

Prevention®

October 04

Stacy D. Phillips

46, Los Angeles, CA

This powerhouse married mother of two heads up her own Los Angeles law firm. There, she logs long hours litigating and mediating for a roster of high-profile

messages, and e-mail—with clients, colleagues, family, and friends.

High-energy secret Multitasking. “I can edit a letter, take a phone call, and check e-mail at the same time. No one feels shortchanged because I

have to meet a client or get something done, I can rally my inner resources.”

Low point “Mornings—I never get enough sleep.”

Mental mantra *If you do well, you need to do good.*

Her firm’s Adopt-a-Center program raises money every year for charity, and she sits on several philanthropic boards. “Doing for other people comes back to me in spades.”

Energy booster she craves Pampering. “I’m like Samson: All my power is in my hair,” she says with a laugh. “Looking my best makes me feel my best, which enables me to get more done.”

How this energy master can earn her PhD Phillips deprives herself of snooze time to fit more into her day. But “sleeping an extra 15 minutes a night could enable her to achieve even more—not less—during the day,” suggests Robert Thayer, PhD, a professor of psychology at California State University, Long Beach, and the author of *Calm Energy*.

Jessie Knadler is a freelance writer and documentary filmmaker living in New York City.

“Multi-task”
is Phillips’s
energy
mantra



clients in the throes of marital meltdown. She also juggles charitable commitments and keeps in constant contact—through letters, voice

don’t make them wait; I respond immediately. And it saves me energy because I don’t have to scramble to follow up.”

Energy peak “Anytime I

PHILLIPS, LERNER & LAUZON, L.L.P.