



A Map Through the Maze: A Guide to Surviving the Criminal Justice System

Ned Rollo, Louis W. Adams

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This revealing book offers an in-depth mental and emotional roadmap for surviving the correctional experience. It shows what mental shifts need to take place in order to effectively go beyond the prison walls where a life of purpose, meaning, love, and beauty exists and is well worth living. Designed for inmates, loved ones, and correctional educators, the book focuses on: understanding true freedom; confronting the prison experience; overcoming barriers to growth and self-worth; avoiding deadly traps; accepting responsibility and rejecting excuses; maintaining physical and mental health; acquiring education and vocational skills; saying "Goodbye" and "Hello, I'm back"; controlling anger and hate; and avoiding the dangers of trying to "catch up." Includes a special chapter for families who also serve a sentence in silence. It addresses such issues as loss, grief, anger, depression, setting limits, getting help, finding support, maintaining a relationship, helping children, visiting, and homecoming.



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