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They are All Life Sentences: A personal journal by a professional writer

Gano Rinehart

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They are All Life Sentences: A personal journal by a professional writer Gano Rinehart
This book is a collection of stories, rants and commentary of my first person experiences while spending eight years and six months in a North Florida prison. Preceding many of these chapters will be prefaces that will introduce the reader to prison vocabulary, daily life in prison, and advice such as how to stay out of fights and how to avoid sexual encounters. I also tell how I managed the daily boredom, the manipulations of bullies and of the chronically helpless, and how I chose associates who would not get me in trouble. In prison most troubles are merely irritating but some trouble can scar you for life. Even cost you your life. Every story or narrative within this manuscript is accurately recorded. Every person described is an actual person. Most of the conversations within the stories are verbatim, and those which are not are nevertheless, honest paraphrasing. I wrote out thousands of pages in longhand while I was doing time. The majority of the stories offered up here were recorded within hours of the events. The few that were not were written down within a day or two of the event. Many of these chapters were published as stand alone articles in newspapers and magazines. Many of the stories have a decidedly spiritual slant. Everybody does time by their own choosing. I chose silence, meditation, contemplation, prayer, study reading and the Catholic faith. This is what worked for me. It was a War Room and I needed a good heart and God's help. I make no attempts to persuade or convert. I am simply telling stories, exposing what worked for me and making a case for restorative justice and mercy.

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