



# Surviving the Stress: a gift for a loved one in jail or prison

*C. Mahoney*

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## **Surviving the Stress: a gift for a loved one in jail or prison** C. Mahoney

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.

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