Benched: Abortion, Terrorists, Drones, Crooks, Supreme Court, Kennedy, Nixon, Demi Moore, and Other Tales from the Life of a Federal Judge

By: Jon O. Newman

Senior Judge, U.S. Court of Appeals for the Second Circuit

Foreword by Justice Sonia Sotomayor

In this remarkable book, Judge Newman

• Reveals fascinating experiences from a life in state and national politics, as a federal prosecutor, and for 45 years as a federal judge
• Offers an inside look at what federal judges really do
• Illuminates his key opinions dealing with terrorism, drones, convicted members of Congress, abortion, civil rights, authors, and movie stars
• Proposes 20 provocative improvements for the administration of justice

About Benched

Benched is a memoir unlike any previously written by a federal judge. The book recounts an unusual life, presents a firsthand account of important cases ranging from terrorists to movie stars, and offers law reform proposals on such diverse topics as police misconduct, selection of juries, citizen standing to sue government officials, reviving the Office of Independent Counsel, and death penalty sentencing.

Benched traces a career in which Judge Newman has encountered presidents, senators, governors, hundreds of judges here and abroad, and an array of personalities in and out of court, the famous and the infamous, the impressive and the bizarre. He has had fortuitous opportunities to see the inner workings of the White House, Congress, and Supreme Court.

Judges deal with an extraordinarily wide variety of disputes, all of which matter greatly to the people involved and some of which are at the center of vital legal issues. Judge Newman's experiences, insights, and proposals will be of great interest to legal professionals and nonlawyers alike.

“A fine autobiography,” “savory,” “meaty,” “filled with interesting, often delightful anecdotes” “important, among other reasons, for reminding us of Newman's contribution to devising the legal theory that ultimately led to Roe v. Wade.”


About the Author

Jon O. Newman is a senior judge of the U.S. Court of Appeals for the Second Circuit, on which he has served for 40 years. He was chief judge from 1993-97 before assuming senior status in 1997. Previously he was a federal trial judge in the District of Connecticut for seven years, U.S. Attorney for Connecticut, and assistant to Abraham Ribicoff while Ribicoff was the governor of Connecticut, the Secretary of Health, Education and Welfare, and a U.S. senator. Judge Newman graduated from Princeton University and Yale Law School, after which he was a law clerk for Judge George Washington at the D.C. Circuit Court of Appeals and Chief Justice Earl Warren at the Supreme Court and in private law practice. Judge Newman is the 2016 recipient of the Devitt Award, the federal judiciary's highest honor. He is the co-author (with Abraham Ribicoff) of Politics—the American Way and co-author (with Harold Newman) of A Genealogical Chart of Greek Mythology.
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“A wise and winning memoir. Judge Jon O. Newman’s Benched provides a fascinating window on the craft of judging. More than that, its story of a fully engaged life helps us understand what has made Jon Newman one of the finest members of the federal Bench.”


“In Benched, one of the nation’s most distinguished judges peels back the curtain and reveals how he’s done his job. Judge Newman’s candid and engaging book will illuminate lawyers and non-lawyers alike.”

Jeffrey Toobin
Author of The Nine and The Oath