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Everything I Know About Success in One Minute by Brian Beckcom



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March Madness Contest

You've filled out your bracket, now it's time to watch some basketball and track your winning teams. Use the following link or QR code to monitor your bracket.

We may not have Warren Buffet's billion dollar prize, but there are 2 tickets to see the Rockets take on OKC Thunder on the table.



Follow this URL to enter or scan the QR code:
www.pooltracker.com/join.asp?poolid=85739

pool id: 85739
password: winning

I recently came across some advice called "Everything I Know About Business in One Minute." The person who wrote the advice, Bill Drenttel, was one of the most famous designers around 20+ years ago. He gave the advice over 20 years ago, in a speech he gave in Chicago.

I thought it was great advice for aspiring entrepreneurs, business people, moms, kids, etc. and wanted to share it with you:

- 1** Focusing on making a partnership work is more important than focusing on making money;
- 2** Love your employees more than you love your clients;
- 3** It's better to be hired for your work than for your price;
- 4** The books in your library are more important than the numbers on your balance sheet;
- 5** Power, in business, comes from sharing money and valuing love.

What great advice! I got to thinking

about some of these words of wisdom, and I thought I could modify them a little bit so they would serve as more general guidance for living a full, happy, and successful life.

Here's my attempt at "Everything I Know About Life In One Minute:"

- 1** Focusing on people is more important than focusing on things;
- 2** Love your family and friends more than you love your possessions;
- 3** It's better to be loved for who you are than for what you are;
- 4** What's in your mind is more important than what's in your wallet;
- 5** Power, in life, comes from helping others and truly valuing people, not positions or possessions;

What do you think? Let me know.
Brian@vbattorneys.com. ■



To your success,

Book of the Month

The Circle

by Dave Eggers



We don't usually put works of fiction in this section, but this book is just so good. It is a fast-paced read, and the plot has more twists than a maze.

The Circle is about what happens when a tech company blurs the lines between the virtual world and the physical world. The result? A world George Orwell couldn't imagine, but Orwellian nonetheless.

We thought it was a big "caution" sign for our increasingly digital and social world. Read the book for yourself and make up your own mind.

Mental Training: What We Learn From Olympians

Every two years, we witness great athletic performances. The Olympics are a time for us to band together as a nation and support the incredible athletes who have dedicated their lives to the pursuit of perfection.

These athletes are not only physically strong, but mentally strong as well. Most of the athletes interviewed attribute their success to knowing how to focus on their goals and to using techniques to keep going when their bodies are tired.

Here are 3 techniques we can use to improve our mental stamina when we are tired:

- 1 Find your Why:** part of winning is knowing exactly why you're stepping into the ring or onto the track. Knowing your why lets you laser-focus on your goal. Everything else falls away, and you just work to achieve your goal.
- 2 Focus:** Don't think about your neighbor's annoying dog, or your grocery list, but focus on what you are doing. Stripping out all the noise in your head takes practice, but once you do, you can focus on using what you know to win.
- 3 Never stop practicing:** Ever. Muscle memory is real. And it works on your brain as well (it's a muscle). Every time you practice, every time you tell your body to get that ball or write a memo, your brain retains the memory of that action. Your brain memorizes your action, so that the next time, that function is easier and faster. The more you practice, the better you get. ■

What's New at the Office



Patti and her husband went to visit their daughters in Boston.

They got to do a little sightseeing on Cape Cod



Byron was licensed to practice before the US District Court for the Southern District of Texas.



Emily celebrated her friend's wedding in Dallas.



Amanda enjoyed the Rodeo cookoff with her husband and some friends.

FROM THE VB KITCHEN: Mint Cheesecake with a Chocolate Cookie Crust

Cookingchanneltv.com

The Crust:

24 chocolate wafer cookies
3 tablespoons butter, melted

The Mint Cheesecake:

1 cup packed fresh mint leaves
¼ cup heavy cream
2 drops green food coloring
1 ½ pounds cream cheese
1 cup sugar
1 ½ cups sour cream
6 yolks
1 ½ teaspoons mint extract
2 tablespoons Irish Whiskey

The Topping:

1 cup sour cream
2 tablespoons sugar
½ teaspoon vanilla

This luscious cheesecake is perfect for St. Patrick's Day, and be prepared to say "yum!" when you taste the fresh mint and chocolate flavor combination.



