

Felon Fitness How To Get A Hard Body Without Doing Hard Time

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When you look at me what do you see? Do you see a man with a successful rising career, someone with a body of art, a man with a beautiful wife? Well it hasn't always been like that for me. Born into the deep streets of East Oakland, I had to learn how to survive. I was the second born to a single mother on welfare trying to maintain two young men on her own. Reading this you will see my story, feel my pain and understand my journey of losing my brother and uncle. You will hear about my journey through bodybuilding, see my rise and fall of a promising football career, and walk along with me while I do prison time, drug deals, pimping, stripping, and gang affiliation. You will see my transition to Godly principles, meet my soul mate and experience my new success. You think you know me, well come along with me on this roller coaster ride and see if you can relate to my struggles of learning what true love is really about, something I didn't know anything about until God put my wife in my life. I never knew what love was growing up. I can say now that I have found my place in life and I am where I need to be and fulfilling my dreams. Step into my world!

A life changing story about how a young man made the most out of his second chance. Once, a full blown drug addict and felon, he is now passionate about helping others get healthy every day.

Forget the fancy equipment, friendly trainers, and cushy gym. This is a workout courtesy of the Department of Corrections. With jacked inmates as your motivation, certified trainer Teufel and counselor Kroger have locked down an exercise regimen that's guaranteed to show real results. If you're a workout lifer, this book provides a new way to approach your routine, working in cherry pickers and butterflies to extend your range of motion and informing you which less effective exercises to cease and desist. If you're fresh meat looking to tone up, the squats, push-ups, and burpies will get you yard-ready in less than a three-month stint. This program's legit. Each exercise comes straight from the cellblock and the routines are those of real inmates. It's the workout of a lifetime—from guys serving twenty-five to life. The acclaimed #1 "New York Times"-bestselling author presents a spellbinding tale of a mother's tragic loss and one man's last chance at gaining salvation. Once again, Picoult mesmerizes and enthralls readers with this story of redemption, justice, and love.

By following the 7-week program in this book the reader will massively increase the strength and muscle tone of his or her core, back and obliques to such an extreme as to be able to do 300 consecutive sit-ups. Packed with clear charts and helpful photos, 7 Weeks to 300 Sit-Ups tells you everything you need to know about the ultimate exercise for your core and includes instructions on how to do a perfect sit-up, easy-to-follow progressive training programs, and added challenges for extreme strengthening. Offers field-tested, day-by-day plans and more.

Leaving London and her life of high finance behind, Emma and her talking corgi Oliver move to an idyllic village in Cornwall where she hopes to open a tea shop but instead finds herself steeped in a mystery when her disagreeable landlord winds up dead.

Originally published in 1963, this definitive textbook, written by pioneering Professor William S. Kroger's, defined and shaped the field of hypnosis for over 20 years after its publication, and remains an authoritative text in its field to this day. Together with his seminars presented in association with the American Society of Clinical Hypnosis, Professor Kroger's textbook changed the perception of hypnosis from being a novelty to a legitimate and respected medical option, and solidified his reputation as a leader in the field.

Charles Bronson has served 28 years behind bars, 24 of those years have been in solitary confinement, yet in spite of this he remains fit and strong. What are the secrets to his phenomenal strength and fitness? How can Bronson punch a hole with his bare fist through bullet-proof glass, bend solid steel doors by kicking at them, do press-ups with two men on his back - and all on a prison diet? Without the use of fancy gym equipment, steroids, steaks, supplements or pills you can pack on pounds of muscle, lose weight fast and gain superhuman strength.

