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# Surviving The Stress: A Gift For A Loved One In Jail Or Prison



## Synopsis

Do you have a loved one in jail or prison, a brother, a father, a son, a friend? This book is for them, something you can send them to keep them busy, to give them something to do, to motivate them to improve themselves while doing their time. This book can put their feet on the right path. Inside you will find Sudoku and Hangman, Word searches and Unscramble, Word puzzlers and Geometry puzzles. You will find Bible verses like Isaiah 41:10 and Proverbs 18:13. You will find quotes like: "My greatest sorrow is when I failed to do what was right when given the opportunity." Or, "Never do something that goes against your own conscience, even if you are told to." You will find pages to write about what is fun, what is important, short and long-term goals, solving problems, love, and what makes you laugh. You will find facts about how emotions affect judgment, the brain and memory and fear. You will find pages that ask to choose between two options, like: "Which is more clear, the wisdom you read in the book of Proverbs or the directions of the guards?" Or, "Which is more practical, to keep your mouth shut when you are angry or to tell another man off when he annoys you?" Or, "Which is thinner, the excuses you hear from a thief or the care guys show each other when upset?" Questions to focus on what is important, a look into what got them there and suggestions on how to be a better person, in jail and in life. 100 pages of activities to challenge your loved one's mind, to guide them into better choices, to help them see that there is a way that is good and right and honest. This book is part of a three-book series: Surviving the Stress, Surviving the Insanity, and Doing More Than Survive. If want to see more, then search for "Jail or Prison" and you'll find more to help that person that you love.

## Book Information

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## Customer Reviews

they would not let my nephew have it, so, best check with the regulations at the particular jail or prison. Otherwise, he enjoyed it after he go out.

The person I sent this to called me specifically to tell how much they appreciated this spacific gift of all the book I sent. So it was appreciated it.

good read

Very good , and helpful

Great

Loved the book.

I sent this to someone in prison, and he in turn gave it to the program there. He is not a religious person, and did not find it helpful, but more offensive. He stated that every page had a scripture on it. I guess I did not understand this about it.

I sent this in a hurry rather than review the pages first. Although I haven't heard back from my inmate, it was so refreshing to read the encouraging words that prefaced the books and also with a scripture. Haven't found anything like this. The main thing is to keep their minds busy and I like the variety. Really don't get the reviewer that said you could create this stuff yourself??? We are not permitted to send books from out home. I only gave 4 stars because he hasn't responded yet. I will send another review when I hear from him. Thanks for caring

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