

The Little Prisoner How A Childhood Was Stolen And A Trust Betrayed

From the age of four, Jane Elliott was forced to carry a terrible secret... Dominated, bullied and sexually abused by her stepfather for 17 years, The Little Prisoner is a devastating true story of one girl's struggle from freedom.

Lucy lost Jack years ago. Jack Hunter's father was a drunk and a criminal, and Lucy Hamblin's father believed the apple lay near the tree. When her father forbade their love, Lucy buried her heart out of obedience, but she never stopped loving Jack. On a strange evening four years later, she's summoned to the local jail. Jack has been accused of murder and has a request to make of Lucy. It appears Jack Hunter will hang in the morning, and to preserve his property and provide for the woman he loves, he asks Lucy to marry him. When his trial is postponed and ultimately dismissed, Jack has new worries: Lucy agreed to become a prisoner's widow, not the wife of a man her father despised. Can Lucy and Jack accept the Lord's miracle of preservation - of Jack's life and reputation...and the love they believed they'd lost?

After his 2014 expose about his experiences as a prison guard in a Louisiana for-profit prison, Shane Bauer soon realised the cruelty of the current American system and its place in the larger story of mass incarceration cannot be understood without first understanding its origins. In American Prison, Bauer weaves together a deeper reckoning of his prison guard experience with a thorough history of for-profit prisons in America. A blistering accusation of the private prison system in the United States, American Prison is a necessary human document about the true face of justice in the USA.

“Lynette Noni is a masterful storyteller. A must-read for any fantasy lover!” — SARAH J. MAAS, #1 New York Times Bestselling Author Seventeen-year-old Kiva Meridan has spent the last ten years fighting for survival in the notorious death prison, Zalindov, working as the prison healer. When the Rebel Queen is captured, Kiva is charged with keeping the terminally ill woman alive long enough for her to undergo the Trial by Ordeal: a series of elemental challenges against the torments of air, fire, water, and earth, assigned to only the most dangerous of criminals. Then a coded message from Kiva's family arrives, containing a single order: “Don't let her die. We are coming.” Aware that the Trials will kill the sickly queen, Kiva risks her own life to volunteer in her place. If she succeeds, both she and the queen will be granted their freedom. But no one has ever survived. With an incurable plague sweeping Zalindov, a mysterious new inmate fighting for Kiva's heart, and a prison rebellion brewing, Kiva can't escape the terrible feeling that her trials have only just begun. From bestselling author Lynette Noni comes a dark, thrilling YA fantasy perfect for fans of Sarah J. Maas, and Sabaa Tahir.

Kerry Tucker seemed to be a typical suburban mother of two, but she was harbouring a terrible secret: over the years she had stolen \$2 million from her employers. When her crime was discovered she was sentenced to seven years at a maximum-security prison, alongside some of Victoria's most notorious criminals. Being incarcerated with murderers and drug dealers was not nearly as daunting, however, as having to tell her two young daughters why she was leaving them. The shame was almost unbearable. She knew that she could give in to the shame or learn from it - and she owed it to her children to learn. Kerry quickly adapted to the prison regime and set about using her skills to successfully represent women in internal court, parole hearings and child welfare issues. She also introduced her own awareness programs and encouraged inmates to enrol in courses. Taking her own advice she began to study for a Master of Arts, and when she completed her degree the full university graduation ceremony was the first to be held inside an Australian prison. Today Kerry has gone on to attain a PhD and has been reunited with her daughters. She considers jail a gift because it has given her a purpose - to help educate disadvantaged women.

