

LIVER FATE

WORKING TITLE: ELLBLACK SOCIETY POST-RELEASE MASTER PLAN

SUBTITLE: PROTECTING LIFE

FIRST 18 MONTHS RE-EVALUATION

PAGE COUNT: 23

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- USING DISCIPLINE TO STICK WITH MY HEALTH & WELLNESS MNGMNT PROGRAM IN ORDER TO STAVE OFF ILLNESS AND MEDICATION DEPENDENCY.
- AVOIDING UNHEALTHY LIVING HABITS, HOSTILE ENVIRONMENT AND CONFRONTATIONAL PEOPLE IS A CHOICE.
- TURNING MY PAST SETBACKS, LEARNING EXPERIENCES, MISTAKES INTO OPPORTUNITIES TO PRODUCE INCOME.
- ACCUMULATE ALL OF THE OFFICIAL CREDENTIALS AS POSSIBLE TO AUTHENTICATE MY SELF-EDUCATION AND BACKGROUND.
- MORE RESEARCH TO BE DONE ON THE FOLLOWING:
 - CAPELLEA UNIVERSITY.EDU
 - PENN FOSTER COLLEGE.EDU
 - A I W ONLINE.EDU
 - FLAT IRON SCHOOL.EDU / .COM

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WORKING TITLE: TELL BLACK SOCIETY POST-RELEASE MASTER PLAN
AUTHOR: LEVERT BROOKSHIRE

PROTECTING LIFE
FIRST 18 MONTHS RE-EVALUATION

PROTECTING LIFE MUST START WITH FOLLOWING DAILY RITUALS AND KEEPING UP WITH MY OWN PERSONAL HEALTH AND WELLNESS THROUGH A HEALTHY DIET AND FITNESS PROGRAM. SUSTAINING LIFE HAS TO BECOME OUR NUMBER ONE PRIORITY AND PURPOSE, EACH AND EVERYDAY WHILE INSIDE PRISON OR OUTSIDE. WITHOUT HAVING LIFE - NO OTHER GOALS CAN EVER BE ACHIEVED. IN ORDER FOR ME TO SUSTAIN MY LIFE IN A STRESS-FREE, HEALTHY WAY, I'VE DECIDED TO SIMULATE WHAT I'VE DONE FOR YEARS AND YEARS WHILE INSIDE PRISON FENCES. BY CREATING SCHEDULES FOR MYSELF AND CHARTS, ENTIRELY PLANNED-OUT DAILY, WEEKLY AND MONTHLY DIETS/MEALS, WHICH ADAPTED TO MY DAILY, WEEKLY AND MONTHLY EXERCISE SCHEDULE, EVERY OTHER MONTH OR SO THEY WOULD ALL BE ROTATED AROUND AS A CYCLE WOULD BE. I CALLED THIS MY PERSONAL DEVELOPMENT PROGRAM WHILE INSIDE PRISON, IT INCLUDED MY READING TIME AND MY RESEARCH/STUDYING TIME EVEN MY TIME TO WRITE OR HONE MY JOURNALING SKILLS. EVERY MORNING STARTS AT 4:45 AM. EACH AN EVERYDAY, BEGINNING WITH A BRIEF 15 MINUTE YOGA/STRETCHING RITUAL TO START THE DAY OFF. SINCE MORNING IS THE MOST QUIET TIME OF THE ENTIRE DAY, INSIDE PRISON. THIS IS THE BEST TIME TO START MY READING OR WRITING. WHICH BEGINS AFTER BREAKFAST GETS SERVED, SO DEPENDING ON WHEN THAT HAPPENS, USUALLY AT AROUND 5:30 AM OR 6:30 AM IT VARY AT TIMES. SO, READING/WRITING WILL NORMALLY BEGIN AT AROUND 7:00 AM LASTING FOR AT LEAST AN HOUR, SOMETIMES AN HOUR AND A HALF, THAT ALL DEPENDS. AT SOMETIME DURING THE DAY, I'LL SORT THROUGH WHAT I HAVE BEEN GIVEN FOR MY MEAL, PUT TOGETHER AN ASSORTMENT OF DIFFERENT FOOD ITEMS CONSISTING OF VARIOUS PROCESSED MEATS, COOKIES, AND ARTIFICIALLY SWEETENED SNACKS, SOMETHING IN HIGH DEMAND AMONGST THE ENTIRE PRISONER POPULATION, WHERE I'M ALWAYS ABLE TO FIND THOSE WHO ARE WILLING TO TRADE ME, FOR THEIR FRUITS AND VEGETABLES. THEN, ONCE 1:30 PM COMES AROUND, BY THAT TIME ALL OF THE PRISON HAS LONG BEEN AWAKENED, THE QUIET IS NO LONGER. I START MY DAILY-EXERCISE RITUALS, TO INCLUDE MUSCLE CONDITIONING, CARDIO, CALISTHENICS AND STRENGTH TRAINING, FLEXIBILITY.

