



A Life Inside: A Prisoner's Notebook

By Erwin James



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In the mid-1980s, Erwin James was sentenced to life imprisonment for double murder. A young man when he was sent down, he has matured in prison and has reflected on the wasted years he has spent inside. This is the candid and hard-hitting account of those years. He tells of arriving in prison; about learning the who, what, why and when of prison life; about bullying and terror from other inmates and security staff; about replaying the crimes of his past over and over; and about discovering his talent for writing. This is a book that takes its readers on Erwin James's moving and terrible journey from vicious youth to reformed and reflective middle age.



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Editorial Review

Review

An extraordinary portrayal of life in a British prison... A powerful and illuminating description of real life behind bars that stays in your mind long after you put the book down. Daily Express James has transformed our view of what it means to be inside. The Scotsman

About the Author

Erwin James was released from prison in summer 2004.

Users Review

From reader reviews:

Shawn Farr:

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