Winner of the 2019 NAACP Image Award for Outstanding Literary Work in Poetry Finalist for the 2019 Los Angeles Times Book Prize in Poetry A searing volume by a poet whose work conveys "the visceral effect that prison has on identity" (Michiko Kakutani, New York Times). Felon tells the story of the effects of incarceration in fierce, dazzling poems—canvassing a wide range of emotions and experiences through homelessness, underemployment, love, drug abuse, domestic violence, fatherhood, and grace—and, in doing so, creates a travelogue for an imagined life. Reginald Dwayne Betts confronts the funk of postincarceration existence and examines prison not as a static space, but as a force that enacts pressure throughout a person's life. The poems move between traditional and newfound forms with power and agility—from revolutionary found poems created by redacting court documents to the astonishing crown of sonnets that serves as the volume's radiant conclusion. Drawing inspiration from lawsuits filed on behalf of the incarcerated, the redaction poems focus on the ways we exploit and erase the poor and imprisoned from public consciousness. Traditionally, redaction erases what is top secret; in Felon, Betts redacts what is superfluous, bringing into focus the profound failures of the criminal justice system and the inadequacy of the labels it generates. Challenging the complexities of language, Betts animates what it means to be a "felon."

Eight years in the making, this edgy, in-depth account follows a black felon's attempt to find a new life for himself with a white woman in a small-town neighborhood where—as the book's title implies—such relationships are common. A remarkably intense read, Zebratown reveals a rhythm of life spiked with violence, betrayal, sex, and the emotional dangers created by passionate love. Greg Donaldson's Zebratown follows the life of Kevin Davis, an ex-con from Brownsville, Brooklyn, who, after his release from prison, moves to Elmira, New York, and takes up with Karen, a young woman with a six-year-old daughter. Kevin is seemingly the embodiment of hip-hop gangsterism—a heavily muscled, feared thug who has beaten a murder rap. And yet, as Donaldson's stunning reportage reveals, Kevin has survived on the streets and in prison with a sharp intelligence and a rigid code of practical morality and physical fitness while yearning to make a better life for himself and be a better man. Month by month and year by year, Donaldson follows Kevin and Karen's attempt to make a home together, a quest made harder by Kevin's difficulty finding legal employment. The dangerous lures of the street remain for him, both in New York City and in Zebratown, and he is not always successful at avoiding them. Meanwhile, as Kevin and Karen struggle, the reader comes to care for them, even as they act in ways that society may not condone. Theirs is a complex story with many moments of drama, suffering, desire, and revelation—a story that is frequently astonishing and unforgettable to the end. Like Adrian Nicole LeBlanc in Random Family, Donaldson explores a largely hidden world; such immersion journalism is difficult to achieve but uniquely powerful to read. In addition to spending long periods with Kevin and Karen, Donaldson interviews policemen, judges, family members, and others in Kevin and Karen's orbit, providing a remarkably panoramic account of their lives. Relationships between white women and black men have long been a hot issue in American culture. Even years after the 2008 presidential election, when society has in some ways seemingly moved on to a "postracial" perspective, people still have a lot to say about interracial relationships. Zebratown takes us into the heart of one and offers the paradoxical truth that while race is rarely not an issue in such relationships, in the end, what transpires between a couple is intensely individual. Meanwhile, the difficulty that ex-cons have successfully reentering society is an ongoing problem—for them, their families, and the communities where they live. Zebratown makes this struggle real, as Kevin Davis confronts not only his criminal record and his poor formal education but the cruelties of the postindustrial economy. Both his and Karen's stories resonate powerfully with twenty-first-century American reality, and in telling them, Greg Donaldson confirms his position as one of the most intrepid journalists at work today.

Charlie Bronson has spent three decades in solitary confinement, and yet has stayed as fit as a fiddle, gaining several world strength and fitness records in the process. Now, in this no-nonsense guide to getting fit and staying fit, he reveals just how he's done it. Forget fancy gyms, expensive running shoes and designer outfits, what you need are the facts on what really works and the motivation to get on with the job. From his cell at Wakefield Prison, Charlie has compiled this perfect guide to show you the best way to burn those calories, tone your abs and build your stamina giving you the know-how you need to be at the peak of mental and physical form.

