power.
- ✓ Unlock their full potential so their brain, mind, and body are all functioning at high capacity so they maximize their chances of passing the Bar.

- **TIME COMMITMENT**

The online program is a series of five modules with seven short sessions each. Students can access and watch the modules anytime. The sessions are between 2-5 minutes. Each session contains one critical/simple “peak technique” to learn. It takes about 30 to 35 minutes to watch one module (and approximately 2.5 hours total for all five).

- **TOPICS** (details on next pages):

- 1) Perfecting Non-Study Time
- 2) Memory Enhancement
- 3) Defeating Bad Study Habits
- 4) Overcoming The Fear of Failing
- 5) Game Day Greatness

More about the program at: <https://barpeakperformance.com/about-the-program/>

**Details For Registration & Discount Codes: Email [rsimon@law.usc.edu](mailto:rsimon@law.usc.edu)**

## ABOUT PROFESSOR SIMON



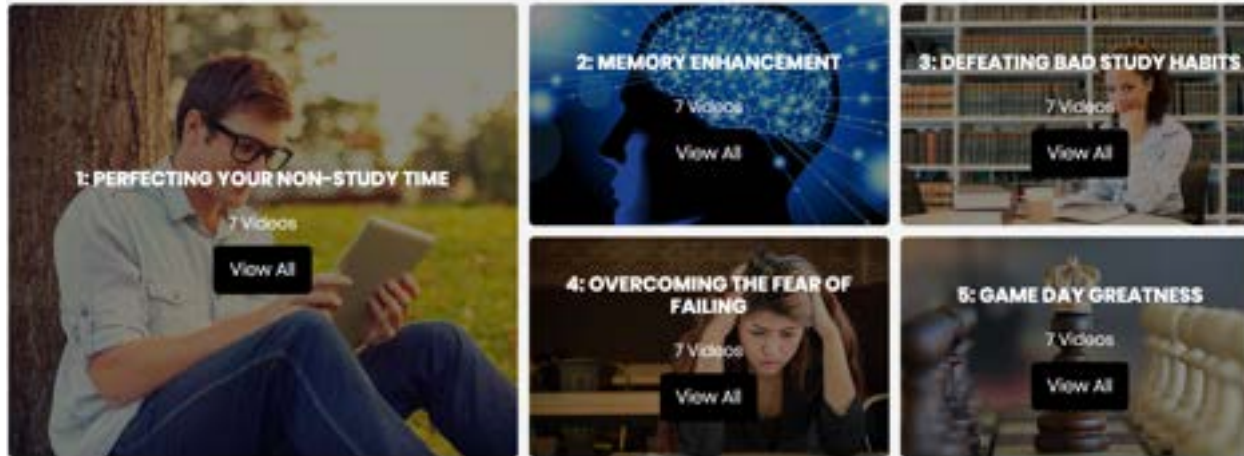
**Professor Rebecca Simon Green, Esq.**, is a former full-time law faculty who now lives her passion of helping lawyers and law students experience less stress, more happiness, greater focus, improved productivity, optimized cognition, and enhanced overall success in their work, and lives. Along with her husband, Professor Jarrett Green, she consults to and leads workshops at nearly half of the AmLaw 100 law firms. She is the co-founder of USC Gould School of Law’s innovative *Mindfulness, Stress Management, & Peak Performance Program*. Professor Simon teaches a “Self-Mastery” elective course at UC Irvine Law. She has a forthcoming book, to be published by West Academic, entitled “Happiness & Peak Performance In The Law.”



## Bar Peak Performance Program™

Co-Created by Professors Rebecca A. Simon & Jarrett Green

<https://barpeakperformance.com/>



## FIVE MODULES

**Perfecting Non-Study Time**

**Memory Enhancement**

**Defeating Bad Study Habits**

**Overcoming The Fear of Failing**

**Game Day Greatness**

### ABOUT THE ONLINE PROGRAM

The Bar Peak Performance Program is a cutting-edge, science-based online program designed to give you the mental and emotional tools essential for passing the Bar Exam! So many students fail the Bar even though they have more than enough intelligence / knowledge / preparation. What do they lack? It's the "X Factor" for success. And what is that "X Factor"?... **Read More** at: <https://barpeakperformance.com/about-the-program/>

For questions or more information please contact

[info@barpeakperformance.com](mailto:info@barpeakperformance.com)