

From the Desk of Mark Blane



This month, I am going to go a little old school and review one of my favorite books: *The 7 Habits of Highly Effective People* by Dr. Stephen R. Covey. This book is a timeless classic, and it's one of the best self-help books I've ever read. I believe Covey was ahead of his time in terms of social intelligence and principle-centered leadership.

Watch my video book review to learn how the book is organized, what it's all about, and why I find Habit 5 (Seek First to Understand, Then to Be Understood) to be a challenge—but critically important for my work as a personal injury attorney. Then, learn how I put Habit 5 into practice during case negotiations and jury selection proceedings.

Keep watching to learn about my favorite habit in the book—Habit 7 (Sharpen the Saw). It teaches us to renew our understanding and continually learn from the other habits while protecting our most precious asset, which is ourselves.

The way Covey arranged and organized the 7 Habits is simply outstanding, and if you buy the Audible version, you get to listen to him narrate the book. You can hear the enthusiasm in his voice on certain topics.

I hope you enjoy this book review. If you haven't read the book, you should definitely invest in it—double down on your brain, and I promise you won't regret it.

- Mark

PS. Don't forget to scroll down and check out my smoothie recipe. I share a different one each month.

[Watch My Video](#)

Success Story

\$601,667 Settlement for Crash With a Distracted Driver

Our client was driving a work truck when the other driver, traveling in the opposite direction, swerved into oncoming traffic while putting out a cigarette—a classic case of distracted driving. Our client tried to avoid the crash by swerving to the right, but he was unable to do so. He was transported to the hospital by ambulance with a lower back injury and later underwent surgery. The defense argued that his injuries were the result of a previous injury.

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Feature Article

Settling a Minor Child's Personal Injury Case



One of the worst experiences you can have as a parent is when your child is injured in a car accident, dog attack, slip and fall accident, or other frightening incident. Fortunately, they may be entitled to injury compensation from the individual or business at fault. However, special rules must be followed under California law when settling a claim or lawsuit for a minor.

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Stay in the Know



What should I do if my child was bitten by a dog?



Get the Answer



What is a release of all claims form?

Get the Answer

Help for Accident Victims and Their Families



Attorney Mark C. Blane has written and published several legal help books for injured folks in California, and they're available to you for **FREE!**

These books are a great source of valuable legal information. They offer insider information on what you need to know before calling a lawyer as well as insights the insurance companies would rather keep to themselves!!!

Download a Free Book Today!

Smoothie of the Month



Immunity Boosting Berry Orange Smoothie

This orange smoothie is sweet and tart, with a triple whammy of Vitamin C. It's anti-inflammatory, it's dairy-free, and it tastes pretty darn delicious. It's perfect for breakfast or post-workout in order to keep your immune system and gut in tip-top shape. [Recipe courtesy of cottescrunch.com.](#)

Ingredients:

10 oz. fresh squeezed orange juice
1 cup frozen cranberries or berry of choice (can use fresh but will not be as thick)
1/2 cup fresh or frozen strawberries
4 oz. unsweetened coconut or almond milk
1 small banana (see note for options to lower sugar and increase protein)
1 tbsp. lemon juice
1 tsp. honey or maple syrup (omit for whole 30 option)
Optional – mint to garnish

Instructions:

Place fruit, milk, and juice in blender.
Blend until smooth. Pour into 2 glasses.
Garnish with extra orange slice and mint leaf, if desired. Save for later or enjoy right away!

Note: If you are looking to lower sugar but boost protein, replace banana with 6 ounces plain greek yogurt or 1 scoop (30-45 grams) of protein of choice.

What Clients Have to Say About Working With Us

"What is scary is walking down the street and you hear dog tags, and it is dropping it's nose because he is trying to sneak behind you. The first time that I was bit by a dog I was out delivering the mail, and a Chow bit me on the leg. It was a six-puncture wound. I was in shock really, and I did not know what happened. After that, I was bit again, in three different instances...because I got bit during my course of work, it became a federal (US Post Office) workman's comp issue. And, Mark's name came up...I requested information, and I got the book on what you need to do when you are attacked by a dog. I didn't have to do anything...he was always sending me a letter or email, stating "this is what is going on," I had his cell phone, I could send a text...that was really important for me. It was a good outcome. I always refer Mark as someone to be trusted. If I had business cards, I would hand them out."

-Susan Baker, Escondido, California