Charles LaSalle and his City Gym Boys first gained notoriety with their ripped bodies and popular beefcake calendars. But since LaSalle founded the group in 1997, they have made it their mission to mentor urban youth on the lifelong benefits of fitness and exercise. With practical advice on everything from diet to turning household objects into workout tools, *Get a Bangin' Body* explains why pumping iron is passé, and shares a body-weight-only program that anyone-whatever their age, income, or fitness level-can undertake. This unique exercise book encourages communities across the country to take charge of their health by implementing a workout program of push-ups, pull-ups, lunges, squats, and planks that will build a naturally lean, toned, and healthy physique. *Get a Bangin' Body* will show readers how to inexpensively, conveniently, and effectively build the body of their dreams.

Hard Core Fitness: Training Developed in Some of America's Toughest Prisons is a never before seen look inside the prison system. Actually a fitness book written by an inmate and Certified Personal Trainer, this book shows some of the most creative and effective workouts ever seen! These workouts are used by prisoners in some of the toughest prisons in America to stay in-shape and ready for anything. They require absolutely no equipment and can be done in a room the size of the average household bathroom! Check out the section that shows hundreds of push-up variations.

With his trademark Rock 'N Roll hair and snakeskin spandex pants, plus a hot rod and a Harley, Lüc Carl fit the part as a bar manager based in New York City's gritty Lower East Side. And life was good for this Omaha, Nebraska, transplant—a talented drummer who originally moved to the big city to pursue his Rock 'N Roll dreams—until, suddenly, it wasn't. Fast forward through seven years of working long hours, bingeing on late-night Chinese food, and drinking excessively; life had found Lüc forty pounds overweight and completely out of shape. But when he turned to the "experts" for advice—reading countless fitness and weight-loss books in the process—he discovered that they all made the same claim: "You can't drink alcohol if you want to lose weight." Lüc decided to take matters into his own hands to transform his body and his life his way—a sort of "f*ck you" to all those so-called experts. Full of charismatic wit and raucous stories about his life, *The Drunk Diet* will inspire and challenge you to become fitter, healthier, and happier. Lüc's fitness philosophy isn't about following a list of rigid rules or traditional "do this, not that" charts, but gaining a better understanding of how the body works and discovering what you're personally willing to change about your lifestyle in order to reach your goals. For him, that meant trading in the crap he was eating for unprocessed, natural foods and embracing a newfound love for exercise, but never sacrificing his social life (or his love for cold beer). This is the story of how one chain-smoking, cheeseburger-eating, hard-partying Rock 'N Roller—a self-proclaimed "out-of-shape, bloated asshole"—grew into an avid runner and cyclist and, ultimately, a happier version of himself. He will be the first to tell you: If he could do it, so can you.

For the last 20 years, *SPORTS ILLUSTRATED* has collected and featured weekly signs from the world of sports that the Apocalypse is upon us: Tales of frenzied fans, egomaniacal coaches, Hall of Famers who run afoul of the law, mind-boggling bureaucracy, violent behavior and tastelessness run amok. In 18 humorous chapters, *SPORTS ILLUSTRATED* brings us all the sports insanity, including examples like: 12/27/93 In an effort to help notoriously dour Norwegians appear more cheerful during the 1994 Winter Olympics in Lillehammer, local officials planned to distribute 80,000 "smile holders"—strap-on devices equipped with plastic hooks that tug the wearers' mouths into grins. 9/22/08 A 33-year-old Green Bay woman allegedly stole her estranged 15-year-old daughter's identity and enrolled in high school because she wanted to be a cheerleader. 1/29/07 A Chicago woman had labor induced three days early so her husband could attend the NFC championship game. *THE SPORTS ILLUSTRATED BOOK OF THE APOCALYPSE* presents two decades of proof that people who play sports, coach sports, run sports, cover sports and watch sports are sometimes out of their collective mind.

After spending the last 10 years in prison for a crime he did not commit, the author, who advocates for wrongly accused people, shares the fitness program that kept him alive and healthy. Original.