WORKING TITLE: IELL BLOCK SOCIETY POST-RELEASE MASTER PLAN

AUTHOR: LEVERT BROOKSHIRE

PROTECTING LIFE

FIRST 18 MONTH RE-EVALUATION

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GOING INTO THIS 2ND YEAR OF BEING OUTSIDE PRISON, I WANT TO ADAPT THIS HEALTHY EATING AND REGULAR EXERCISE, WITH WRITING AND READING INTO MY EVERYDAY ROUTINE OUTSIDE. FOR CONTINUAL DEVELOPMENT OF MY OVERALL WELLNESS AND PEACE OF MIND. THIS WILL HELP ME TO SUSTAIN MY HEALTH, DEVELOP MY SELF-DISCIPLINE, STRENGTHEN MY WILLPOWER AND MAINTAIN STRUCTURE IN MY LIFE. SOMETHING I KNOW WORKS FOR ME. I'VE COME^{TO} RECOGNIZE HOW IMPORTANT KEEPING EVERYTHING, CALCULATED, MEASURED-OUT AND ORGANIZED IN MY LIFE REALLY MEANS TO ME. ELIMINATING UNNECESSARY CLUTTER, AND CONFUSION, KEEPING CHAOS AND CALAMITY AS FAR AWAY AS POSSIBLE. PROTECTING MY LIFE ALSO DEMANDS THAT MEASURES BE TAKEN TO AVOID POTENTIAL HOSTILE CONFRONTATIONS, UNNECESSARY THREATENING SITUATIONS, OR DANGEROUS ENVIRONMENTS LIFESTYLES ETC. HAVING REGULAR MEDICAL CHECK UPS, MONITORING MY HEALTH ON A STRICT SCHEDULE. WHILE, EVEN AS I'M WORKING HARD EVERYDAY, ATTENDING-CLASSES, RE-BUILDING STRAINED RELATIONSHIPS AND PURSUING MY GOALS. I WILL ALWAYS BE COMPELLED TO KEEP MYSELF DISCIPLINED TO FOLLOW A VERY STRICT NUTRITIONAL AND FIT WAY OF LIFE. STAYING THE COURSE OUTSIDE OF PRISON, AS I'VE MANAGED TO DO INSIDE. IT'S THE ONE THING FROM PRISON, I'M HOPING TO TAKE 'OUTSIDE' WITH ME, AS I'M RELEASED. SOMETHING I'VE COME TO TERM AS, MY (WELLNESS MANAGEMENT PROGRAM). USING A MODEL FROM MY PRISON DAYS, I WILL OBVIOUSLY HAVE TO ADAPT MY DIETARY PLAN AND EXERCISE PLAN, TO WHATEVER OTHER OBLIGATIONS I'VE GOT ENJOIN-ON ALSO. THEN, ALONG WITH MY DIETARY, AND EXERCISE PLANS, I'VE GOT TO ADAPT MY WRITING AND READING TIME INTO MY (WELLNESS MANAGEMENT PROGRAM), AS WELL. WHAT I'VE LEARNED OVER THE YEARS, MAINTAINING WELLNESS IS ALOT MORE THAN MAINTAINING A HEALTHY DIET AND REGULAR EXERCISE. MAINTAINING WELLNESS IS ALSO, MANAGING OUR MIND'S TOO. STRESS-MANAGEMENT. WELLNESS MANAGEMENT FOR ME IS ALL ABOUT A TOTALLY HEALTHY BODY, AND MIND. WELLNESS IS A LIFESTYLE FOR ME. A HEALTHY BODY AND HEALTHY MIND SHOULD BE A PAIR, ONE IN THE SAME.

WORKING TITLE: CELLBLOCK SOCIETY Post-Release Master Plan
AUTHOR: LEVETT Brookshire

PROTECTING LIFE First 18 Months Re-Evaluation

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It's not what we do ^{FOR} while that counts, but what we do on a consistent, ongoing basis, which makes the real difference. It is these consistent, continuous actions ultimately they are what determine who we become and where we go in life. That's why what I was doing in my past life, over and over again, continuously, and consistently powerfully influenced my life, and ultimately led me to a prison cell, over and over again. We can't always be in control of the events taking place in our lives. But we will always be in control of how we respond or react to them. We decide the actions we take in every event. In order for me to have the healthiest and peaceful life I can have outside of prison. I really have to think about the decisions I'm going to make, in society, and practice, practice, practice. There aren't any failures, just the result of our decisions. When I make good and sound decisions, I have good sound results. It all comes down to responsibility. It's take me a long time to finally get it right. There's no excuses for that. Think about the possible outcomes first before hand. Now that I've already squandered away all of my youth and young adulthood years, going through the crash course lessons to learn this simple truth about life. I want to use these remaining years towards keeping up my health and trying my best, to extend my years further out. Giving myself a second chance to make good on some of the wrongs I've done in my younger years. In order to achieve my goal of optimum health, while entering my fifties. It's a must that I make good, sound decisions about my overall health and wellbeing, and then act on them. My last 18 years, have been spent surrounded by institutional 'cinder block' walls, tall electrified prison fences, remotely controlled sliding doors on tracks, granting me access inside or outside depending all on the discretion of who's controlling the 'buttons' and 'keys' at the time. Surrounded by others who controlled every fundamental aspect of my life, making all