Avi Steinberg is stumped. After defecting from yeshiva to attend Harvard, he has nothing but a senior thesis on Bugs Bunny to show for himself. While his friends and classmates advance in the world, Steinberg remains stuck at a crossroads, his “romantic” existence as a freelance obituary writer no longer cutting it. Seeking direction (and dental insurance) Steinberg takes a job running the library counter at a Boston prison. He is quickly drawn into the community of outcasts that forms among his bookshelves—an assortment of quirky regulars, including con men, pimps, minor prophets, even ghosts—all searching for the perfect book and a connection to the outside world. Steinberg recounts their daily dramas with heartbreak and humor in this one-of-a-kind memoir—a piercing exploration of prison culture and an entertaining tale of one young man's earnest attempt to find his place in the world.

In this stunning debut collection, Curtis Dawkins, an MFA graduate and convicted murderer serving life without parole, takes us inside the worlds of prison and prisoners with stories that dazzle with their humor and insight, even as they describe a harsh and barren existence. In Curtis Dawkins's first short story collection, he offers a window into prison life through the eyes of his narrators and their cellmates. Dawkins reveals the idiosyncrasies, tedium, and desperation of long-term incarceration—he describes men who struggle to keep their souls alive despite the challenges they face. In “A Human Number,” a man spends his days collect-calling strangers just to hear the sounds of the outside world. In “573543,” an inmate recalls his descent into addiction as his prison softball team gears up for an annual tournament against another unit. In “Leche Quemada,” an inmate is released and finds freedom more complex and baffling than he expected. Dawkins's stories are funny and sad, filled with unforgettable detail—the barter system based on calligraphy-ink tattoos, handmade cards, and cigarettes; a single dandelion smuggled in from the rec yard; candy made from powdered milk, water, sugar, and hot sauce. His characters are nuanced and sympathetic, despite their obvious flaws. The Graybar Hotel tells moving, human stories about men enduring impossible circumstances. Dawkins takes readers beyond the cells into characters' pasts and memories and desires, into the unusual bonds that form during incarceration and the strained relationships with family

members on the outside. He's an extraordinary writer with a knack for metaphor, and this is a powerful compilation of stories that gives voice to the experience of perhaps the most overlooked members of our society.

'Shocking, scathing, entertaining.' Guardian 'Incredibly compelling.' The Times 'Heart-breaking.' Sunday Times Where can a tin of tuna buy you clean clothes? Where is it easier to get 'spice' than paracetamol? Where does self-harm barely raise an eyebrow? Welcome to Her Majesty's Prison Service. Like most people, documentary-maker Chris Atkins didn't spend much time thinking about prisons. But after becoming embroiled in a dodgy scheme to fund his latest film, he was sent down for five years. His new home would be HMP Wandsworth, one of the largest and most dysfunctional prisons in Europe. With a cast of characters ranging from wily drug dealers to senior officials bent on endless reform, this powerful memoir uncovers the horrifying reality behind the locked gates. Filled with dark humour and shocking stories, *A Bit of a Stretch* reveals why our creaking prison system is sorely costing us all - and why you should care.

A deeply personal and inspiring memoir recounting one woman's struggles—beginning with her birth in prison—to find self-acceptance *Prison Baby* is a revised and substantially expanded version of Deborah Jiang Stein's self-published memoir, *Even Tough Girls Wear Tutus*. Even at twelve years old, Deborah, the adopted daughter of a progressive Jewish couple in Seattle, felt like an outsider. Her mixed Asian features set her apart from her white, well-intentioned parents who evaded questions about her past. But when she discovered a letter revealing the truth of her prison birth to a heroin-addicted mother—and that she spent the first year of life in prison—Deborah spiraled into emotional lockdown. For years she turned to drugs, violence, and crime as a way to cope with her grief. Ultimately, Deborah overcame the stigma, shame, and secrecy of her birth, and found peace by helping others—proving that redemption and acceptance are possible even from the darkest corners.

As a favor for a friend, a bright and talented young woman volunteered to read her poetry to a group of prisoners during a Black History Month program. It was an encounter that would alter her life forever, because it was there, in the prison, that she would meet Rashid, the man who was to become her friend, her confidant, her husband, her lover, her soul mate. At the time, Rashid was serving a sentence of twenty years to life for his part in a murder. *The Prisoner's Wife* is a testimony, for wives and mothers, friends and families. It's a tribute to anyone who has ever chosen, against the odds, to love.