Orange Is the New Black meets Walter Dean Myer's *Monster* in this gritty, twisty, and haunting debut by Tiffany D. Jackson about a girl convicted of murder seeking the truth while surviving life in a group home. Mary B. Addison killed a baby. Allegedly. She didn't say much in that first interview with detectives, and the media filled in the only blanks that mattered: a white baby had died while under the care of a churchgoing black woman and her nine-year-old daughter. The public convicted Mary and the jury made it official. But did she do it? There wasn't a point to setting the record straight before, but now she's got Ted—and their unborn child—to think about. When the state threatens to take her baby, Mary's fate now lies in the hands of the one person she distrusts the most: her Momma. No one knows the real Momma. But does anyone know the real Mary?

Â How to Train As If Your VERY LIFE Depended on Your Degree of REAL Strength, Power and Toughness Â Most physical training systems are designed for the domesticated human animal. That is to say, for us humans who live lives of such relative security that we cultivate our strength and power more out of pride and for a sense of accomplishment than out of an absolute need to survive in the wild. The professional athlete hones his body to function well in a sports event-rather than to emerge safe from a life-or-death struggle. And even those in our military and LEO rely more on the security of their weapons and armor than on their own personal, raw power and brute strength to carry the day. Â There remains one environment where exuding the necessary degree of authoritative strength and power can mean the difference between life or death: the maximum security prison. In maximum security, the predator preys on the weak like we breathe air. Intimidation is the daily currency. You either become a professional victim or you develop that supreme survival strength that signals the predator to stay at bay. Â Paul Wade spent 19 years in hell holes like San Quentin, Angola and Marion. He entered this world a gangly, terrorized weakling and he graduated to final freedom, pound-for-pound one of the strongest humans on the planet. Paul Wade dedicated his prison life to the cultivation of that supreme survival strength. And ironically, it is in America's prisons that we can find some of the great, lost secrets of how to get immensely powerful and strong. Paul Wade mined these secrets as if his life depended on it-and of course in many ways it did. Â Finally free, Paul Wade pays his debt to society-not just with the horrors of his years in the hole-but with the greatest gift he could possibly give us: a priceless set of progressions that can take ANYONE who has the will from abject weakling to strength specimen extraordinaire. Â InÂConvict ConditioningÂPaul Wade has laid out a logical and effective zero to hero progression in key bodyweight strength exercises and presented a solid training philosophy. Get this book. -Pavel Tsatsouline, author of *The Naked Warrior* Â Convict ConditioningÂgives honor and respect toÂbody-weightÂtraining.ÂI feel Convict ConditioningÂprovides the progression,ÂprecisionÂand clarity that is necessary toÂcombatÂour cultural decline in simple bodyÂknowledge. -Gray Cook,ÂMSPT, OCS, CSCS, Functional Movement Systems, author of *Body in Balance* Â Convict Conditioning is a fantastic text crammed with solid information, and tons of vital nuggets and powerful insights that when followed will

pack your frame with rock-hard, functional muscle. You provide the body, Convict Conditioning gives you the rest in a highly readable, easy-to-understand format that teaches you what to do and how to do it. As a guy who has written extensively on exercise, I highly recommend this book. -Loren Christensen, author of Solo Training and The Fighter's Body. A Coach Wade has laid out a set of progressions in Convict Conditioning that can lead to mastery of the big 6 bodyweight exercises and you would be wise to listen. A This is knowledge proven in extreme conditions. So respect the progressions and put in your time-you'll be stronger for it. -Brett Jones Master RKC, CSCS, CK-FMS A Outstanding! By far the most innovative fitness book in years. Many talk about mastering your body weight yet Convict Conditioning actually delivers a blueprint for anyone, regardless of your current fitness. The training progressions are genius. AA -Tim Larkin, Master Close Combat Instructor If you are a serious student of bodyweight exercise and physical culture, you must get this book. -Craig Ballantyne, Turbulence Training A I LOVE IT. Convict Conditioning is probably the best compilation of callisthenic exercises and training progressions I have seen. Coach Wade goes to the heart of true training with correct biomechanics, kinesiology and training progressions that so many in the world of physical training just seem to miss these days. Bravo Coach, bravo, an epic book that deserves to be in the library of all who love the world of strength. AA -Mark Reifkind, Master RKC Instructor, Gyras Kettlebell Training A Convict Conditioning is jam packed with the most powerful bodyweight training information I have ever come across. It's the book I WISH I had in my hands when I was a competitive wrestler, BUT, even more important to me is that I can pass on this knowledge to my clients AND my son and daughter when they grow up. A -Zach Even-Esh, author The Ultimate Underground Strength System Autobiography of Chris "Tatted Strength" Luera - the passionate tale of one man's path to prison, and then rebirth into a champion athlete and professional speaker.

