

From the Desk of Mark Blane



Welcome to my August newsletter! This month, I'm reviewing a book called *Atomic Habits* by James Clear. I highly recommend this book because the author gives you the secret sauce for establishing good habits and breaking bad ones, and he also goes into the science of habits and why our brains are hard-wired to form them.

The techniques covered in the book are practical and accessible, which is another reason I recommend it. In reality, our successes and failures in life revolve around the core set of habits we have, so the better we can understand them, the better chance we have of making positive changes in our lives. Read it for yourself—or listen to the audiobook as I did. I think you'll enjoy it! Also, don't forget to scroll to the bottom of this newsletter for my monthly smoothie recipe—it's a good one!

—Mark

[Watch My Book Review](#)

Success Story

\$1 Million Settlement for Korean War Vet

My client, an active and independent Korean War vet, came back from a trip, dropped off his rental car, and took an Avis shuttle to Old Town—he planned to take the Trolley home from there. He got off the bus and started walking, but unbeknownst to him, the bus driver had stopped too close to the tracks. The Trolley crossing arm came down on the shuttle and became wedged between the bus and the side mirror. The driver panicked and backed up, causing the crossing arm to

break and crash down on my client's head.

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Feature Article

Types of Compensation for Auto Accident Injury Claims



Being injured in a car accident caused by another driver can turn your life upside down. You may suddenly need long-term medical care and be unable to work for months or longer while you recover. Fortunately, under California law, the at-fault motorist is responsible for compensating you for your losses.

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Stay in the Know



What should I know about getting a child injury settlement approved by the court?

[Get the Answer](#)



Should I report my car accident to my insurance company?

[Get the Answer](#)

Help for Accident Victims and Their Families

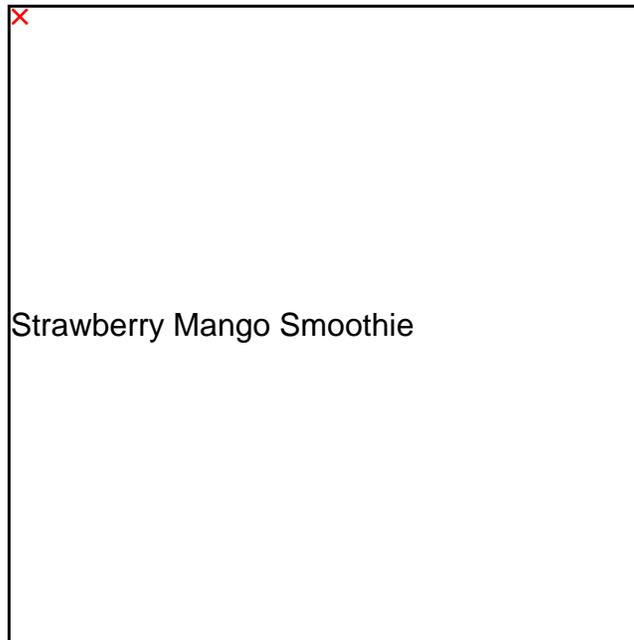


Attorney Mark C. Blane has written and published several legal help books for injured folks in California, and they're available to you for **FREE!**

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



Strawberry Mango Smoothie

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This strawberry mango smoothie is a delicious way to sneak more nutrients into your day. It's particularly great for picky kids, because it tastes like a frosty slushy (almost like sorbet!). [Recipe: courtesy of Detoxinista](#)

Ingredients:

- 1 cup orange juice
- 1/2 cup water
- 1 cup frozen mango chunks

1 cup frozen strawberries
1/2 banana (frozen)
1/4 avocado

Instructions:

Combine all of the ingredients in a high-speed blender and blend until smooth and creamy. Serve immediately.

What Clients Have to Say About Working With Us

"I was in a head-on collision - I was already into the intersection. He just kept on going...he did not stop. It was pretty scary. He just crushed the whole front. You know, that was my family vehicle, I used it with the kids, and I used it to go to the Redwoods...we drove the van up there. The van had memories, so to lose the van, it was kind of hard. So I wanted to make sure I had professional legal representation, and Mark was referred to me. We talked a little bit, and he actually came to see me at the house. With Mark I felt really comfortable, you know, and even afterwards, I was like wow, I was not expecting that. The settlement worked out fine, and on top of that I got a surprise. I mean that is always good, who does not like more money? So for me, I was happy with him...so would I refer him? Of course I would, I would in a heart beat."

-Paul Fulcher

