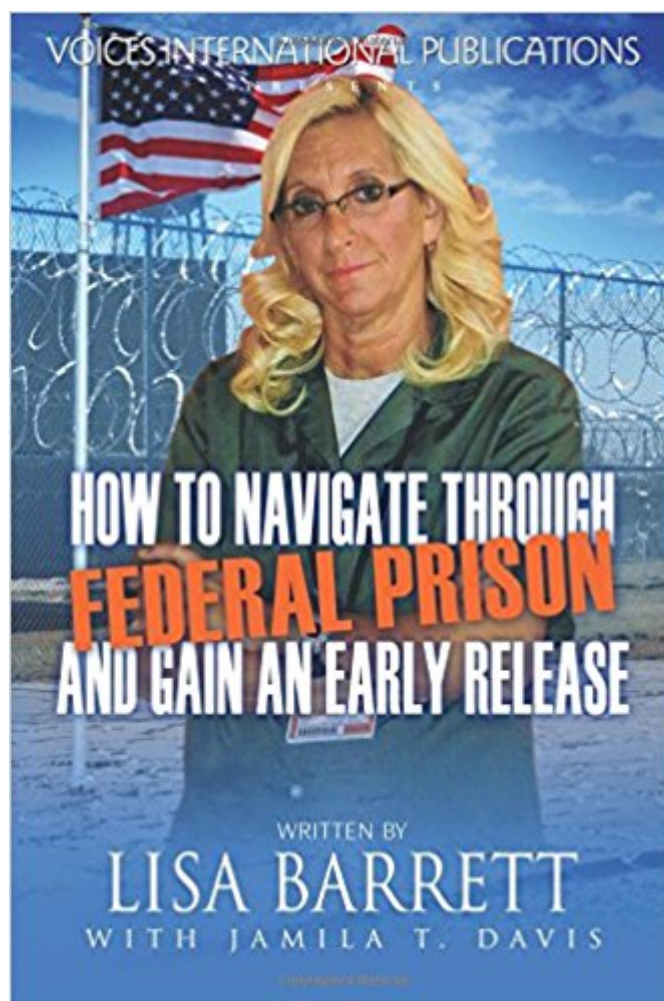


The book was found

# 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 don't'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](http://WomenOverIncarcerated.org), shares her 6 1/2 years of hands-on experience successfully challenging injustice from behind bars.

## Book Information

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## 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.

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