Directions:

To make the crust:

- 1 Preheat oven to 350 degrees Fahrenheit
- 2 In a food processor, break up the cookies until they are powder. Add the butter and pulse until it just sticks together. Firmly pat the chocolate crust into an 8-inch springform pan. Bake the crust for about 5 minutes and then cool on rack
- 3 Reduce the oven to 300 degrees Fahrenheit

To make the cheesecake:

- 1 In a blender or food processor, add the mint and heavy cream. Pulse until the mint is well-blended into the cream. Add the food coloring. Set aside
- 2 Mix the cheesecake batter. In a stand mixer fitted with the paddle attachment, cream together the cream cheese and sugar on medium low speed. Scrape the mixture off the sides of the bowl and make sure it is very smooth. Mix in the sour cream. Add the egg yolks one at a time, mixing well between each one. Add the mint extract and the whiskey, and mix until well-combined.
- 3 Divide the cheesecake batter into two bowls and add the mint-cream mixture to one of the bowls.
- 4 Add about 1 cup of the white cheesecake batter to the prepared pan. Then add 1 cup of the mint batter in the center – do not spread it out too much.
- 5 Add about ¾ cup of the white batter, followed by ¾ cup of the mint batter.
- 6 Add about ½ cup of the white batter, followed by ½ cup of the mint batter.
- 7 Add about ¼ cup of the white batter, followed by ¼ cup of the mint batter.
- 8 Add about 2 tablespoons of the white batter, followed by 2 tablespoons of the mint batter.
- 9 Tightly wrap the spring form pan with foil and then back the cheesecake in a water bath, tented with foil. Bake for about 45 minutes, but check it after 30 minutes. It is done when the center is set and jiggles like Jell-O. Allow the cake to cool for 15 minutes, still sitting in the water bath.
- 10 Remove the pan from the water and foil.
- 11 To make the topping, mix together the sour cream, sugar, and vanilla. Spread the mixture over the top of the cheesecake and return to the oven for 10 minutes.
- 12 Before the cake cools, run a paring knife around the edge so that the cake can shrink away from the pan without cracking.

Want Help from the VB Attorneys Team?

We are here to help you with your legal needs. We always have someone available to talk to you immediately, and all calls about legal issues are confidential, private, and free.

All calls are returned within 24 hours, no exceptions, and we never charge for initial consultations. You can also email 24 hours a day, 7 days a week, to help@vbatorneys.com.

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IN THIS ISSUE...

- Brian's best life advice, in one minute or less.
- Learning from Olympians: 3 techniques for mental stamina.
- Luscious mint cheesecake perfect for St. Patrick's Day!

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THANKS FOR YOUR REFERRALS!

Readers of this newsletter have referred 216 clients to our firm since 2009. Thank you so much! (P.S. If you're not friends with Brian on Facebook, send him a friend request and he'll confirm it.)

SUPERSTAR SPOTLIGHT

Yesenia Iniesta

Yesenia and her son were rear-ended in 2010. Yesenia hired



VB, and Curtis settled her case recently for a favorable amount. A native Houstonian, Yesenia's favorite hobby is to paint. **Curtis enjoyed working with her, and has some wonderful things to say about her:**

"VB was established to help people exactly like Yesenia and her son, John. After Yesenia and John were injured in a wreck, the insurance company for the driver who caused the wreck refused to take responsibility. Our firm was able to help the mother and son recover for their injuries. Working for clients like Yesenia and John is the reason I am proud to represent victims who have been harmed by the fault of others."

VB CASES OF INTEREST: MARCH 2014

Car Accident Case Settled for Confidential Amount

Brian's client was hit by a commercial vehicle and was injured. He wanted to be a "tough guy" and recover on his own, but with Brian's help, he got the medical care he needed and avoided a major surgery down the road.

Car Accident Injury Settlement

Our client was hit by a Fiesta Mart driver who did not yield the right of way. She was taken to the hospital via ambulance with ankle and back pain. She missed 15 weeks of work. Curtis mediated her case and settled it for \$45,000.

Construction Worker Dies in Tragic Accident

A construction worker drowned while working on building the new football stadium at Baylor University. His family hired Vuk to represent them and find out why their loved one died so tragically.



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