

Prison! My 8,344th Day: A Typical Day in an Ongoing Journey

Michael G. Santos



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Michael Santos served 9,500 days as a federal prisoner. This book shows readers one of those typical days during his 23rd year in confinement. It reveals thoughts he had from the moment he opened his eyes until the moment he went to sleep. Michael helps readers understand the discipline necessary to overcome the indignities of imprisonment. He shows how he lived a values-based, goal-oriented life while living inside a culture designed to extinguish hope. The deliberate path that he pursued empowered him, bringing a high level of energy and discipline. It carried him through longer than a quarter century in prison, allowing him to earn an undergraduate degree and a master's degree while incarcerated. This book shows readers how they can use the same strategies to reach their highest personal potential, regardless of external circumstances.



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