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GOLDSTEIN & HANDWERKER, LLP
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LESSONS FROM ICE BATHS
WHY GRATITUDE ISN'T SEASONAL

I can't wait for Thanksgiving. My family always gets together, and like so many other families across the country, we enjoy a feast and watch football. It's nothing special, but it's always a great time with people I care for deeply. I'm excited for it every year!

retain all our employees and, in fact, add a few during this tumultuous time.

These pieces should come as no surprise to anyone reading this cover. Whenever you live a life surrounded by family, a job you love, and good health, it's easy to find something to be grateful for. The real work in finding gratitude is identifying something personal and unique to appreciate.

Each Thanksgiving, it's common for us to reflect and appreciate what we have been given, but I would challenge you to carry that habit past November. Gratitude helps you focus on the positive; it pushes you to look at what's good, regardless of the circumstance you are in.

I try to practice gratitude every day by incorporating it into my morning routine. Sometimes, I write down what I appreciate most in my life. In these moments, my mindset changes. I'm encouraged to start the day, and I feel more energized, happy, and focused.

That piece for me is the opportunity to grow. Recently, I started following the expertise of Wim Hof, a Dutch man known for his ability to withstand extremely cold temperatures. Hof uses his experiences to motivate and teach people how to harness cold temperatures for better wellness and stronger mentality. It's a powerful method, and I have found myself drawn to Hof's ideas. I've incorporated a few breathing techniques and cold showers into my routine, and I'm starting to see some of the health benefits. It's been a great experience so far, albeit a little chilly!

Because I've been able to do this — and other self-improvement work — I have grown beyond who I was even just one year ago. This Thanksgiving, I'm grateful for the opportunity to become a better person and to have an open mind to try some of these seemingly strange ideas for growth. It's made me who I am at this moment.

Sure, practicing gratitude every day isn't easy. It's easier to focus on what's going wrong rather than realize what is going right. But we all have two choices every morning. We could spend our day in self-pity, letting anger fester, and approaching everyone and every task with a bad attitude. Or, we could practice gratitude, be gracious to others, and focus on the good in our lives.

I don't know about you, but the latter sounds a lot better! Every day should be like Thanksgiving — and it can be! All we have to do is practice gratitude. Happy Thanksgiving!



-Steven Goldstein, Esq.

OVERCOMING THE IMPOSSIBLE TASK
IMPROVING YOUR MENTAL HEALTH ONE STEP AT A TIME



It's important to understand that the impossible task is not a sign of laziness; depression and anxiety can make any task feel much bigger and more difficult than it actually is. If you find yourself unable to do the things you need or want to do, try these techniques to help overcome your obstacles.

Break up the task.

When the overarching task feels daunting, breaking it up into smaller segments can help you manage it. If you're cleaning the kitchen, clean for only a few minutes at a time before taking a break. It might take longer, but the space will be clean at the end of the day.

Make the task more enjoyable.

Play music or involve your pet in some way to make the task fun or create a

reward system for yourself. For example, tidying a specific area of the house or folding a basket of laundry may earn you time to play video games or watch TV. Alternating tasks and rewards is a great way to overcome any task, big or small.

It can help to consider why the task feels so impossible, especially if you used to enjoy it. Try to remember what made it enjoyable and see if you can return to that state of mind. If the objective is not so urgent, determine its importance and if the task can be saved for another day.

When all else fails, you can always ask someone for support or even pay someone else to do the task for you. No matter what you decide, there are ways to defeat the impossible task.

Almost everyone at some point has encountered a task that is seemingly simple, but no matter what they do, they can't complete it. These tasks can be as straightforward as making the bed or something bigger, like cleaning an entire room. For many, this is an obstacle that they may want to do but can't, which weighs heavily on them and becomes detrimental to their mental health.

Have a Low-Stress Holiday

3 TIPS FOR A MERRIER TIME



The holidays are right around the corner, and while many people can't wait to eat turkey and swap presents, others only see stress on the horizon. Especially for those hosting parties, between decorations, big dinners, excited kids, and visiting family, it can all feel overwhelming. If celebrations are happening at your house this year, here are three tips to lessen the strain and keep up the holiday cheer.