WORKING TITLE: TELL BLACK SOCIETY POST-RELEASE MASTER PLAN
AUTHOR: LEVERT BROOKSHIRE ^{PROJECTING} ^{LIFE}

FIRST 18 MONTHS RE-EVALUATION

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Important decisions FOR ME, what to FEED ME, WHEN to FEED ME and WHERE. Deciding what clothes I will WEAR, HOW I will WEAR THEM, EVEN WHEN and WHERE. I've BEEN having OTHERS CONTROL MY LIFE IN EVERYWAY FOR 18 YEARS STRAIGHT NOW. SHAPING ME and PROGRAMMING ME to CONFORM MY LIFE, to a LIFE of Institutional 'CONTROLLED' LIVING. EVERYTHING DOWN to WHEN, WHERE and HOW MY DIRTY LAUNDRY GETS CLEANED, THEN DELIVERED BACK to ME, and what, when and how I get to watch T.V. What I've COME to - ADAPT to, and BE socialized to. Has to NOW BECOME REVERSED without ANY SYSTEMS OR PROGRAMS SET-UP in place to help ME THROUGH this, HOW I've COME to do this is BY MYSELF. BY FOCUSING ON what I WANT - OPPOSE to where I've BEEN the past 18 YEARS. INSTEAD OF ALLOWING MY FEARS, INSECURITIES and DEPENDENCY ON OTHERS to PROVIDE all of MY daily NEEDS, CONTROL MY ACTIVITIES and ESTABLISH BOUNDARIES, FOR ME. I HAVE to RESIST that 'PSYCHOLOGICAL' HOLD OVER ME and KEEP TAKING MY MIND in the DIRECTION I WANT to GO. RELEASING that INSTITUTIONAL HOLD OVER MY THINKING. RE-PROGRAMMING MY OWN MIND to THINK about a NEW LIFE, a LIFE that I DESIRED LIVING OUTSIDE FOR the ENTIRE 18 YEARS they CONTROLLED ME INSIDE. MY DESIRES, GOALS, and PLANS, NEVER WENT AWAY. FOR YEARS, I THOUGHT LONG and HARD playing them OUT INSIDE MY MIND, IMAGINING MYSELF as I PURSUED EVERY DESIRE and GOAL I WANTED. NOW, I GET that OPPORTUNITY to do, EXACTLY that. I'm SO GLAD that in TRUE PASSION and COMMITMENT to KEEPING and SAVING these DESIRES, PROTECTING these PERSONAL GOALS that, I MADE it MY LIFE'S WORK to sit DOWN and START RECORDING it all, THROUGH DISCIPLINE and PERSISTENCE I WANTED to BE CERTAIN that what I COME to depend ON DURING that LONG 18 YEAR PERIOD OF Institutionalized, CONTROLLED LIVING, THIS WASN'T GOING to PROGRAM MY THINKING, to BECOME DEPENDENT ON THIS KIND OF LIFE, IN ORDER to BE FUNCTIONAL and CONTENT, ~~BE~~ ^{WHILE} DISFUNCTIONAL and DISCONTENT OUTSIDE in the ACTUAL REAL - WORLD...

WORKING TITLE: ILLBLACKSOCIETY POST-RELEASE MASTER PLAN
AUTHOR: LEVERT BROOKSHIRE

PROTECTING LIFE

FIRST 18 MONTHS RE-EVALUATION

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BEFORE I EVER CAME TO KNOW ANYTHING ABOUT PROPER DIETARY NEEDS AND DAILY NUTRITIONAL REQUIREMENTS, HOW MY BODY METABOLIZES AND ABSORBS FOODS, CALORIES, AND HOW MY DIGESTIVE SYSTEM FUNCTIONS, BEFORE I KNEW HOW MANY CALORIES I BURNED OFF DOING SPECIFIC KINDS OF EXERCISES, WHICH AREAS OF MY ANATOMY SHOULD BE EXERCISED FOR BURNING MORE OR FEWER CALORIES. BEFORE I KNEW HOW MUCH MUSCLE-MASS I WAS USING FOR EVERY EXERCISE ACTIVITY. WHICH FOOD GROUP WAS MOST BENEFICIAL TO WHICH AREA OF MY ANATOMY. BEFORE I EVER UNDERSTOOD THE IMPORTANCE OF STAYING WELL RESTED AND HYDRATING MY BODY EVERYDAY, I HAD TO FIRST FIND THE TIME, MAKE AN EFFORT TO PICK UP A BOOK AND READ. I COULDN'T HAVE LEARNED ALL THAT I'VE COME TO KNOW AND UNDERSTAND ABOUT OUR HUMAN ANATOMY, NUTRITIONAL REQUIREMENTS, EXERCISE PHYSIOLOGY AND THE SCIENCE OF EXERCISE AS A WHOLE. IT'S BECAUSE OF MY DECISION TO MAKE THE TIME FOR READING AND STUDYING, THAT I'M ABLE TO CREATE AND AFFORD A PRACTICAL AND MEANINGFUL WAY OF BECOMING AND STAYING HEALTHY FAR INTO MY FIFTIES AND SIXTIES AND BEYOND. FOR THIS REASON, I HAVE TO KEEP MAKING THE TIME FOR MYSELF TO READ AND CONTINUE STUDYING, LEARNING, EDUCATING MYSELF. NOT JUST SO I CAN STAY IN TOP PHYSICAL FORM, FOR MY AGE. BUT TO HELP ME BREAK THE 'PSYCHOLOGICAL' PROGRAMMING OF 18 YEARS, LONG-TERM INSTITUTIONAL-LIVING. MAKING TIME TO READ AND DO NECESSARY RESEARCH, WILL BECOME AN INVALUABLE ASSISTANCE TO MY TRANSITIONING BACK INTO SOCIETY AGAIN; SHORT PERIODIC STAPS THROUGHOUT THE WEEK FOR PERSONAL RESEARCH, UPDATES OR STUDY TIME, FOR NO MORE THAN AN HOUR AND A HALF, THREE TIMES A WEEK. THIS IS HOW I WILL BECOME CURRENT ABOUT PARTICULAR SUBJECTS, FIND ACCURATE INFORMATION NEEDED FOR IMPORTANT PLANNING OR EVEN DECISIONS, I HAVE TO MAKE. ALL OF WHICH WILL LEAD TO OUTCOMES AND CONSEQUENCES THAT DIRECTLY IMPACT MY LIFE, MY FREEDOM AND MY LEGACY. KEEPING UP MY READING RITUAL WILL BE MY STRENGTH.