The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

Clear, balanced and accessible, this book explores the alternative of a flexible European Union (EU) based on differentiated rather than uniform integration. They examine the circumstances and institutional design needed for flexibility to promote rather than undermine fairness and democracy within and between member states.

Cultural Criminology: An Invitation traces the history, theory, methodology and future direction of cultural criminology. Drawing on issues of representation, meaning and politics, this book walks you through the key areas that make up this fascinating approach to the study of crime. The second edition has been fully revised to take account of recent developments in this fast developing field, thereby keeping you up-to-date with the issues facing cultural criminologists today. It includes: A new chapter on war, terrorism and the state New sections on cultural criminology and the politics of gender, and green cultural criminology Two new and expanded chapters on research methodology within the field of cultural criminology Further Reading suggestions and a list of related films and documentaries at the end of each chapter, enabling you to take your studies beyond the classroom New and updated vignettes, examples, and visual illustrations throughout Building on the success of the first edition, Cultural Criminology: An Invitation offers a vibrant and cutting-edge introduction to this growing field. It will encourage you to adopt a critical and contemporary approach to your studies in criminology. First edition: 2009 Distinguished Book Award from the American Society of Criminology's Division of International Criminology

A guide to assist ex-convicts to find employment, understanding background checks, and more that will help them after being released from prison.

The revised edition of the best-selling book on Applied Kinesiology, Applied Kinesiology, Revised Edition introduces a diagnostic method that uses manual muscle testing to assess the body's "Triad of Health"--structure, chemistry, and psyche. To perform a muscle test, the practitioner applies light pressure that the client then resists. If the client cannot resist the pressure, the muscle "tests weak," indicating a structural problem or imbalance that needs to be resolved. Further applications include working with a muscle that tests strong "in the clear" as a diagnostic tool to determine the effect of stimuli including touch, nutrients, medicines, allergens, emotions, poor posture, and stressful memories. Opening with a detailed description of the history and applications of Applied Kinesiology, the book covers the theory, procedure, and interpretation of the muscle test including diagnosis and correction techniques for areas of weakness. Thirty-three muscle tests for different areas of the body are accompanied by instructive photographs with superimposed anatomical drawings that demonstrate the method and various treatment points. A useful appendix includes a glossary of anatomical terms and special vocabulary; a step-by-step plan for conducting a session; and a list of contacts and sources for Applied Kinesiology materials. Offering a new preface and additional techniques in the areas of manual medicine, orthomolecular medicine, and psychology, this revised edition shares the author's discoveries as well as anecdotal observations to stimulate further research. Table of Contents: Foreword; Introduction; Chapter 1: From Biomechanics to Applied Kinesiology; Chapter 2: Scientific Principles of Applied Kinesiology; Chapter 3: The Muscle Test; Chapter 4: Pretests; Chapter 5: Diagnosis and Correction Techniques; Chapter 6: Muscle Tests; Chapter 7: Applied Kinesiology and Manual Medicine; Chapter 8: Applied Kinesiology and Orthomolecular Medicine; Chapter 9: Applied Kinesiology and the Psyche; Chapter 10: Personal Discoveries and Garnered Methods for Further Consideration; Appendices; Index

The third installment in the highly successful 7 Weeks franchise, this is the ultimate guide to utilizing body weight to strengthen and tone every muscle group in just a few weeks. Day-by-day plans and customizable exercises make getting in the best shape ever quickly and effectively.

