

*From the Desk of Mark Blane*



Welcome! In this month's [book review](#), I've decided to change things up and go with a sports autobiography by tennis legend Andre Agassi. It is a page-turner, and you don't have to be a tennis fan to enjoy it.

In his book, *Open: An Autobiography*, Agassi describes how he rose to greatness in the competitive world of tennis, his struggle to maintain a normal life amongst the fame and endless tournaments, and details about his coaches, his first marriage with Brooke Shields, and his second (and successful) marriage with fellow tennis great, Steffi Graf.

### ***Unique Training Methods***

Agassi shares some of the secrets his father used to create the Agassi tennis legend, which I found very interesting. For example, Agassi was able to perform a full serve on a professional tennis court by the time he was "out of diapers." His dad made him hit 2,500 tennis balls a day using a machine they nicknamed "The Dragon." The logic was that if he hit 2,500 tennis balls a day, that was nearly 1,000,000 tennis balls a year—and any kid that could hit 1,000,000 tennis balls a year would be unbeatable.

Also, his dad taught him the more reliable and powerful "double-hand backhand swing" and to hit the ball when it comes up from the bounce as opposed to when the ball arcs down from the bounce. These tactics made Agassi a force to contend with and always kept his opponents on their toes.

### ***Andre Agassi's Legacy***

Ironically, Agassi hated tennis. He felt he never had a choice since he was brought up in it at such a young age. Yet, he has given back to his Las Vegas community by opening a school for needy children.

This is an inspirational autobiography, and it is about overcoming odds. Watch my video review for more details, and consider this book when you are looking for something new to read. I think you'll like it as much as I did!

In addition to doing monthly book reviews, I am also a San Diego personal injury lawyer. If you have been injured, or someone you know has been injured, because of another person making an unsafe choice, be sure to grab my [FREE California Injury Legal Survival Guides](#), which are available on my website.

I take questions on injury cases every day, and I can be reached at **619.813.7955**. With that, I hope you enjoy this month's book review, and as always, 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](#)

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## *Success Story*

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### **Double Policy Limit Recovery for Neck Injury**

My client was seriously injured by a distracted driver who was traveling too fast for the traffic conditions. The at-fault driver rear-ended my client, pushing the car forward into another vehicle and causing a preventable multi-vehicle collision. My client ultimately required multiple cervical fusion surgeries.

[Read More](#)

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## *Feature Article*

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### **Important Steps to Take After a Car Accident to Protect Your Legal Rights**



A car accident that causes injuries can be a frightening experience—especially if it was caused by another driver. If you've never been in a crash before, you might not know what rights you have to injury compensation and what actions you should take. The aftermath of an accident is a hurried and confusing time, but it's critical to remember a few key actions to develop a solid claim.

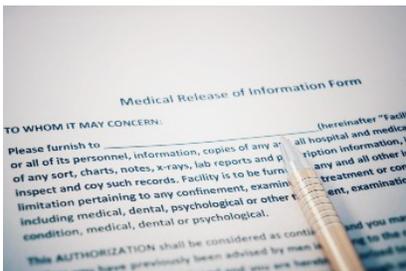
[Read More](#)

## *Stay in the Know*



**How long do I have to sue for the injuries my child suffered?**

[Get the Answer](#)



**Should I sign an authorization for the release of my medical records?**

[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



### Dairy-Free Orange Creamsicle Smoothie

If you grew up loving Orange Push-Ups, an Orange Julius, or Orange Creamsicles, this Dairy-Free Orange Creamsicle Smoothie recipe is for you! A healthy twist, made without refined sugar and dairy-free. [Recipe courtesy of Happy Healthy Mama.](#)

#### **Ingredients:**

- 3 oranges
- 1 (15 ounce) can lite coconut milk
- 1 teaspoon pure vanilla extract
- 2 tablespoons honey, or to taste

#### **Instructions:**

- Peel the oranges, removing as much of the white pith as possible as it can make the smoothie bitter.
- Segment the orange and place the segments on a tray and freeze.
- When the orange segments are frozen, place all ingredients in the blender and blend until smooth.

- Serve immediately.

Enjoy!

## What Clients Have to Say About Working With Us

*"I naively thought the process of working with your auto insurance company was the correct way to go after an accident. Months into working with them on my claim, their not being willing to answer my questions, I realized I needed lawyer.*

*Despite being months into my case, Mark was able to step in and handle everything for me taking care of all so that I could simply focus on recovering my health. He really cared about my recovery and made sure I got what I needed to stay healthy. He is the type of attorney who is always there for you and available beyond the case, as needed. I have called him on many occasions since to ask questions, and not all auto related! It is without hesitation that I recommend him."*

*-Gwyn Chafetz*