WORKING TITLE: TELL BLACK SOCIETY POST-RELEASE MASTER PLAN
AUTHOR: LEVER BROOKSHIRE

PROTECTING LIFE

FIRST 18 MONTHS RE-EVALUATION

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At this stage of my transition into civil society I would like to be stable enough to introduce and adapt my (WELLNESS MANAGEMENT PROGRAM) INTO MY EVERYDAY ROUTINES. ADAPTING STRICT DIETARY RITUALS, FOOD GROUPS, RECIPES AND EVEN MEALS, TO BE ADAPTED AND PRACTICED IN MY DAILY, WEEKLY, MONTHLY-PROGRAM. TO INCLUDE IN MY DAILY BREAKFAST, LUNCH AND DINNER. WITH THE EXCEPTION OF SAT. AND SUN. TO BE DESIGNATED AS MY ONLY 'MEAT CONSUMPTION' DAYS. KEEPING MON. THRU FRI. EXCLUSIVELY DESIGNATED AS 'MEATLESS' DAYS. EXCLUSIVELY FOR FRUITS, VEGGIES, DAIRY PRODUCTS, BREADS, NUTS, BEANS, EGGS, GRAINS, OATS, PASTAS AND NATURAL SWEETENERS / NATURAL OILS ONLY. LIMITED TO NO ADDITIVES OR PRESERVATIVES WILL BE IN, ANY OF MY FOOD SUPPLIES, AT ALL. NO PROCESSED FISH / MEATS WILL BE CONSUMED, EVEN ON SAT/SUN. 80% OF DIET WILL CONSIST OF CARBOHYDRATES FOR MY BODY'S FUEL SOURCE. 10% OF DIET WILL CONSIST OF PROTEINS FOR MUSCLE DEVELOPMENT. 5% OF DIET WILL CONSIST OF FIBER FOR DIGESTIVE TRACT SYSTEM. 5% OF DIET WILL CONSIST OF ZINC, IRON, POTASSIUM, BETA-CAROTEN AND OMEGA 3'S FOR BRAIN DEVELOPMENT / NOURISHMENT AND CELLULAR HEALTH. WITH AT LEAST 8 (TWELVE OUNCE) CUPS OF WATER DAILY FOR MY DAILY HYDRATION REQUIREMENTS. MORE SPECIFICALLY, AT 195 LBS UP TO 205 LBS. I'M REQUIRED TO HAVE A 2,800 TO 3,000 CALORIES A DAY FOR ENERGY FUEL SUPPLY, WITH 30 GRAMS OF FIBER AND 25 GRAMS OF PROTEIN, ALL IN A SINGLE DAY. HEALTH, FITNESS AND OVERALL WELLNESS TAKES ONGOING STUDY AND RESEARCH TO PERFECT IT. I WILL BE DOING FURTHER RESEARCH ON THE SUBJECTS AS I GO ALONG. READING MORE FROM M.D. AMY MEYERS WHO AUTHORED THE BOOK TITLED "PLANT BASED DIETS", STUDYING MORE HARLIE POMROY WHO WROTE "FAST METABOLISM REVOLUTION", OR MARCO RORGES THAT HAS WRITTEN "THE 22 DAY DIET". FOLLOWING UP MY RESEARCH WITH THE "HIGH PERFORMANCE NUTRITION" BY SUSAN M. KLEINER, CONTINUING STUDY

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AUTHOR: LEVERT BROOKSHIRE

PROTECTING LIFE
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FIRST 18 MONTHS RE-EVALUATION
OF "THE NUTRITION ALMANAC" BY JOHN KIRCHMAN, ALONG WITH CHEFBROT.COM

"FUSION GRAIN COOKING", EVEN THE HEALTHY FOOD CHART AT MYPYRAMID.GOV

This is the way that I pull myself away from 18 years of having a system of institutions making important health decisions for me, the time is now for me to make my own, personal important health decisions for myself. It is the 'mind', that will break-free of the shackles, chaining me to the ways of institutionalized 'trained' living. It's the 'mind' that makes 'good' of 'ill', makes 'happiness' of 'sadness' and makes 'rich' out of 'poor'.

Keeping myself stress-free, healthy, and with a positive outlook, about life, is going to be key during my transitioning time. Even as I languished inside of institutions for long periods of time.

