## Introduction

Have you ever thought about what it would be like to be sentenced to life in prison? What would you cling to or receive strength from to face each day? Imagine the despair and hoplessness you would feel. Envision knowing that countless years of drudgery and boredom lay ahead of you. Now, contemplate what if feels like to lose your friends, family, and standing in society. In addition to these difficulties you have no way to buy comfort items. The depression and loneliness you encounter are a minor reflection of what I lived through.

I am not alone. Many inmates have faced what I did. All that do, deal with the experience in a different way. Somehow we survive and learn to adjust to our surroundings. Each of us have a unique story to tell. Some of us pass through this stage and go on to lead productive, useful, and fulfilling lives.

What I wish to accomplish with this blog is to share my journey from such a low to a victorious life. To achieve this purpose I intend to write about my life prior to and during my incarceration. All that I have experienced in my life has contributed to how I view and cope with the life I lead in prison.

I hope you will check back to see what I write in the future. I am already thinking ahead to my next blog. I believe I will be posting a poem I had in a national poetry contest. I plan to share my poem with a letter explaining why I wrote it.

For now I will say goodbye.

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