

## *Warning-Disclaimer*

This book is designed to provide you with information on what happens in a Maximum Security Women's Penitentiary and the tools needed to live a successful life upon one completing their sentence.

This book is based on the experiences and knowledgeable events that the author has experienced, read or been told.

The author is expressing her opinions of the penal system in her eyes, and what it takes for an individual to understand and succeed abundantly in society.

The author is not stating that you must believe or follow her methods, however if you choose to, then quite possibly your life will begin to transform and renew itself productively or more efficient than it is now.