I relied on my 'mind' to keep visioning, imagining the days I'll get to implement this 'wellness managing program' into effect once I'm outside. Imagining it, visioning it is what helped me to get through all the

long, arduous and tormenting years of psychological and spiritual challenges. One of the things that I've come learn through my studies, how the human mind and spirit together can endure any level of trauma

torture or anguish, thrown at us. No obstacle, or problem, challenge or pain is too much to bare. Of course, everyone is different. We aren't all equally prepared to respond, exactly the same way in every situation. But some people, as myself. We are more inclined to see obstacles, problems, challenges, and painful experiences, as merely a call for us to

strengthen and deepen our resolve. The same way I'm choosing to use all of these years living inside 'controlled' institutions, going through years upon years of disappointment, loneliness, anguish, and

psychological torment. I've learned how to turn it around, changing a tragedy into opportunity, using all of it as fuel to drive and motivate me, even more so. Making me want to get-out of prison, so I can prove

I've finally made it up and over the learning curve, required. In order for someone to make it outside of institutions, making important.

WORKING TITLE: CELL BLACK SOCIETY POST-RELEASE MASTER PLAN
AUTHOR: LEVERT BROOKSHIRE
(DIETARY REQUIREMENTS)

First 18 months Re-Evaluation
decisions for myself, instead of others. The very first important decision, I've decided to make for myself is this, once I've managed to establish myself a firm enough foundation to stand on, having a clearly solid enough base in order to move forward with my life. I want to get started with guarding my life, taking my health very seriously. Eating right, exercising, and managing my stress levels. All of which to be practiced and carried out through a strict, daily, program, what I've come to term as my "Wellness Mngmnt. Prgm." Taking full control of the standards and habits that will in fact, preserve my life in a healthy, practical way. Exercising personal control over what I'll be eating, what I'll be drinking, when, where and how I'll be doing it, while following a strict diet, avoiding processed foods like sugars, meats/fish and other foods treated with toxic chemical preservatives and additives. Reducing the amount of harmful carcinogenic deposits into my body. I won't eliminate fish or meat entirely from my diet, but I won't be eating any processed meats or fish, only fresh meat and fresh fish. Which, will only be something reserved for Sat./Sun. only. All meats/fish/poultry will be off limits Mon. thru Fri. Keeping myself disciplined and limited to a healthy list of nutritional food groups, that I will rotate around, in a cycle. Making every effort to use each food group, in every meal in order to meet my daily nutritional requirements, seven days a week. Connecting all three areas together diet, fitness and stress management, in order to maintain overall health during my remaining years alive. At this stage of my freedom, eighteen months of being outside of prison my newest dietary, fitness and stress managing rituals by now, should've become habits for me. I must ^{be} disciplined and committed enough to sustain the "Wellness Mngmnt Prgm."

WORKING TITLE: Cell Block Society Post Release Master Plan

AUTHOR: LEVERT BROOKS JR

(EXERCISE REQUIREMENTS) daily rituals

First 18 months RE-EVALUATION

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MONDAY 4:15 AM (45 MINUTE JOG) 700 CALORIES BURNED
5:30
5:45 - (15 MINUTE STRETCHING)

TUESDAY 4:15 AM (45 MINUTE JOG) 700 CALORIES BURNED CARDIO
5:30
5:45 - (15 MINUTE STRETCHING)

WEDNESDAY 4:15 AM (45 MINUTE JOG) 700 CALORIES BURNED CARDIO
5:30
5:45 - (15 MINUTE STRETCHING)

THURSDAY 4:15 AM (45 MINUTE JOG) 700 CALORIES BURNED CARDIO
5:30
5:45 - (15 MINUTE STRETCHING)

FRIDAY 4:15 AM (45 MINUTE JOG) 700 CALORIES BURNED CARDIO
5:30
5:45 - (15 MINUTE STRETCHING)

SATURDAY 4:15 AM (45 MINUTE JOG) 700 CALORIES BURNED CARDIO
5:30 MUSCLE CONDITIONING 500 CALORIES
STRENGTH TRAINING 450 CALORIES
FLEXIBILITY 275 CALORIES

SUNDAY 4:15 AM (OFF DAY)
OFF

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AUTHOR: LEVERT BRADSHIRE

FIRST 18 MONTHS RE-EVALUATION

(ENTIRE DIET MONDAY-FRIDAY IS TOTALLY MEATLESS RECIPES)
(MEAT, FISH, POULTRY WILL BE CONSUMED SAT. SUN. ONLY)

MEAT 'DIET' WILL BE DONE EVERY OTHER WEEK USING
KALE, LEMON JUICE 100% PURE MIXED WITH CAYENNE PEPPER.
WEEKLY DIET (7 DAYS PER WEEK) WILL INCLUDE THE FOLLOWING:

NATURAL SWEETENERS - XAGAVE, HONEY
COOKING OILS - VIRGIN OLIVE OILS, COCONUT OILS, FISH OILS, FLAX OILS.

VIRGIN VINAGARS - FIG VINAGAR, LEMON OIL

PASTAS - FLOUR, EGGS, YEAST, NOODLES CHEFBRAD.COM/RECIPE

GRAINS - BROWN RICE, WHITE RICE, WHOLE GRAIN, WHEAT, OAT GROATS, ROLL OATS,
GRANOLAS, TEFF, OATMEAL, CORN MEAL, GRITS ETC.

