

From the Desk of Mark Blane



One of my favorite parts of doing my monthly newsletter is [reviewing a book](#) that made an impact in my life—it's one way I can spread some positivity into the world. This month, I chose a book called *Flow* by Mihaly Csikszentmihalyi.

Csikszentmihalyi, a well-known psychologist from the University of Chicago, defines “Flow” as the time when you’re so enthralled with an activity you’re doing that you lose track of time. He explains that when you’re doing an activity that you love, your brain gets a dopamine rush, which further encourages you to engage in this activity. Once you’re done, you continue to reflect on the fulfillment you experienced, which provides a happiness effect that you reflect back on time and again. This loop encourages you to participate in that activity over and over.

Interestingly, research supports that our brains are wired for this experience, and if you become aware of it, you can start noticing which activities put you in this state so you can do more of them. After all, enjoying life is one of the greatest treasures we all have the capacity to experience, so why not look for more of it whenever you can? You can then start noticing the state in others, which is really special.

This book reads like a roadmap on how to achieve “Flow.” Csikszentmihalyi says that the activity has to be challenging enough to keep your attention, but not so challenging that you experience anxiety. Likewise, the activity cannot be so easy that you go into a state of apathy and become bored. Any activity—spending time with family, work, reading, engaging in sports, and hobbies—can help you achieve “Flow.” The possibilities are endless.

I enjoyed this book much more than I expected to. Does it sound interesting to you? Watch my review to learn more about it. You may even want to read it yourself. And, as always, if you or someone you know needs to speak to an experienced injury lawyer, please feel free to reach out to me at **619.813.7955**.

Have a great day, and stay strong!

—Mark

P.S. Be sure to scroll to the bottom of this newsletter for my monthly smoothie recipe—it's healthy and delicious!

[Watch My Book Review](#)

Success Story

Fierce Advocate for Bicycle Accident Victim Injured by an Inattentive Driver

My client, Josh, was riding his bicycle when a pickup truck driver pulled out in front of him on a busy San Diego street. Josh flew off his bike, landed headfirst into the back of the pickup, and then fell into the street. He sustained a head injury and broken back. Once the medical bills started rolling in, Josh knew he needed a legal advocate

[Read More](#)

Feature Article

How to Protect Your Rights After a Motorcycle Accident



Riding a motorcycle is popular in Southern California because of the beautiful weather and scenic roads, and many riders use their motorcycles for transportation all year long. Unfortunately, motorcyclists have a greater danger of suffering catastrophic injuries and death in accidents than occupants of passenger vehicles.

[Read More](#)

Stay in the Know



How soon after my child was injured should I see an attorney?

[Get the Answer](#)



How long will it take to settle my dog bite case?

[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



Paleo Strawberry Coconut Smoothie

This paleo strawberry coconut smoothie is an easy recipe that's sweet and creamy with no dairy or added sugar. And it's super simple with just a few basic ingredients. [Recipe courtesy of cook eat well.](#)

Ingredients:

- 1 cup coconut milk
- 1 frozen banana sliced
- 2 cups frozen strawberries
- 1 teaspoon vanilla extract
- 1 scoop collagen peptides (optional)

Instructions:

- Add all ingredients to high-speed blender and blend until smooth.

Enjoy!

What Clients Have to Say About Working With Us

"When we first met Mark it felt like very familiar – like we had known him for a long time. Within 10 minutes we knew we were going to stay with Mark. He was very open to any questions... there was no pressure (with him). He was like here is my information, here is what I can do for you, and whenever you are ready, if you would like to, I would like to help you. I don't think I would have received what I did if it had not been for Mark. He will try his best to get what you deserve."

- Leslie Ibarra

