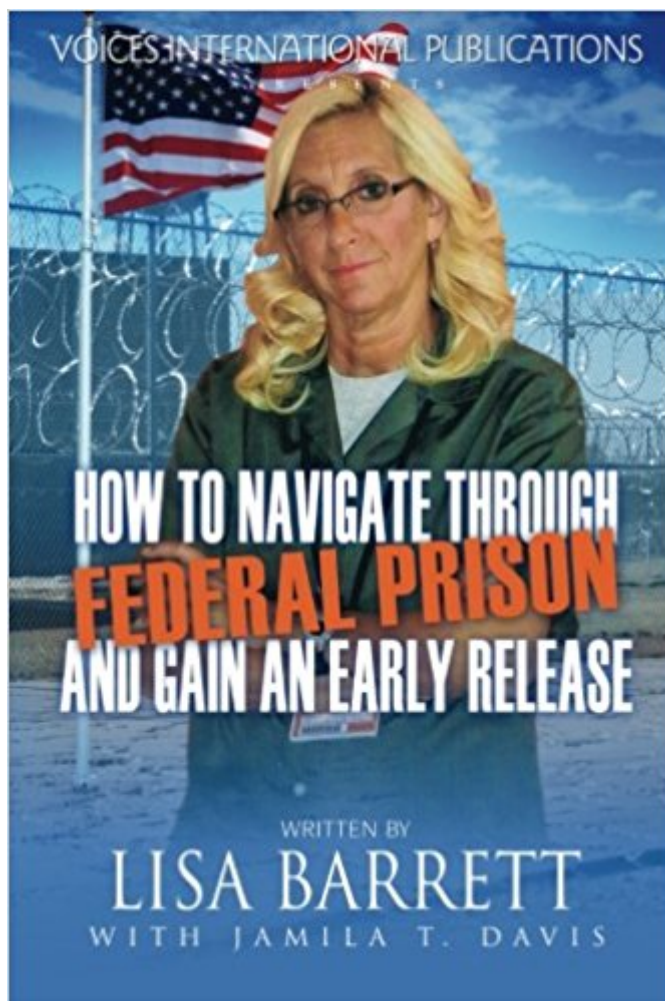


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# How To Navigate Through Federal Prison And Gain An Early Release



## 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

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: 3.0 out of 5 stars 8 customer reviews

Best Sellers Rank: #1,952,118 in Books (See Top 100 in Books) #94 in Books > Law > Rules & Procedures > Court Rules #417 in Books > Biographies & Memoirs > True Crime > White Collar

## Customer Reviews

Book Review: How to Navigate Through Federal Prison and Gain An Early ReleaseBy Christopher T. Powell, Jr.How to Navigate Through Federal Prison and Gain An Early ReleaseBy Lisa Barrett with Jamila T. DavisVoices International Publications (2015)Â Â Â Â With a desire to help those who are sentenced to serve time in a federal prison, Lisa Barrett has written a detailed guide to surviving and thriving while incarcerated. In a book that is the first of its kind, written from a prisoner's perspective, Barrett prepares inmates for what they will face.As a criminal lawyer, I see firsthand clients' fears and apprehension after sentencing. The attorney is only able to guide inmates to a certain point. We review and question the pre-sentence report and advocate for a lighter sentence. However, we are ill-prepared to guide them beyond the courtroom. Without the resources to hire a prison advocate, many clients will find this guide to be a quality alternative in preparing for the everyday reality of incarceration.Orange Is the New Black, while humorous and entertaining, is not the realityThe Champion's archive

Lisa Barrett, born and raised in Scranton, Pennsylvania is an educator and prison reform activist who holds a Masters Degree in Education from Wilkes University in Wilkes-Barre, Pennsylvania. For nearly 30 years, Barrett taught in the Pennsylvania public school system and advocated for education reform as a local Teacher's Association President and Regional Director of Political Action for the State Teacher's Association. In 2013 Barrett was indicted on federal charges for misappropriation of union funds and sentenced to serve a year in Federal prison. Behind bars, Barrett developed a passion to educate and assist incarcerated individuals, which inspired her to write "How To Navigate Through Federal Prison And Gain An Early Release." • Barrett currently resides in Shavertown, Pennsylvania with her son JD. Today she is utilizing her experience as an educator, political activist and an overcomer to create awareness about the lengthy sentences of incarcerated women, make strides for prison reform and educate women behind bars.

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 book is a waist of time, save your money! I'm retired from the Federal Bureau of Prisons and

this book is nothing more than another inmate scamming future inmates and there families out of few bucks. If you're going to prison the only advise you need is "Do your own time and mind your own business!"

This book can help women and families faced with going into prison. many people are not perfect and make mistakes in life. They should be given a chance to help society and others. Haters who pretend to be perfect should examine themselves. Kids should not be allowed to say she was my teacher. So what! May be he or she will be perfect a human being and never make a mistake.

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.

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.

She was one of my teachers in high school. She took my phone off me in a study hall and made it seem like I murdered someone. So now I'm not buying your book Lisa Barrett, and you only get 1 star. And you look super orange on the cover anyway. Get your s\*\*\* together

She tried to teach me how to type on a computer keyboard in 7th grade.

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