Recharge First

Ensure you're rested and recharged before the holidays by taking time to relax, getting enough sleep, and engaging in activities that make you feel good. When you're rushing to get everything done, it can be tempting to skip self-care routines, but that will cost you in the long run. Your daily exercise and other health activities keep you balanced and ready to face challenges head-on.

Get Started Early

Holidays always arrive faster than we expect, so begin preparing early. If shopping for presents is a pain point, don't wait until the last minute. Decorate earlier than you need to — or better yet, get the kids to do it for you. There's only so much cooking you can do ahead of time, but ensuring you have all of the equipment and nonperishable ingredients you need a few weeks in advance will reduce both your workload and anxiety.

Don't Expect Perfection

The sooner you let go of the idea of a "perfect" holiday, the sooner you'll be able to have a happy one. Face it: Something will go wrong. Whether it's an overcooked dish, a child throwing a temper tantrum, or your uncle talking politics at the dinner table, nothing will ever go just how you planned. So, embrace the imperfections.

Whether you're celebrating this year with a group of two or 20, holidays can be a stressful time — but they don't have to be. With these tips, your festivities may not be picture-perfect, but they will be a lot of fun.

WHAT OUR CLIENTS ARE SAYING



"I have known Steven and his staff for over 20 years. They have handled other cases for me and my family. Once again they did not disappoint. Steven settled my case quickly and got me more money than I thought the insurance company would pay me. There is a reason I keep coming back, and referring my family and friends. They are friendly, responsive and always keep me informed. And the great results don't hurt either! Once again, thanks again Steven and staff for all the great work you do." *—Brian Hardy, Monticello, New York*

MEET THE INVESTIGATOR WE RELY ON!

Growing up in Washington Heights, Anthony Miles had a vision for his future: He wanted to help others through the legal system.

Today, Anthony uses his investigative skills and a degree from John Jay College of Criminal Justice to serve as our go-to accident claims investigator at Goldstein & Handwerker. On any given day, Anthony is gathering information about our cases, examining accident sites, reviewing accident and police reports, taking videos and pictures, taking witness statements, and diagramming scenes.

With a title like investigator, Anthony explains that some clients and witnesses can be apprehensive when speaking with him. However, he wants clients to know there's an important distinction between what he does and what police officers do.

"I'm the bridge between the client and the lawyer," Anthony explains. "The accident claim investigator for your potential lawyer is on your side ... I'm the opposite of the insurance company. I look for the facts that favor you."

In addition to the work he does for Goldstein & Handwerker, Anthony also helps other clients and law firms through his independent consulting business as an accident claims investigator. His main goal, Anthony says, is to

focus on client happiness and results for those who are injured in accidents. The hardest part of his job is when he has to notify clients that, legally speaking, they were at fault for their accident.



But those times are rare. Often, Anthony receives phone calls from clients who approach him before calling their attorney, knowing that he is an advocate in their corner.

At home, Anthony is a big advocate for his family. He's been happily married for 14 years, and he and his wife have two sons with another one on the way. Anthony is also an avid New York sports fan, cheering for any New York team but with a special appreciation for the New York Yankees, Knicks, and Giants.

As for our team at Goldstein & Handwerker, we could not be more proud to have a dedicated investigator like Anthony on our team. Thank you for your commitment to our clients!

Easy Pumpkin Brownies



Inspired by TheCookieRookie.com

If you have a hard time choosing between chocolate cake and pumpkin pie on Thanksgiving, this 2-for-1 treat will knock your socks off.

INGREDIENTS

- 1 box brownie mix, plus other ingredients listed on box
- 1/2 cup chocolate chips
- 1/2 can pumpkin purée
- 6 oz cream cheese, softened
- 3 tbsp sugar
- 1 tbsp pumpkin pie spice

DIRECTIONS

1. Preheat the oven as directed on the brownie box, then make the brownie mix. Fold in chocolate chips.
2. In a medium bowl, combine pumpkin purée, cream cheese, sugar, and pumpkin pie spice.
3. Choose your pan as directed on the brownie box. Grease it if needed.
4. Pour half of the brownie mix into the pan and spread evenly.
5. Add the pumpkin mixture to the pan, evenly or in a pattern. Cover with the rest of the brownie mix and spread evenly.
6. Bake as directed on the brownie box, adding 10 minutes to account for the pumpkin. Test for doneness, and when your toothpick comes out clean, cool and enjoy!

TAKE A BREAK

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