Brody Markham has endured a nightmare. Home after spending the last five years in prison, Brody is trying to survive in a world he no longer recognizes. While his family and friends desperately try to reach through to him, he shelters himself further and further from their love. Alyssa Myers has worked her entire life to distance herself from the luxurious and privileged lifestyle in which she was raised. Running her non-profit agency, The Haven, Alyssa is content to spend her days helping abused animals find sanctuary, which fulfills her in a way money can't buy. Maybe Alyssa recognizes some of the same characteristics in Brody that she sees in her homeless wards. Or maybe she just sees his struggle to surface from the darkness, but Alyssa is powerless to stop her personal quest to make Brody whole again. When secrets are uncovered, Brody has to decide if he's going to give in to the darkness or accept the light that

Alyssa offers him.

An incredible bodyweight-only fitness book written by Coss Marte, a former Lower East Side drug dealer who found purpose and inspiration in prison—by developing a kick-butt workout. ConBody is former Lower East Side drug dealer, Coss Marte's, bodyweight-only approach to fitness. Created in prison with only the space of his own cell and no equipment to work with, Coss designed a plan that helped him go from dangerously obese with a five year prognosis to losing 70 pounds and training other inmates. Before prison, Coss was flying high, dealing drugs, and making money hand over fist as a teenager. But after watching his life and those of his loved ones fall apart, he realized things had to change. Once he saw that his workout plan was not only effective, but accessible, he knew he'd found a pathway to health and ultimately to a new life. When he left prison, he returned to the Lower East Side where any betting person would tell you he'd be back slinging crack in no time. But instead he worked out in his old hangouts and gained a small following that turned into an acclaimed business winning entrepreneurial awards and the support of Shark Tank's Barbara Corcoran. Coss's method works. Just ask the thousands of clients who attend his classes. These exercises are for anyone, anywhere. Male, female, rich, poor, all you need is yourself and the space of a jail cell to get to work. It's perfect for busy lifestyles on the go and can be done in hotel rooms, small apartments, and in your backyard. With fun, engaging exercises, ConBody will help you get and stay healthy.

Conceived by Teddy Moreno, Felon 2 Fortune is the first release from his new company YOU-TURN. A web based company that creates and publishes video content of inspirational stories from real people as well as allows them to upload video content themselves, similar to Youtube. Felon 2 Fortune will take you on a trip to experience 6 true life prison stories told by the people who lived them, Mr. Moreno being one of them. This book is so current and relevant that at the time of this publishing, September 2018, one of the authors is still incarcerated awaiting her board review to be released, so this book is perfect for anyone who is currently behind bars, County Jail or State Prison, letting them know there is still hope for a successful future. It's also a great read for anyone who is curious what goes on behind prison walls, also great inspiration for anyone who's never done time, but who is at a low point in their life, and needs something to boost their spirits, to read how these people were able to move past their prison backgrounds and still succeed in life is a pick me up for anyone. Their stories will inspire you to realize that in life, anything is possible. Best Selling Author and Motivational Speaker, Brian Tracy has endorsed this book, calling it the most amazing and inspiring book he's read in years. Read for yourself what everyone will be talking about in 2018 and beyond. Thank you in advance for your purchase and kind review.

