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MAKING The MOST of YOUR TIME: Beating the Odds of Recidivism

Edward D Andrews

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MAKING THE MOST OF YOUR TIME will delve into what is known as Cognitive Behavioral Therapy* to understand better our imperfect human condition. This will give its readers the tools to rid them of anxiety, guilt, fear, pessimism, procrastination, low self-esteem, anger, even mild depression, lack of self-control, overeating, as well as dealing with pornography and masturbation, and much more. The title and subtitle of our book offer you hope against the mindset that society holds about prison inmates:

"Lock Em' up and Throw Away the Key!"
"Once a Criminal Always a Criminal!"
"Prisoners Cannot Be Reformed!"

* Cognitive behavioral therapy (CBT) is a form of psychotherapy. It was originally designed to treat depression but is now used for some mental disorders. It works to solve current problems and change unhelpful thinking and behavior.

The absolute objective of *MAKING THE MOST OF YOUR TIME* is to help any inmate, who is wholeheartedly interested in improving himself or herself before being released (that is, Making the Most of Your time), teaching them to be law-abiding and productive after their release (namely, Beating the Odds of Recidivism). If the reader holding this book right now is not wholeheartedly interested in such a reality, please lay this book on another inmate's rack (i.e., bed area) who would fully use it. This book will be frank and honest. There will be no watering down the truth. Also, the concepts and principles in this book can help persons who have never gone to prison, to become a new person before they do find themselves in trouble with the law.

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