



Chris Earley
Truth Series Author

The Earley EDITION

Injured? Call Earley Before it's Too Late!

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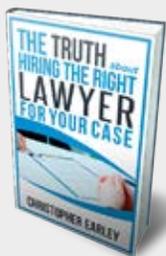
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You 5 Years From Now

by Chris Earley

**"You may delay, but time will not."
– Benjamin Franklin**

Where do you want to be in 5 years? What do you want to have accomplished 5 years from now? The easiest thing to do in life is to procrastinate those decisions we know we just have to make. It is human nature to put things off until tomorrow, and we are all guilty of this. But will you 5 years from now be happy with the decisions you make today, or regretful that you kicked the can on a tough decision?

For example, I was really scared to open our second office last year. I knew my expenses would immediately double (rent, payroll, etc.) and I was freaked out. *Yikes!* I would be placing a truly massive bet on myself. Plus, my family relies on me to provide. Was I putting them at risk by making such a bold decision? There were truly so many ways I could have justified *not* taking action and to just play it safe. But, I made the tough decision to open the second office because I know where I want to be in 5 years. That gave me clarity and purpose because I was looking not where I was at that moment, but where I wanted to be.



What do you want to have accomplished 5 years from now?

Looking at that decision through that lens of perspective made pulling the trigger on the second office a no-brainer.

Begin with the end in mind. Think where you want to be in 5 years. All your tough decisions will be made easier because you will see in your mind where you want to be, and you will know exactly what needs to be done in order to get there.

The best time to plant a tree was 20 years ago. The next best time is today. What are those things in your life that you are not yet ready to do, but that you know you need to do now? There will never be a perfect time. Make decisions today and take action today so that your future self in 2027 will be happy you did. ■

- Chris Earley



INTERMITTENT FASTING

by Chris Earley

Self-care is something I care a lot about. About 7 years ago I discovered intermittent fasting which is a great way to either lose weight, or maintain it.

It is basically a process in which you eat for a defined window of time in the day, and then fast for the remainder. For example, you only eat from 12:00 pm – 8:00 pm, and then you don't eat again until 12:00 pm the next day. Here are some things I have learned which you may find helpful if this interests you:

Here are some things I have learned about intermittent fasting which you may find helpful if this topic interests you.

- 1 The body will need time to adjust.** At first it is hard, but then it gets easier as your body adapts to this new way of eating.
- 2 During your fast** you truly cannot eat anything, because all food has calories.
- 3 Don't go crazy** during your eating window. It can be easy to go overboard here.
- 4 Drink lots of water.** This gets you through the times you get really hungry and satisfies you. Water is your friend, especially when the fast gets really hard.
- 5 Intermittent fasting does not need to be done each day.** Scale it back or ramp it up as you wish. ■



AMBASSADOR CLUB

If you are not already a member of our Ambassador Club, you should be.

This is an *exclusive* group of past and current clients interested in joining my team and I at quarterly dinners in and around the Boston area. At these dinners (which my office pays for of course!) we would love to receive your input on how we can improve the delivery of our legal services to our clients.

Simply call us at 617 338 7400 to apply to our Ambassador Club!

DEFECTIVE PRODUCT CLAIMS

We are currently investigating claims for the following products that have been shown to injure innocent people. If you or anyone you know has been injured by any of these products, we may be able to help:

Paraquat - 3M Earplug - Belviq - Elmiron - JUUL - Talcum Powder - Zantac - Paraquat - Sunscreen - Toxic Baby Formula - Phillips PCPAP Sleep Apnea Machine

WHAT'S NEW AT THE OFFICE

I am so truly grateful and happy to announce the American Bar Association recently gave to me a monthly column! This column will reach lawyers throughout the country and will provide them tips on how to improve their practices. I am incredibly honored for this great opportunity.



Congratulations to Maribel Castillo, JessRose617, and Christian1108 for winning a \$100 Visa gift card in our recent giveaway!



Quote of the Month

"Believe you can and you're halfway there."

- Theodore Roosevelt

What Others are Saying

about the Law Office of Christopher Earley



"I would recommend his services to anyone."

"Chris is truly dedicated to catering to his clients and is 100% committed to ensuring his clients are always well taken care of. He is never too busy to return client calls and this is essential to keeping clients content with legal services. I would recommend his services to anyone and will refer my own family and friends to him going forward."

Allie R.

"Chris Earley was persistent with the insurance company and fought hard with the adjuster to get me a settlement that I was happy with."

"I received second degree burns on my body due to negligence by a yoga studio. I was new to Boston and didn't know what lawyers to contact. I found Chris through google and met with him to discuss my case and if he would be able to get justice for me. He was very understanding of my situation and extremely compassionate. He was persistent with the insurance company and fought hard with the adjuster to get me a settlement that I was happy with. It took longer than I thought it would, but Chris kept me updated at every step of the way. I wouldn't change anything if I could go back in time. I highly recommend him to anyone looking for a strong lawyer to represent them who is not afraid to stand up to and battle it out with insurance agents!"

Amber N.



PARA NUESTROS CLIENTES DE HABLA HISPANA

Tenemos un historial comprobado de éxito en asegurar millones de dólares en acuerdos para personas lesionadas en accidentes automovilísticos, accidentes de lesiones personales, compensación por accidentes laborales, resbalones y caídas, accidentes de mordeduras de perros, accidentes de bicicletas, accidentes peatonales, accidentes de motocicletas, y cualquier otro tipo de casos de lesiones personales en Massachusetts.

Asegúrese de solicitar nuestro libro gratuito sobre accidentes automovilísticos en Massachusetts. La ley solo le otorga un tiempo limitado, por lo que se debe actuar rápidamente para proteger sus derechos. Nuestro número de teléfono es 617 338 7400, o envíenos un correo electrónico a cearley@chrisearley.com.

REMINDER ABOUT OUR FIRM'S COMMUNICATION POLICY

Our promise to you is that while we are working on your case, we don't take inbound phone calls. Chris Earley takes no inbound unscheduled phone calls whatsoever. It makes him much more productive and helps get your case resolved faster. You can always call the office at 617-338-7400 to schedule a phone appointment, usually within 24-48 hours. This is a lot better than the endless game of "phone tag" played by most businesses today.



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Thank You For Your Referrals!

This month, we'd like to thank James O., Juan M., Jose B., Mohamad M., Hugo G., Christopher L., and Latikia L. for believing we are the right firm to help their friends and family. Your continued support gives us the ability to reach more individuals and make a positive difference in their lives. If we can help anyone you know that needs our services, please send them our way!

We Would Love To Receive A Review From You!

Your reviews help members of the community that need our services to find us. Simply scan this QR code to leave your review today!



Alice & Ollie

KIDS' KONCOCTION ~~RORY'S RECIPES:~~

Kids' Quesadilla

When our parents do 'Taco Tuesday,' we request cheesy gooey quesadillas!

Have your Mom put a little bit of butter in the pan, then put one giant tortilla in the pan. Add about 17 cups of shredded cheese and then add the top tortilla. Press down with the spatula so everything gets crispy and the cheese

gets super melty, and then flip it and cook the other side.

Sometimes our Mom puts in avocado and tomato for some healthy veggies, but we prefer just plain cheese!

We also love "white dip" to go on the side. (Aka sour cream).