* Finalist for the Edgar® Award in Best Fact Crime * New York Post, "The Post's Favorite Books of 2015" * Suspense Magazine's "Best True Crime Books of 2015" * Foreword Reviews' INDIEFAB Book of the Year in True Crime * Publishers Weekly, Big Indie Book of Fall 2015 The king of the Florida pill mills was American Pain, a mega-clinic expressly created to serve addicts posing as patients. From a fortress-like former bank building, American Pain's doctors distributed massive quantities of oxycodone to hundreds of customers a day, mostly traffickers and addicts who came by the vanload. Inked muscle-heads ran the clinic's security. Former strippers operated the pharmacy, counting out pills and stashing cash in garbage bags. Under their lab coats, the doctors carried guns—and it was all legal... sort of. American Pain was the brainchild of Chris George, a 27-year-old convicted drug felon. The son of a South Florida home builder, Chris George grew up in ultra-rich Wellington, where Bill Gates, Springsteen, and Madonna kept houses. Thick-necked from weightlifting, he and his twin brother hung out with mobsters, invested in strip clubs, brawled with cops, and grinned for their mug shots. After the housing market stalled, a local doctor clued in the brothers to the burgeoning underground market for lightly regulated prescription painkillers. In Florida, pain clinics could dispense the meds, and no one tracked the patients. Seizing the opportunity, Chris George teamed up with the doctor, and word got out. Just two years later Chris had raked in \$40 million, and 90 percent of the pills his doctors prescribed flowed north to feed the rest of the country's insatiable narcotics addiction. Meanwhile, hundreds more pain clinics in the mold of American Pain had popped up in the Sunshine State, creating a gigantic new drug industry. American Pain chronicles the rise and fall of this game-changing pill mill, and how it helped tip the nation into its current opioid crisis, the deadliest drug epidemic in American history. The narrative swings back and forth between Florida and Kentucky, and is populated by a gaudy and diverse cast of characters. This includes the incongruous band of wealthy bad boys, thugs and esteemed physicians who built American Pain, as well as penniless Kentucky clans who transformed themselves into painkiller trafficking rings. It includes addicts whose lives were devastated by American Pain's drugs, and the federal agents and grieving mothers who labored for years to bring the clinic's crew to justice.

Foreword by Irvine Welsh 'My life sentence had actually started the day I left my mother's womb...' Jimmy Boyle grew up in Glasgow's Gorbals. All around him the world was drinking, fighting and thieving. To survive, he too had to fight and steal... Kids' gangs led to trouble with the police. Approved schools led to Borstal, and Jimmy was on his way to a career in crime. By his twenties he was a hardened villain, sleeping with prostitutes, running shebeens and money-lending rackets. Then they nailed him for murder. The sentence was life – the brutal, degrading eternity of a broken spirit in the prisons of Peterhead and Inverness. Thankfully, Jimmy was able to turn his life around inside the prison walls and eventually released on parole. A Sense of Freedom is a searing indictment of a society that uses prison bars and brutality to destroy a man's humanity and at the same time an outstanding testament to one man's ability to survive, to find a new life, a new creativity, and a new alternative.

A dramatic, revelatory account of the female inmate firefighters who battle California wildfires. Shawna was overcome by the claustrophobia, the heat, the smoke, the fire, all just down the canyon and up the ravine. She was feeling the adrenaline, but also the terror of doing something for the first time. She knew how to run with a backpack; they had trained her physically. But that's not training for flames. That's not live fire. California's fire season gets hotter, longer, and more extreme every year — fire season is now year-round. Of the thousands of firefighters who battle California's blazes every year, roughly 30 percent of the on-the-ground wildland crews are inmates earning a dollar an hour. Approximately 200 of those firefighters are women serving on all-female crews. In Breathing Fire, Jaime Lowe expands on her revelatory work for The New York Times Magazine. She has spent years getting to know dozens of women who have participated in the fire camp program and spoken to captains, family and friends, correctional officers, and camp commanders. The result is a rare, illuminating look at how the fire camps actually operate — a story that encompasses California's underlying catastrophes of climate change, economic disparity, and historical injustice, but also draws on deeply personal histories, relationships, desires, frustrations, and the emotional and physical intensity of firefighting. Lowe's reporting is a groundbreaking investigation of the prison system, and an intimate portrayal of

