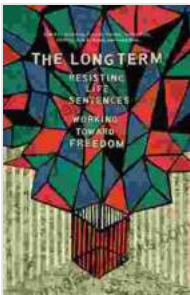


Resisting Life Sentences: Working Toward Freedom

In the United States, there are over 2 million people incarcerated. That's more than any other country in the world. And the vast majority of these people are poor and Black or Brown.



The Long Term: Resisting Life Sentences Working Toward Freedom by Joseph R. Oxfield

★★★★★ 5 out of 5

Language : English
File size : 3486 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 458 pages



The criminal justice system in this country is deeply flawed. It's a system that is designed to punish and control, rather than to rehabilitate and restore.

This book is a powerful and inspiring account of one woman's journey from a life of crime and incarceration to a life of freedom and purpose. Through her personal story and the stories of others, she shows how it is possible to break the cycle of crime and violence and to achieve a better life.

The Author's Story

The author, Shaka Senghor, was born and raised in Detroit. He was exposed to violence and crime from a young age, and by the time he was a teenager, he was involved in a gang.

In 1991, Shaka was convicted of murder and sentenced to life in prison. He was just 19 years old.

Shaka spent the next 19 years in prison. During that time, he experienced the brutality and violence of the prison system firsthand. He also saw how the system failed to rehabilitate and restore those who were incarcerated.

In 2010, Shaka was released from prison on parole. He was determined to make a better life for himself, but he knew that it would be a challenge.

Shaka faced many obstacles when he was released from prison. He had a felony record, which made it difficult to find a job and housing. He also struggled with PTSD and other mental health issues.

But Shaka was determined to succeed. He took advantage of the resources that were available to him, and he worked hard to rebuild his life.

Today, Shaka is a successful author, speaker, and advocate for criminal justice reform. He is also a loving husband and father.

The Stories of Others

Shaka's story is not unique. There are many others who have been able to break the cycle of crime and violence and to achieve a better life.

In this book, Shaka shares the stories of several other people who have been successful in overcoming adversity. These stories are inspiring and

hopeful, and they show that it is possible to change.

How to Break the Cycle of Crime and Violence

The cycle of crime and violence is a complex problem, but it is one that can be broken. There are a number of things that can be done to prevent crime and violence, and to help those who have been involved in crime to get back on track.

One important thing is to address the root causes of crime. This includes poverty, inequality, and lack of opportunity.

Another important thing is to invest in early childhood education and intervention programs. These programs can help to prevent children from getting involved in crime in the first place.

Finally, we need to reform the criminal justice system. This means reducing mass incarceration, providing more opportunities for rehabilitation, and addressing the racial disparities in the system.

Breaking the cycle of crime and violence is a difficult challenge, but it is one that we must face. We need to create a more just and equitable society, one in which everyone has the opportunity to succeed.

This book is a powerful and inspiring call to action. It shows us that it is possible to change, and it gives us hope for a better future.

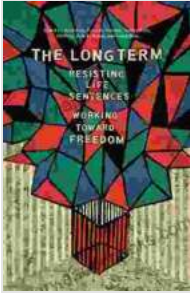
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