A sweeping account of imprisonment--in time, in language, and in a divided country--from Korea's most acclaimed novelist In 1993, writer and democracy activist Hwang Sok-yong was sentenced to five years in the Seoul Detention Center upon his return to South Korea from North Korea, the country he had fled with his family as a child at the start of the Korean War. Already a dissident writer well-known for his part in the democracy movement of the 1980s, Hwang's imprisonment forced him to consider the many prisons to which he was subject--of thought, of writing, of Cold War nations, of the heart. In this capacious memoir, Hwang moves between his imprisonment and his life--as a boy in Pyongyang, as a young activist protesting South Korea's military dictatorships, as a soldier in the Vietnam War, as a dissident writer first traveling abroad--and in so doing, narrates the dramatic revolutions and transformations of one life and of Korean society during the twentieth century.

Starting in 1970, Jean Genet—petty thief, prostitute, modernist master—spent two years in the Palestinian refugee camps in Jordan. Always an outcast himself, Genet was drawn to this displaced people, an attraction that was to prove as complicated for him as it was enduring. *Prisoner of Love*, written some ten years later, when many of the men Genet had known had been killed, and he himself was dying, is a beautifully observed description of that time and those men as well as a reaffirmation of the author's commitment not only to the Palestinian revolution but to rebellion itself. For Genet's most overtly political book is also his most personal—the last step in the unrepentantly sacrilegious pilgrimage first recorded in *The Thief's Journal*, and a searching meditation, packed with visions, ruses, and contradictions, on such life-and-death issues as the politics of the image and the seductive and treacherous character of identity. Genet's final masterpiece is a lyrical and philosophical voyage to the bloody intersection of oppression, terror, and desire at the heart of the contemporary world.

An urgent exposé of the mental health crisis in our courts, jails, and prisons America has made mental illness a crime. Jails in New York, Los Angeles, and Chicago each house more people with mental illnesses than any hospital. As many as half of all people in America's jails and prisons have a psychiatric disorder. One in four fatal police shootings involves a person with such disorders. In this revelatory book, journalist Alisa Roth goes deep inside the criminal justice system to show how and why it has become a warehouse where inmates are denied proper treatment, abused, and punished in ways that make them sicker. Through intimate stories of people in the system and those trying to fix it, Roth reveals the hidden forces behind this crisis and suggests how a fairer and more humane approach might look. *Insane* is a galvanizing wake-up call for criminal justice reformers and anyone concerned about the plight of our most vulnerable.

The Russian oil mogul and activist offers reflections on his decades-long incarceration under Putin in this “illuminating and brave” prison memoir (*The Washington Post*). Mikhail Khodorkovsky was Russia's most successful businessman—and an outspoken critic of the Kremlin. As his oil company Yukos revived the Russian oil industry, Khodorkovsky began sponsoring programs to encourage civil society and fight corruption. Then he was arrested at gunpoint. Sentenced to ten years in a Siberian penal colony on fraud and tax evasion charges in 2003, Khodorkovsky was put on trial again in 2010 and sentenced to fourteen years on new charges that contradicted the previous ones. While imprisoned, Khodorkovsky fought for the rights of his fellow prisoners, going on hunger strike four times. After he was pardoned in 2013, he vowed to continue fighting for prisoners' rights, and this book is dedicated to that work. A moving portrait of the prisoners Khodorkovsky met, *My Fellow Prisoners* is an eye-opening account of Russia's brutal prison system.

