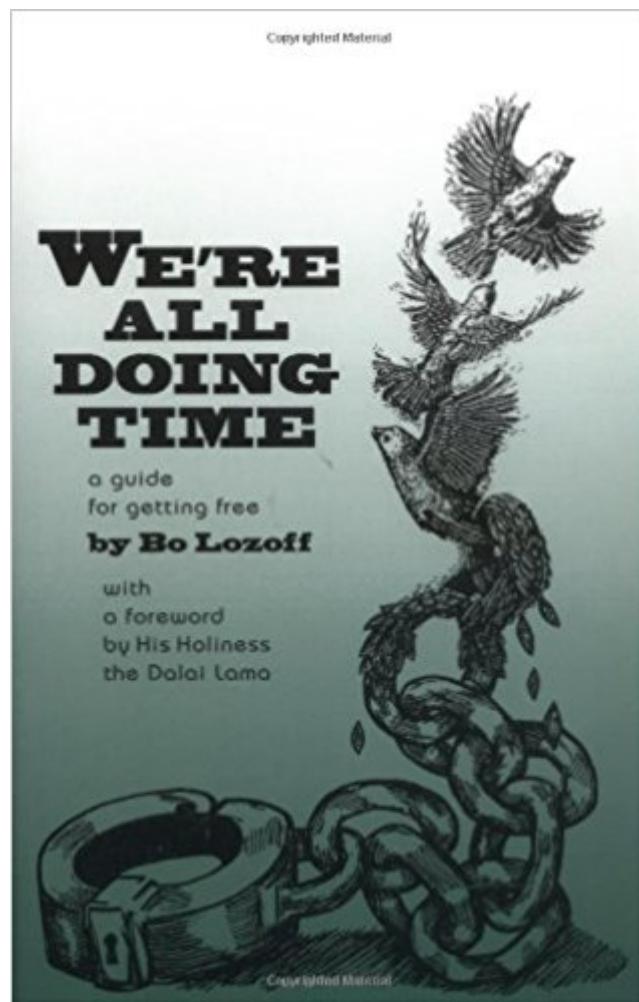


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# We're All Doing Time: A Guide To Getting Free



## **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

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## **Customer Reviews**

.... and I mean that. This is no cheesy, ego-fondling "self-help" book. Whether you have been incarcerated or not, you're sure to benefit somewhat from this book. After an illuminating introduction, Bo begins with a chapter called 'The Big View', which in itself is one of the most direct, honest yet simple introductions to starting a more spiritual & disciplined life I've ever had the pleasure to encounter. Then, we have a chapter (Getting free) which outlines loads of spiritual practices, each one quite good. There's stuff from Hindu, Buddhist, Christian and Islamic contemplative traditions. Each instruction is easy to understand, and makes you want to do it. Along with that there's stuff on Hatha yoga, prayer, Karma yoga (helping people as a spiritual practice), and even how to eat spiritually. Just those 2 chapters as a book would have been awesome, but to top it all off, the following half of the book is letters from convicts to Bo himself. This may not seem so spectacular, but it is. It's very inspiring. As an added bonus, the whole book is peppered with

funny cartoons, pictures, quotes and Bo's funny comments. Everything he writes just sings honesty & compassion. Plus, it's only 8 bucks! Think of all the crap books you buy for 20 or so.

This book has served as a reference, but more than that a reminder of where I am, how far I have to go and the tools to get there. Bo has produced a book taking the best of Yoga, self discipline, pragmatism and compassion and produced a ruthless guide to self-growth.

Bo is a breath of fresh air. He is selfless - there's no ego here. This is a very trustworthy man with deeply important things to say. While "Pop Philosophers" are busy making bumper stickers Bo passes on real wisdom. He doesn't want a name for himself...he just wants to help.

This book is incredibly inspiring. Bo Lozoff goes into one of the toughest environments there is--prison--and by teaching about meditation and yoga and spiritual truths completely transforms the lives of many people. More importantly he doesn't preach or pretend to know all the answers. He draws from the teachings of Christianity, Hinduism and Buddhism to teach spirituality that is relevant to everybody. In the section of letters to and from prisoners he shows a lot of wisdom in his answers. You don't have to be in prison to benefit from the teachings in this book. It is straight forward and practical spirituality for everyone.

I read this book prior to recommending it to a relative who is serving a life sentence in a California prison. I had heard of the book, but was not willing to recommend it without reading it. If you are looking for a "user-friendly" introduction to spiritual development, you can't go wrong with this one. Written in a very clean, easy to understand, and loving style, the book is the one I would want to have were I facing a life sentence.

Reading the correspondence from prisoners working to pursue meditation and yoga in their search for peace just knocked me out. We think in our ordinary (free) lives that we struggle with our spiritual paths, and in theory it might be the same work, but the inspiration from these stories puts a whole new perspective on the seeking. An excellent, touching, sincere and fascinating book.

This is it! This is the book that started my conscious spiritual journey some 11 years ago. This is the book I learned to meditate from. I have read literally hundreds of books on spirituality and this is one of the best. Bo and his wife Sita are exceptional human beings. You can't go wrong with this book.

Namaste

Bo Lozoff is the director of the "Human Kindness Foundation" and his writings, workshops, and tapes have helped countless numbers of men and women to deal with the limiting effects of selfishness, fear, anger, and addiction --as well as incarceration where the barriers are ones of cold steel bars and high cement walls. He has now distilled his observations and insights in *We're All Doing Time: A Guide For Getting Free*, with a foreword by His Holiness the Dalai Lama. *We're All Doing Time* spells out the philosophy of the Prison-Ashram Project, which strives to give spiritual community and help, without mandating specific religious dogma, to those suffering in prisons. Others work to reform prison systems, and the author commends them highly; but until great changes can be wrought for the better, the philosophies in *We're All Doing Time* are meant to make prison physical and spiritual life more bearable. Black-and-white photographs and true stories of individuals and inmates searching for peace and meaning in their lives make *We're All Doing Time* a singularly profound spiritual testimony.

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