NUTS - CASHEWS, PISTACHIOS, ALMONDS, PECANS, WALNUTS, PEANUTS,
MACADAMIAN NUTS, ETC.

FLOUR - KING ARTHUR WHOLE WHEAT, ROLLING PIN, PIZZA STONE WITH BAWSEI-
FOOD PROCESSOR/MIXER, PARCHMENT PAPER, BAKING TIN FOR BREAD.

VEGETABLES - CABBAGE, ROMAINE-ICEBURG LETTUCES, SPINACH, OKRA, COLLARD-
GREENS, MUSTARD GREENS, POTATOES, ASPARAGUS, CARROTS,
TOMATOES, SWEET POTATOES, IDAHO SPUDS, AVACADOS, CUCUMBERS,
OLIVES, MUSHROOMS, BEANS, PEAS, CORN, PINTO BEANS, BLACK BEANS,
KIDNEY BEANS, LIMA BEANS, BELL PEPPERS, GREEN PEPPERS, RED-
PEPPERS, ARTICHOAKES, GREEN ONIONS, PESTO SAUCE, TOMATOE-
SAUCE.

POULTRY - CHICKEN, TURKEY, HEN, GOOSE

FISH/SEAFOOD - SALMON, TROUT, RED SNAPPER, WHITEY, SHRIMP, CRAB, CLAM
SQUID, OYSTER, SARDINES,

BREADS, TOASTS, PIZZA DOUGH, HOAGIE BUN, PASTRIES, BISCUITS

CHEEZES - FETTA CHEEZE, PARMASAN, RICOTTA, HAVARTI, MUNSTER,
GOAT CHEEZE, PROVOLONE, ASIAGO, BLEU CHEEZE, CREAM-
CHEEZE, AMERICAN CHEEZE, CHEDDER, MOTZARELLA CHEEZE

FRUITS - PINEAPPLES, FIGS, APPLES, PEARS, BANANAS, GRAPES, RAISINS,
BLUEBERRYS, RASBERRYS, ORANGES, LEMONS, PEACHES,

EGGS, EGG OMELETTS, EGG SALADS, BOILED EGGS, DEVILED EGGS

PIZZA DOUGH - SOUR DOUGH STARTER, FLOUR, ENHANCED YEAST, 3 CUPS HOT WATER
ROASTED PEPPERS, TAB SPN SALT, OLIVE OIL, XAGAVE,

SALADS - FRUIT SALAD - GOLDEN TEFF, LEMON OIL, FIG VINAGAR, FLAX OIL,
XAGAVE, FRUIT SALAD STRAWBERRYS, PINEAPPLE, BANANAS,
CASHEWS, WALNUTS.

WORKING TITLE: CellBlock Society Post-Release Master Plan

AUTHOR: LEVERT BROOKSHIRE

LIFE EXPERIENCE INTO REVENUE

FIRST 18 MONTHS RE-EVALUATION

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PROTECTING LIFE WILL BE A LONG-TERM OF MINE OF COURSE, FROM HERE ON-
-OUT. ~~IT~~ ALL REQUIRING INPUT AND EXPERTISE FROM SEVERAL DIFFERENT

AREAS OF PROFESSIONAL FIELDS. NOBODY CAN POSSIBLY KNOW IT ALL.

WHICH WILL MAKE IT NECESSARY FOR ME TO DEVELOP A BASE OF FRIENDS,

EXPERTS AND HAND PICKED PROFESSIONALS, TO CREATE MY VERY OWN

PERSONAL NETWORK OF 'HEALTH', 'CAREER', AND 'LIFE' COACHES THAT I CAN

CONSULT WITH FOR COUNSEL AND INSIGHT WHENEVER NEEDED. LEARNING

HOW TO PUT ASIDE MY PRIDE AND EGO WHENEVER I'M CONFLICTED OR

UNSURE ABOUT SOMETHING, I'LL BE ABLE TO REACH-OUT TO OTHERS

WHO MIGHT BE ABLE TO HELP ME WITH DIFFICULTIES I'M FACING.

WE LEARN FROM EITHER 'FIRST-HAND' EXPERIENCES OR BY OTHERS

THAT HAVE BEEN THERE AND DONE THAT ALREADY THEMSELVES AND

HAVE TOLD US THEIR EXPERIENCES BY WRITING BOOKS FOR US OR BY

TELLING US THEMSELVES IN PERSON, FROM THEIR OWN MOUTH. MOST

OF MY OWN PERSONAL GROWTH AND THINKING TRANSFORMATION CAME

ABOUT, FROM READING OTHER PEOPLES ADVICE, EXPERIENCES

AND INSIGHTS, UNCOVERED IN BOOKS, LITERATURE, WRITINGS ETC.