“Vivid, humane and poignant” —Financial Times

With poetry and insight, the author recalls her life in a concentration camp as one of Argentina's 30,000 "disappeared"

He's my handsome captor. I'm his pretty prisoner. He thinks I'm the person who ruined his life. I say I'm innocent. He should hate me. I should hate him... Excerpt: A few hours later, I wake up to Kevin saying, "Hello, sleeping beauty." Oh s**t, he's already back? I remember his words: "I'll be back around 5 PM. At that time, I expect to find you waiting for me on the bed without any clothes on." Gulping, I ask, "What time is it?" "Well after 5. And you're neither on the bed nor naked." His voice is calm, but I know he's not going to let my disobedience slide, even if it was unintentional. I shiver. "Are you going to punish me?" He pulls at my camisole. "What do you think?" he asks in a deceptively gentle voice.

WORD COUNT: 9,500

10 concentration camps. 10 different places where you are starved, tortured, and worked mercilessly. It's something no one could imagine surviving. But it is what Yanek Gruener has to face. As a Jewish boy in 1930s Poland, Yanek is at the mercy of the Nazis who have taken over. Everything he has, and everyone he loves, have been snatched brutally from him. And then Yanek himself is taken prisoner -- his arm tattooed with the words PRISONER B-3087. He is forced from one nightmarish concentration camp to another, as World War II rages all around him. He encounters evil he could have never imagined, but also sees surprising glimpses of hope amid the horror. He just barely escapes death, only to confront it again seconds later. Can Yanek make it through the terror without losing his hope, his will -- and, most of all, his sense of who he really is inside? Based on an astonishing true story.

This is the inspirational true story of a four-year old girl who fell into the power of a man whose evil knew no bounds. She encountered terrifying mental and physical torture from her psychopathic stepfather for a period of 17 years until she managed to break free, her spirit still unbroken.

"The ... story of a fourteen-year-old sentenced to life in prison, of the extraordinary relationship that developed between him and the woman he shot, and of his release after twenty-six years of imprisonment through the efforts of ... legal activist Bryan Stevenson"--

An award-winning journalist's extraordinary account of being kidnapped and tortured in Syria by al Qaeda for two years—a revelatory memoir about war, human nature, and endurance that's "the best of the genre, profound, poetic, and sorrowful" (The Atlantic). In 2012, American journalist Theo Padnos, fluent in Arabic, Russian, German, and French, traveled to a Turkish border town to write and report on the Syrian civil war. One afternoon in October, while walking through an olive grove, he met three young Syrians—who turned out to be al Qaeda operatives—and they captured him and kept him prisoner for nearly two years. On his first day, in the first of many prisons, Padnos was given a blindfold—a grime-stained scrap of fabric—that was his only possession throughout his horrific ordeal. Now, Padnos recounts his time in captivity in Syria, where he was frequently tortured at the hands of the al Qaeda affiliate, Jebhat al Nusra. We learn not only about Padnos's harrowing experience, but we also get a firsthand account of life in a Syrian village, the nature of Islamic prisons, how captors interrogate someone suspected of being CIA, the ways that Islamic fighters shift identities and drift back and forth through the veil of Western civilization, and much more. No other journalist has lived among terrorists for as long as Theo has—and survived. As a resident of thirteen separate prisons in every part of rebel-occupied Syria, Theo witnessed a society adrift amid a steady stream of bombings, executions, torture, prayer, fasting, and exhibitions, all staged by the terrorists. Living within this tide of violence changed not only his personal identity but also profoundly altered his understanding of how to live. Offering fascinating, unprecedented insight into the state of Syria today, *Blindfold* is "a triumph of the human spirit" (The New York Times Book Review)—combining the emotional power of a captive's memoir with a journalist's account of a culture and a nation in conflict that is as urgent and important as ever.

From the age of four, Jane Elliott was forced to carry a terrible secret... Dominated, bullied and sexually abused by her stepfather for 17 years, *The Little Prisoner* is a devastating true story of one girl's struggle from freedom.

