



Chaplain Watkins Book Review

“What I Learned About Life is a phenomenal book. The book is written with humor and deals with real life issues. It is written on a level that anyone will be able to read and understand. It addresses a variety of life issues and gives the reader a chance to do self-examination of their past and present decisions and how these decisions have affected them and everyone around them. It will also help the readers to reflect on their family history and how their past has influenced their life decisions.

It is my opinion this book will have a great impact on the lives of incarcerated men and women as well as their families. This book will give those who are incarcerated an opportunity to have control over areas of their life that no one else can control. They will be able to take ownership of their life and their future by applying the principles learned in this book. They will be able to communicate the information gleaned from this book with their family with the intent to stress the importance of being on one accord in specific areas of their lives once he/she is released from prison. Though they are not with their families physically this will enable them to instill positive principles in their family’s lives via telephone, visitation or letter correspondence. This can change their entire family system and those who are in their sphere of influence.

Last but not least it will challenge incarcerated men and women to prioritize who and what is most important to them prior to being released, the importance of being proactive and not reactive. We know of the old saying, “If you fail to plan, you plan to fail”, this will give them the opportunity not to fail once released from prison by planning ahead and writing the plan down prior to release.”