

The book was found

Surviving The Stress: A Gift For A Loved One In Jail Or Prison



Synopsis

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.

Book Information

Paperback: 104 pages

Publisher: CreateSpace Independent Publishing Platform (February 10, 2015)

Language: English

ISBN-10: 1508409439

ISBN-13: 978-1508409434

Product Dimensions: 8.5 x 0.2 x 8.5 inches

Shipping Weight: 9.4 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #33,947 in Books (See Top 100 in Books) #30 in Books > Humor &

Entertainment > Puzzles & Games > Word Search #39 in Books > Humor & Entertainment >

Puzzles & Games > Word Games

[Download to continue reading...](#)

Surviving the Stress: a gift for a loved one in jail or prison No Time to Say Goodbye: Surviving The

Suicide Of A Loved One The Gift of a Memory: A Keepsake to Commemorate the Loss of a Loved One (Marianne Richmond) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Caring for a Loved One with Dementia: A Mindfulness-Based Guide for Reducing Stress and Making the Best of Your Journey Together How to Boil an Egg: Poach One, Scramble One, Fry One, Bake One, Steam One The Big Book of Dump Meals Box Set (11 in 1): Low Carb One Dish, One Pot, Slow and Pressure Cooker, Freezer and Stir-Fry Dump Meals for Stress-Free Cooking (One Pot Dump Dinners) The Smoker's Prayer: The Spiritual Healing of Tobacco Addiction, with or without Chantix, Nicotine Patches, Hypnosis, Jail Time or Duct Tape Dead, Insane, or in Jail: A CEDU Memoir Jailhouse Doc: A Doctor in the County Jail The Night Thoreau Spent in Jail: A Play JAIL BAIT Animals in the Afterlife: Surviving Pet Loss and Turning Grief into a Gift Sunne's Gift: How Sunne Overcame Bullying to Reclaim God's Gift Gift Basket Design Book: Everything You Need To Know To Create Beautiful, Professional-Looking Gift Baskets For All Occasions The Gratitude Journal: A Mother's Day Gift (Special Occasion Gift Edition) Rand McNally 2017 Gift Road Atlas (Durable vinyl cover) (Rand McNally Road Atlas United States/ Canada/Mexico (Gift Edition)) Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Living When a Loved One Has Died: Revised Edition

[Dmca](#)