

Siva Prasad Bose, Joy Bose

# Managing Court Cases With Mental Strength



Law

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# **Managing Court Cases With Mental Strength**

This book is dedicated to all those who are suffering from stress related to fighting long drawn court cases, especially in India.

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## **Preface**

Sometimes we cannot avoid court cases. In India sometimes they can run for many months or years. We may have to attend the hearings in different cities. Combined with this are problems with handling a lawyer, cross examinations, unexpected surprises from the opposite party and other issues.

Court cases can thus take a huge toll not only on our finances but also our physical and mental health. Sometimes we may feel helpless and fall into deep stress or depression.

However, all court cases do not have to end up this way. We can train to manage them in a more meaningful and productive way. We need to treat court cases as just part of our lives and not everything, just like the other parts of our lives. In short, we need to train how to handle court cases properly with as less stress as possible. This requires special techniques to cultivate our mental strength.

In this book, we study some of the techniques on how to handle court cases and balance our lives while dealing with them. We do not focus on the different types of court cases and legal remedies, but rather focus on the psychology of managing court cases and how to make the process less stressful. Our main focus remains civil cases between litigating parties, however some of the advice and strategies can be applied for ongoing criminal cases as well. Also, we write this book from the point of view of the litigants, rather than the lawyers or other players of the justice system.

## **Important Note**

**This eBook is intended to be a guide for people stressed with court cases and only serves as an initial guide. As a person affected, it is advisable to additionally seek professional advice or to consult a doctor / psychologist / psychiatrist or other qualified professionals.**

## **About the authors**

Siva Prasad Bose is an author of introductory guidebooks on aspects of Indian laws. He is currently retired after many years of service in Uttar Pradesh Power Corporation Limited. He received his engineering degree from Jadavpur University, Kolkata and has a law degree from Meerut University, Meerut. His interests lie in the fields of family law, civil law, law of contracts, and any areas of law related to power electricity related issues.

Joy Bose is a data scientist by profession and also a part-time community well-being volunteer with National Institute of Mental Health and Neurosciences (NIMHANS) in Bangalore, India. He has more than 5 years of experience in giving well-being seminars and counseling men for men's community centers in Bangalore and New Delhi, India, affiliated with a Non Governmental Organization called Save Indian Family Foundation. He has a diploma in creative hypnotherapy from Northern College of Creative Hypnotherapy, UK, received training as a well-being volunteer with NIMHANS, Bangalore, India, is a mindfulness meditation practitioner and currently undergoing a part time online master's degree in Psychology of Mental Health from King's College, London, UK. His other education consists of a PhD in Computer Science from University of Manchester, UK and a B.Eng degree in Computer Science from National Institute of Technology, Allahabad, India.