WHO'S VALUABLE THOUGHTS AND EXPERTISE HAS HELPED ME IN

REMARKABLE WAYS, TO CHANGE MY OWN THINKING PATTERNS WHICH HAS

IN TURN, LED ME TO CHANGE MY BEHAVIOR. BECAUSE OF THIS, I'VE BEEN ABLE TO

SAVE MY OWN LIFE, OPTIMIZING MY LIFE'S POTENTIAL. I'VE COME TO BE VERY

HEAVILY INSPIRED BY MANY OTHERS. PEOPLE THAT HAVE BEEN WILLING TO

SHARE THEIR ADVICE WITH ME, OFFERING EXPERTISE AND HAVE ANSWERED

MANY OF MY QUESTIONS. AFTER BEING RELEASED FROM PRISON, TRANSITION

-ING BACK IN TO THE NORMS OF CIVILIZED SOCIETY AGAIN, BY THE TIME I'VE

-REACHED THIS 18TH MONTH OF BEING OUT. I WOULD LIKE TO HAVE ALREADY

EITHER BEEN ENROLLED IN ONE OF MANY VOCATIONAL TRADES, TECHNICAL

TRAINING OR CAREER CERTIFICATION SCHOOLS, OR APPROACHING / NEAR

FINAL COMPLETION / GRADE, GRADUATION. HAVING BEEN SO INSPIRED BY

OTHERS, WHO HAVE HEAVILY INFLUENCED ME TOWARDS CHANGE, NOW

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AUTHOR: LEVERT BROOKSTURE

LIFE EXPERIENCE INTO ~~REVENUE~~ ^{REVENUE}

FIRST 18 MONTHS RE-EVALUATION

I've come to the decision, I would like to 'pay it forward' and perhaps use my experiences and background education as an asset to help others, like those who have helped me along the way. I would like to use what I've gone through and experienced in my youth, my younger adulthood years and even now; as my reservoir of first-hand education, which cannot be obtained from text books, only real-life ~~life~~ hands on, up close and personal education, can give us. TURNING MY TRAGEDY'S INTO OPPORTUNITY. FOR ME, THIS SEEMS TO BE THE VERY SMARTEST WAY TO MAKE USE OF THIS OTHERWISE WASTED PERIOD OF TIME IN MY LIFE. MY PAST PERSONAL EXPERIENCES AND HARSH LESSONS CAN BE USED FOR SOMETHING PRODUCTIVE AND BENEFICIAL, HELPING OTHERS. OFFERING INSIGHTS, COUNSELING, EXPERTISE, TO OTHERS WHO ARE EITHER STRUGGLING THEMSELVES, WRESTLING WITH SIMILAR DIFFICULTIES OR HELPING THOSE WHO WORK INSIDE OF THE SOCIAL SERVICES FIELD, ADDRESSING THESE AREAS OF SOCIAL, OR BEHAVIORAL PROBLEMS. THERE ARE SOME AREAS OF SOCIAL WORK, WHERE I FEEL MY BACKGROUND OF EXPERIENCES AND PERSONAL HANDS ON, EXPERTISE WOULD BEST FIT INTO A PROFESSIONAL CAREER. THAT CHOICE FOR ME WOULD HAVE TO BE SUBSTANCE ABUSE COUNSELING OR EITHER BEHAVIORAL HEALTH TECHNICIANS, JUST NAME A FEW. OPENING A NEW CHAPTER IN MY LIFE, HELPING OTHER PEOPLE FOR A CHANGE, INSTEAD OF FOCUSING ON SATISFYING MYSELF ONLY. TODAY, MOVING FORWARD I'M LOOKING TO EMBRACE THE NEW CHANGES IN MY THINKING PATTERNS, THE NEW PURPOSE FOR LIVING THAT I'VE ADOPTED, AS I'VE COME TO MATURE AND GROW MENTALLY AND SPIRITUALLY. WHILE I DEVELOPED THESE WELL THOUGHT-OUT, WELL RESEARCHED PLANS, TRYING TO DOCUMENT AND HIGHLIGHT AS MANY WAYS AS POSSIBLE FOR ME TO BREAK FREE OF MY PAST 'CRIMINAL' BEHAVIORS, AND INSTITUTIONAL PROGRAMMING, LOOKING TO USE THESE PLANS AS MY BEST TOOLS TO BREAK FREE AND STAY FREE, CREATING THIS MASTER PLAN BECAME MY WAY OF WAKING UP EVERY MORNING, COMING UP WITH ANOTHER HEALTHY AND LEGITIMATE WAY TO GIVE MY LIFE PURPOSE AND A LEGAL MEANS OF SUPPORT TO SUSTAIN SELF.

WORKING TITLE: ILL BLOCK SOCIETY POST-RELEASE MASTER PLANS
AUTHOR: LEVANT BROOKSPIKE

FIRST 18 MONTHS RE-EVALUATION

REVENUE
LIFE EXPERIENCE INTO ~~WORKING~~
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With my own background, combined with a formal training and specified educational courses in Behavioral Health Psychology, I can ^{then} become a certified/licensed substance abuse counselor or employed as a professional Behavioral Health Technician. Someone who actually works within the social services field, helping those that are in need of healthy alternative solutions, insights, or ^{counseling} support. Helping others through social work services by teaching them different ways to deal with problems in their personal lives. Creating legal alternative options for support. ~~Living~~ ^{Living} myself, is a vitally important step towards protecting my life, keeping my new life self-sufficient and heading in the right direction. To do this, it's important ^{to} go back into my life and tap into what I can use for expertise, credibility or assets. Just as I'm able to go back and tap into that past lifestyle of the streets, criminal activities and prison, in order to turn it into something of an asset I can use in my newest career options. So to, can I tap into my past history of spending decades in prisons keeping myself in perfect health and top physical condition, with daily exercises and strict physical fitness routines. There ^{are} many options available to me, which would in fact allow me ^{to} use this past background in physical fitness, again, to be combined with a formal training, specialized educational course in fitness training to become certified or even licensed in a sports medicine field, physical therapy as well, in just a few short months, I can be employed as an expert, using everything I already know, plus more updated technical and specialized training. These ^{are} only two of the eight career options I've ^{chosen} with extensive life experience with, ^{to work} ^{either of which} ~~where~~ I can tap into as ^a legitimate ^{means} way ~~to~~ to become completely self-sufficient, in my new life. The other remaining six career options I've chosen -