When Jane Elliott was four years old, the nightmare began. She became the helpless victim of a sociopath—bullied, dominated, and sexually abused by a man only fourteen years her senior: her stepfather. For nearly two decades she was held prisoner, both physically and emotionally. But at the age of twenty-one she escaped . . . and then she fought back. *The Little Prisoner* is the shocking, astonishing, and ultimately uplifting true story of one woman's shattering twenty-year ordeal—and how she triumphed against an evil and violent human monster when honesty and bravery were her only weapons.

In April 2008, the world watched in horror as the news of Josef Fritzl made worldwide headlines. But for one British woman the story was not the stuff of unimaginable nightmares. Alice Lawrence knew all too well the torture suffered at the hands of a father whose depravity knew no bounds. She too was kept prisoner and repeatedly made pregnant - and it was only after the death of one of her babies that she finally found the courage to escape. Born in 1970, Alice grew up in the impoverished backstreets of an industrial Northern town with her parents and seven brothers and sisters. She was first raped by her father when she was 11. From the age of 15, she was made pregnant six times by him in an effort to secure additional state benefits. All but one of her pregnancies failed, but her daughter never made it through her first year. The death of her baby was the spur to Alice bringing her father and abuser to justice. Finally, Alice can tell her deeply moving story of recovery from abuse.

An easy-to-read prison survival guide of do's and don'ts. Perfect for anyone facing trial for an offence that may lead to imprisonment, their families and friends. Packed with humour as well as more serious items. Backed by prisoner support organizations. Straightforward and highly entertaining. Frankie started writing the LBP from day two of

entering prison as a first-time offender. He had no idea how the system or a prison worked. He was clueless about it all and it was hard for him going in and frightening for the family and loved ones he left behind. The writing began as self-help and as the days progressed it occurred to Frankie that the LBP would prove useful to first-time offenders as well as other prisoners and help them get through what is surely one of the most difficult times in their lives. It also motivated him to get out on the prison wing and find out as much as possible about his new home. There are a lot of books about people in prison, people in far worse places than Frankie was and on far longer sentences. But the LBP is a book about prison not people, and will help new inmates, their friends and families get to know what to expect from the system. The LBP is a masterpiece in comic writing but somehow gets through to people with serious information in a way that more formal texts cannot. Already organizations connected to the criminal justice system are beginning to acknowledge that Frankie Owen's LBP is an ideal read for people facing the trauma of a first prison sentence. It will also be of considerable interest to other prisoners or people working in a custodial setting. "If people want to know what prison is like it's for them, if people need to know what happens in prison it's definitely for them." 'By the end of the book, I felt like Frankie Owens was my cell-mate. His style and execution is either perversely skilful or an absolute fluke, but whatever it is, it is certainly good': Prison Service Journal. 'Absolutely hilarious, I'm not sure it'll ever be standard prison issue but maybe it should be! Packed full of witty and wry observations and some extremely pertinent advice. It is well-structured, easy to read and informative. I hope he continues writing as The Little Book of Prison is something that the general public would love to read as well as a guide book for other prisoners': Koestler Award Judges 'Funny and educational, in a tongue in cheek kind of way, and has a much wider appeal than you might think': thebookbag.co.uk Frankie Owens was prisoner A1443CA at Her Majesty's pleasure until 2 August 2011. If he had been given the information gathered in LBP, he thinks that the first weeks inside would have been better and the learning curve not as steep.

An Argentine newspaper publisher who dared to criticize his government's policy of cruel repression, tells the story of his arrest, imprisonment, and torture.

