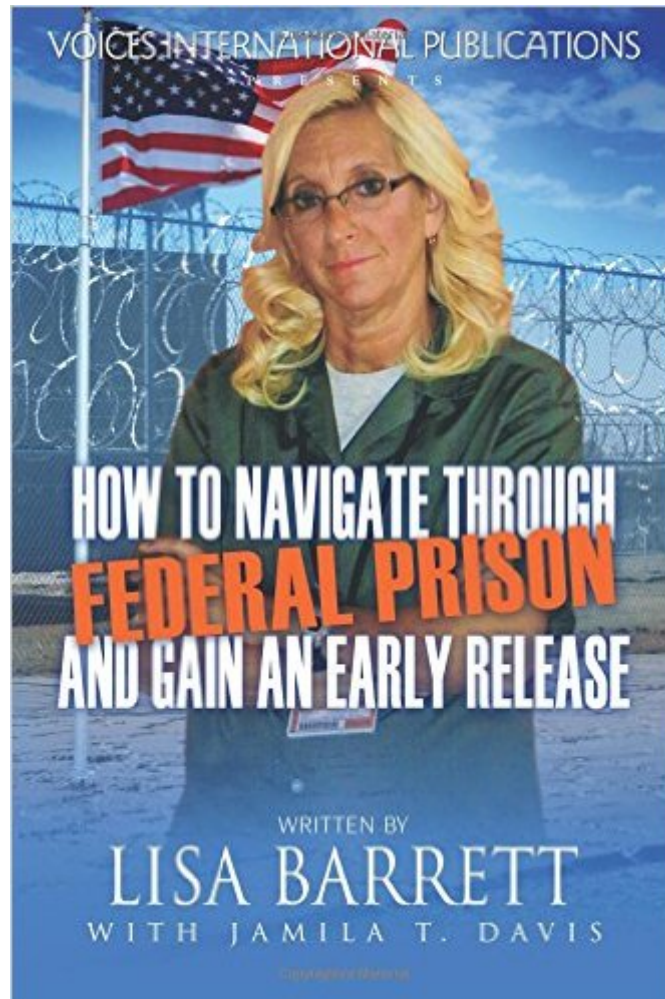


The book was found

How To Navigate Through Federal Prison And Gain An Early Release



Synopsis

Have you or a loved one been sentenced to serve time in Federal prison and have no clue what to expect? This experience doesn't have to be as scary or stressful as you may think. There is a way to overcome this obstacle as quickly as possible and come out on top! Let Lisa Barrett teach you the ropes! Barrett, a former school teacher and Teacher's Union President sentenced to serve a year in Federal prison, utilized her time behind bars to create an invaluable road map for prisoners. Through her first hand experience, research and interviews with numerous inmates, Barrett has compiled a unique resource for Federal prisoners; the first of its kind written from a women's perspective. *How to Navigate Through Federal Prison and Gain an Early Release* is a detailed prisoner's survival guide, written by former inmate, Lisa Barrett, with excerpts by Jamila T. Davis. This captivating book vividly guides readers through the journey of incarceration, shattering the fear of the unknown! Designed in an easy-to-read format, step-by-step, readers are provided a crash course on the "do's and dont's" for new prisoners, while being enlightened to the scope of services, programs and policies of the Bureau of Prisons (BOP). From learning what to bring, what you'll need to buy, how to stay connected with the outside world, how to receive money, how to survive on prison food, how to land a decent job, how to utilize your time productively, and much more, Barrett provides a plethora of resources and techniques that are useful to prisoners. Additionally, this book includes detailed excerpts by inmate/activist Jamila T. Davis on viable legal remedies, strategies to gain relief from the U.S. Courts and BOP available options for early release. Davis, author of the *Voices of Consequences Enrichment Series* and co-founder of WomenOverIncarcerated.org, shares her 6 1/2 years of hands-on experience successfully challenging injustice from behind bars.

Book Information

Paperback: 218 pages

Publisher: Voices International Publications (January 30, 2015)

Language: English

ISBN-10: 0991104145

ISBN-13: 978-0991104147

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,190,303 in Books (See Top 100 in Books) #62 in [Books > Law > Rules & Procedures > Court Rules](#) #264 in [Books > Biographies & Memoirs > True Crime > White Collar](#)

Customer Reviews

Lisa Barrett, of Shavertown, has been assigned to Federal Correctional Institution at Danbury, her lawyer, Scranton attorney Christopher Powell, said Tuesday. According to its website, FCI Danbury is described as a low security federal correctional institution with an adjacent minimum security satellite camp, having a population of 174 inmates.

bought this book for a guy I know who should be going to prison soon

Lisa Barrett's book is a great insight to the prison system!

This helped my sentence feel like only 1 year (it was 20)! Lisa Barrett is a true inspiration. Thank you. 10/10, 100/100, best book BEST BOOK.

[Download to continue reading...](#)

How To Navigate Through Federal Prison And Gain An Early Release Federal Resume Guidebook: Strategies for Writing a Winning Federal Resume (Federal Resume Guidebook: Write a Winning Federal Resume to Get in), 5th Edition PRISON: what to expect in Federal Bureau of Prisons (Prison series Book 1) The New Puberty: How to Navigate Early Development in Today's Girls The Baby Boomers' Retirement Survival Guide: How To Navigate Through The Turbulent Times Ahead Guide to Federal Pharmacy Law, 9th Edition (Reiss, Guide to Federal Pharmacy Law) Guide to Federal Pharmacy Law, 8th Ed. (Reiss, Guide to Federal Pharmacy Law) Federal Resume Guidebook 6th Ed.,: Writing the Successful Outline Format Federal Resume Carceral Fantasies: Cinema and Prison in Early Twentieth-Century America (Film and Culture Series) The New Generation Breast Cancer Book: How to Navigate Your Diagnosis and Treatment Options-and Remain Optimistic-in an Age of Information Overload Emergency Care and Transportation of the Sick and Injured (Book & Navigate 2 Essentials Access) Early Readers : Lisa can Read : children, Early reader books level 1. Easy reader book. Beginner reading books level 1 (Step into reading book series for early readers : childrens books) The App Generation: How Today's Youth Navigate Identity, Intimacy, and Imagination in a Digital World People Tactics: Become the Ultimate People Person - Strategies to Navigate Delicate Situations, Communicate Effectively, and Win Anyone Over (People Skills) People Tactics: Strategies to Navigate Delicate Situations, Communicate Effectively, and Win Anyone Over Selling Contemporary Art: How to Navigate the Evolving Market I

Am Not My Breast Cancer: Women Talk Openly About Love and Sex, Hair Loss and Weight Gain, Mothers and Daughters, and Being a Woman with Breast Cancer Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer Menopause Reset!: Reverse Weight Gain, Speed Fat Loss, and Get Your Body Back in 3 Simple Steps The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help)

[Dmca](#)