



# Life Imprisonment: An Unofficial Guide

By Alan Baker

Waterside Press, United Kingdom, 2013. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. \*\*Winner of a Koestler Trust Silver Award\*\* and the only book of its kind by a serving lifer. Contains a Foreword by Tim Newell, former Prison Governor life-sentence expert. A snapshot of the most severe sentence available in the UK which treats key topics in 40 easy to read sections. Alan Baker's personal selection and treatment of topics of concern to life-sentenced prisoners looks at subjects across the life-sentence regime. Ranging from the realisation which kicks in after being sentenced in the dock - shock, numbness, hopelessness - to the intrinsic nature of long-term imprisonment, it is an explanatory handbook and survivor's guide. Life Imprisonment looks at aspects of long-term imprisonment from inside the head of a lifer: daily preoccupations, the uncertainty about when he or she will be released, the long years ahead, time for reflection, work towards release, setbacks and coping mechanisms and staying out of trouble. It tells about how a life sentence leads to risk assessments, courses, reports, psychological tests and possibly a period in a therapeutic community and/or a resettlement...



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