A writer of rare imagination, Sarah Ash lends her unique vision to epic fantasy. In this captivating continuation of her saga, the author of Lord of Snow and Shadows revisits a realm filled with spirits and singers, daemons and kings. . . . Gavril Nagation has finally cast out the dragon-daemon from within himself. The Drakhaoul is gone—and with it all of Gavril's fearsome powers. No longer possessed, he is instead being driven mad by the Drakhaoul's absence. Worse, he has betrayed his blood, his people, and put the ice-bound principedom of Azhkendir at risk—and lost. At the mercy of the victorious Eugene of Tielen, Gavril is sentenced to life in an insane asylum. For the power-hungry Eugene longs to possess a Drakhaoul of his own, and his prisoner seems the best way to achieve that goal. Meanwhile, a shattered empire reunites. But peace is as fragile as a rebel's whisper—and a captive's wish to be free. . . . Praise for Prisoner of the Iron Tower "A new fantasy series [that] will leave readers drooling to get their hands on the sequel."—Publishers Weekly "Solid, wonderful fantasy, sparkling and imaginative!"—Booklist "Ash takes her large and colorful cast of characters from horror to pathos, from triumph to betrayal, smoothly and convincingly. a roller-coaster ride of events and emotions in the best modern fantasy manner."—Kirkus Reviews

To unmask a CIA mole spying for ISIS, John Wells must return to his roots and go undercover as an Arab jihadi - and hope he can survive it - in the new cutting-edge novel from the #1 New York Times bestselling author. It is the most dangerous mission of John Wells's career. Many years before, Wells was the only American agent ever to penetrate al Qaeda, but times have changed drastically. The terrorist organisations have multiplied: gotten bigger, crueller, more ambitious and powerful. Wells knows it may well be his death sentence. But there is no one else.

A wordless story about the power of words

NEW YORK TIMES BESTSELLER • An unforgettable memoir of redemption and second chances amidst America's mass incarceration epidemic, from a member of Oprah's SuperSoul 100 Shaka Senghor was raised in a middle class neighborhood on Detroit's east side during the height of the 1980s crack epidemic. An honor roll student and a natural leader, he dreamed of becoming a doctor—but at age 11, his parents' marriage began to unravel, and beatings from his mother worsened, which sent him on a downward spiral. He ran away from home, turned to drug dealing to survive, and ended up in prison for murder at the age of 19, full of anger and despair. Writing My Wrongs is the story of what came next. During his nineteen-year incarceration, seven of which were spent in solitary confinement, Senghor discovered literature, meditation, self-examination, and the kindness of others—tools he used to confront the demons of his past, forgive the people who hurt him, and begin atoning for the wrongs he had committed. Upon his release at age thirty-eight, Senghor became an activist and mentor to young men and women facing circumstances like his. His work in the community and the courage to share his story led him to fellowships at the MIT Media Lab and the Kellogg Foundation and invitations to speak at events like TED and the Aspen Ideas Festival. In equal turns, Writing My Wrongs is a page-turning portrait of life in the shadow of poverty, violence, and fear; an unforgettable story of redemption and a compelling witness to our country's need for rethinking its approach to crime, prison, and the men and women sent there.

International bestseller and master storyteller Jeffrey Archer is at the very top of his game in a story of fate and fortune, redemption and revenge. If Danny Cartwright had proposed to Beth Wilson the day before, or the day after, he would not have been arrested and charged with the murder of his best friend. But when the four prosecution witnesses are a barrister, a popular actor, an aristocrat, and the youngest partner in an established firm's history, who is going to believe your side of the story? Danny is sentenced to twenty-two years and sent to Belmarsh prison, the highest-security jail in the land, from where no inmate has ever escaped. However, Spencer Craig, Lawrence Davenport, Gerald Payne, and Toby Mortimer all underestimate Danny's determination to seek revenge, and Beth's relentless quest to pursue justice, which ends up with all four

fighting for their lives, Thus begins Jeffrey Archer's most powerful novel since Kane and Abel, with a cast of characters that will remain with you long after you've turned the last page. And if that is not enough, prepare for an ending that will shock even the most ardent of Archer's fans.

Two girls spend an adventurous night trapped inside the public library during a terrible blizzard.

