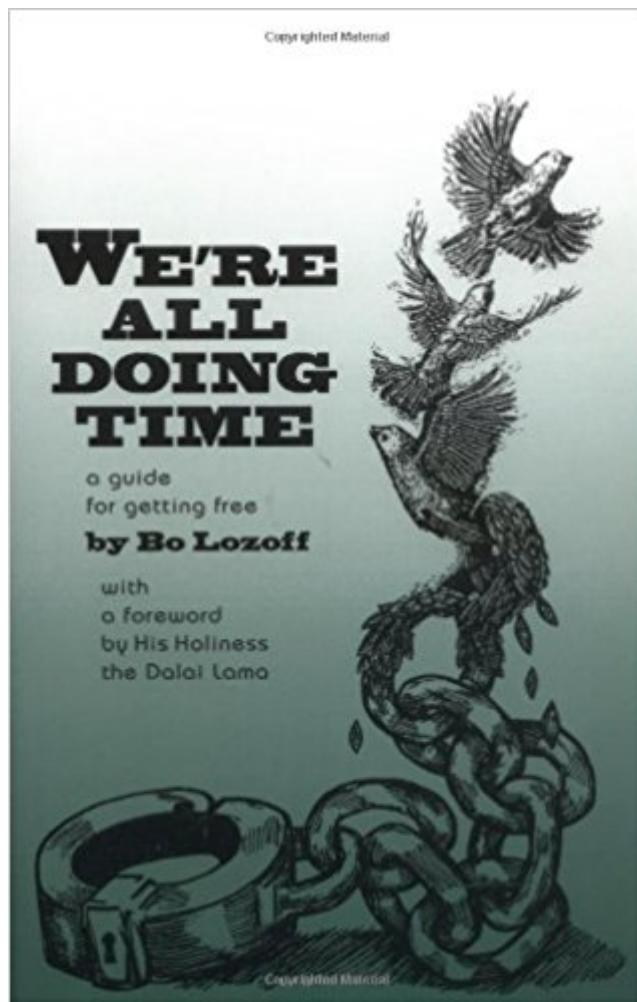


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# We're All Doing Time: A Guide To Getting Free



## **Synopsis**

Often called "The Convict's Bible," this book is also relevant and important to any spiritual seeker. Interfaith wisdom, divided into 3 sections: The Big View describes Bo and Sita Lozoff's life of activism and spiritual exploration. Getting Free is a section of detailed instruction in classic spiritual practices. Dear Bo is correspondence between Bo and dozens of the inmates he has challenged, encouraged, and loved. This is an amazing book, which has moved people to great extremes. It has been translated into 5 languages.

## **Book Information**

Paperback: 317 pages

Publisher: Human Kindness Foundation; New, rev. ed edition (1998)

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Product Dimensions: 1.2 x 6 x 9 inches

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Average Customer Review: 4.5 out of 5 stars 66 customer reviews

Best Sellers Rank: #108,013 in Books (See Top 100 in Books) #15 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #19 in Books > Textbooks > Humanities > Religious Studies > Buddhism #136 in Books > Religion & Spirituality > Worship & Devotion > Meditations

## **Customer Reviews**

"Bo Lozoff is a giant in the movement to turn prisons into true centers of growth and rehabilitation."  
Jon Kabat-Zinn -- Jon Kabat-Zinn, Personal Correspondence, January 5, 1986

Bo Lozoff's fans range from His Holiness the Dalai Lama to Outlaw Biker Magazine. His work with the prison population of the world is legendary. Bo is a true maverick teacher and writer whose first book, "We're All Doing Time," is on the Village Voice's list of "the ten books everyone in the world should read."

Bo Lozoff is clearly a deeply compassionate and caring person. However, this book was highly too spiritual and religious for my taste... I was under the impression this book focused more closely on issues as they affect prisoners and on taking a close look at how we can affect prison reform, but

there was absolutely nothing like that in this book. I would recommend this book to anyone who likes to read a lot about religion and spirituality, but would recommend that everyone else find a different book, especially if what you are looking for is a book about prison reform, because this book is not it.

My first copy of this book was a gift from a friend whose intelligent kindness I admire. I've purchased many copies since for other friends. The book is balm and guidance for large souls and small ones. Village Voice calls it one of the 10 books everyone in the world should read. I'm in absolute agreement. Many of the stories told by prisoners are shocking. Bo Lozoff's answers and then the honest but compassionate exchanges between the two provide an extraordinary and, finally, uplifting lesson for the reader.

A great start for getting to know God or for getting to know something other than misery and suffering. Buy a few and gift them out.

This is an invaluable handbook for anyone serving jail or prison time. It is filled with practical tools for turning jail/prison time into an investment for spiritual and emotional improvement, the starting point for any fulfilling life in this material world. Fortunately for all of us who live without visible prison walls, this book is just as useful for us in overcoming detrimental feelings and views, and is an easy and invaluable tool for finding inner peace, freedom and fulfillment.

This is a really good resource for people just getting into self reflection and meditation. It tells you enough to get going on your own without a class. I got the message that if people in jail can do this, well, of course I can. Written very accessibly.

I bought this for a family member who's not in the best of situations, and he has been bragging about how good this book is and how he's learned a lot about meditation from it.

Written from personal experience and a wide base of experience on the subject of human understanding of people in real imprisonment with compassion and hope with plain language. Bo has a sense of humor and strong sense of the Divine-eclectic.

I read this for the first time when I was serving a sentence in federal prison. It was a great blessing.

this copy was bought for someone in a local jail. they tell me they liked it.

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