The Little Prisoner: How a childhood was stolen and a trust betrayed HarperCollins UK

"Imprisoned in a remote Turkish prison camp during World War I, having survived a two-month forced march and a terrifying shootout in the desert, two British officers, Harry Jones and Cedric Hill, join forces to bamboozle their iron-fisted captors"--

Attempting to break free from the oppression of women in the nineteenth century, sixteen-year-old Devonny steps through time hoping to find the power to change her fate.

In the tradition of *In Cold Blood* and *The Executioner's Song*, this haunting, insightful, and surprisingly intimate portrait of Saddam Hussein provides "a brief, but powerful, meditation on the meaning of evil and power" (USA TODAY). The "captivating" (Military Times) *The Prisoner in His Palace* invites us to take a journey with twelve young American soldiers in the summer of 2006. Shortly after being deployed to Iraq, they learn their assignment: guarding Saddam Hussein in the months before his execution. Living alongside, and caring for, their "high value detainee and regularly transporting him to his raucous trial, many of the men begin questioning some of their most basic assumptions—about the judicial process, Saddam's character, and the morality of modern war. Although the young soldiers' increasingly intimate conversations with the once-feared dictator never lead them to doubt his responsibility for unspeakable crimes, the men do discover surprising new layers to his psyche that run counter to the media's portrayal of him. Woven from firsthand accounts provided by many of the American guards, government officials, interrogators, scholars, spies, lawyers, family members, and victims, *The Prisoner in His Palace* shows two Saddams coexisting in one person: the defiant tyrant who uses torture and murder as tools, and a shrewd but contemplative prisoner who exhibits surprising affection, dignity, and courage in the face of looming death. In this thought-provoking narrative, Saddam, known as the "man without a conscience," gets many of those around him to examine theirs. "A singular study exhibiting both military duty and human compassion" (Kirkus Reviews), *The Prisoner in His Palace* grants us "a behind-the-scenes look at history that's nearly impossible to put down...a mesmerizing glimpse into the final moments of a brutal tyrant's life" (BookPage).

To the outside world Julia's family was a picture of respectability; middle-class, decent, loving. But between the ages of eight and thirteen Julia's father sexually abused her. While Julia's mother's obsessive domestic tendencies occupied her elsewhere, Julia's father concentrated his attentions on his daughter. When, eventually, Julia twice found the courage to reveal what was happening to her, her mother encouraged her to retract her allegations. Years later, after Julia had married and had two daughters, her father confessed - and Julia was able to record their conversation and press charges. Her father is currently serving eight years in prison. Julia no longer has a relationship with her mother and brother, but she has successfully rebuilt a new life for herself. This the dramatic story of how, by confronting her painful past, Julia has begun to build herself a successful future.

Prisoner of the Mind - Spiritual Self-Improvement Personal Development We have the largest prison population in the world in America today, but how many men and women were locked up in their minds before they got to prison? *Prisoner of the Mind* by Jeff Hairston is much more than a self improvement book- it's a personal development tool that can help you overcome your fears and FINALLY live your life as God intended. "Prisoner of the Mind" by Jeff Hairston is a thought provoking book aimed at helping you find a spiritual balance in life and to break free of the prison of negative thoughts and emotions that your mind has created over the years. Jeff artfully guides you through the many aspects of life that plague our minds today intertwining important lessons with examples from his own life story. Fear is one of the most important emotions when experienced in the right way. It can help us in life threatening situations by keeping our mind on high alert. but what happens when fear comes into contact with the ego? That very same fear that is there to save you can also stop you from living a normal, healthy life -and in some cases even kill you! It's all about using the fear to your advantage and being consistent and persistent against it. Many of the issues plaguing our mind are created by past life events that are left unresolved. "Prisoner of the Mind" asks the important spiritual questions and expertly tackles negative personal issues to help you better understand and overcome the prison that your own mind had created. Break free from the personal prison that your own mind created - order your copy of "Prisoner of the Mind" by Jeff Hairston today!

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