WORKING TITLE: CELL BLOCK SOCIETY PAST RELEASE MASTER PLAN
AUTHOR: LEVERT BROOKSHIRE

FIRST 18 MONTHS RE-EVALUATION ^{LIFE EXPERIENCE INTO ~~WORKING~~ REVENUE}
SOFTWARE WRITING, OR WHAT'S KNOWN TO BE TERMED AS CODE WRITING/CODING

pg. 12

HAS BEEN A "GROWING" INDUSTRY, WITH EXPANDING AREAS FOR COMPUTER-SCIENCES ALONG WITH THE INFORMATION TECHNOLOGY I.T. MARKET, THE QUALIFIED NUMBER OF PEOPLE WHO CAN ACTUALLY FILL UP THESE OPEN POSITIONS ARE IN A CONSTANT SHORTAGE. THIS HAS CREATED A BIG DEMAND FOR PEOPLE WHO ARE TRAINED IN THE AREA OF SOFTWARE WRITING OR CODING. THIS 'SKILL' DOESN'T REQUIRE ANY LONG, EXTENSIVE, OR VERY COMPLICATED TRAINING TO ACQUIRE. I'VE HAD SOME BRIEF EXPOSURE TO WHAT IT CONSISTS OF EXACTLY. THE ENTIRE TRAINING PROCESS IN ORDER TO LEARN EVERYTHING, THERE IS TO KNOW, TAKES NO MORE THAN A YEAR, BEFORE GETTING A CERTIFICATION IN COMPUTER CODING/SOFTWARE WRITING. ONCE CERTIFIED, THERE'S NO SHORTAGE OF WORK, OR JOBS IN THIS PARTICULAR AREA, STARTING PAY BEGINS AT \$35K TO \$40K A YEAR.

ALSO, THERE'S CULINARY ARTS OR GOURMET CHEF SCHOOL HERE IN AZ. SOMETHING THAT I'VE ALWAYS HAD A PASSION FOR IS GOOD FOOD EITHER COOKING OR EATING IT. CERTIFIED TRAINED CHEFS ARE ALWAYS SOUGHT AFTER, EITHER BY CRUISE SHIP LINES, FIVE STAR RESTAURANTS, PRIVATE-COUNTRY CLUBS OR CATERING COMPANY'S, ETC. ETC. WITH VERY NICE COMFORTABLE INCOME STARTING AT \$30K TO \$80K EVERY YEAR. I'VE ALSO LISTED T.V. AND FILM PRODUCTION ASSISTANT TO BE CONSIDERED BECAUSE OF THE BACKGROUND EXPERIENCE I'VE GOT FROM MY WORK ON OTHER T.V. AND PRODUCTION PROJECTS, WHERE I WAS AN ACTIVE APPRENTICE WHO WAS STUDYING UNDER THE EXPERTISE OF LATA WILSON 'TALON' WHO PARTNERED WITH ME AND SEVERAL OTHER 'STREET' CAPTAINS FROM MY HOMETOWN SAN BERNARDINO, CAL. IN 2000 TO PRODUCE THE 'UNDERGROUND' INDEPENDENT SHORT-MOVIE AND SOUNDTRACK "A BETTER DAY", AND LATER ON MY INVOLVEMENT WITH THE IG CLASSIC VIDEO AND C.D. "INLAND SWANGIN". WHICH CAN BEGIN AS MY FIRST OF MANY PROJECTS TO COME, SOMETHING I LOVED TO BE DOING, AND WORKING ON THE WHOLE TIME AND I LEARNED SO MUCH.

WORKING TITLE: CELLBLACK SOCIETY POST-RELEASE MASTER PLAN
AUTHOR: LEVERT BROOKSHIRE

FIRST 18 MONTHS RE-EVALUATION ^{LIFE EXPERIENCE INTO ~~WORK EXPERIENCE~~ REVENUE}

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Also listed on my list is Commercial Long-Haul Truck Driver, which I've always wanted to be, every since I can remember. Since I was a young boy, looking outside the rear windows of our car driving along the side of eighteen-wheelers beside their long box trailers going down the California freeways, I've always wanted to become a Commercial Long-Haul Truck Driver.

After watching the movie 'Convoy' with Kris Kristofferson in 1978, it became an obsession for my remaining young boyhood. I even told my father that's what I wanted to be when I grew up. But eventually, somewhere between boyhood dreams and my adolescence, gang banger, petty crimes, delinquency, and self-destructive behaviors seemed more easier to reach than the boyhood dream of driving trucks. Now, maybe I'll finally get that opportunity, they have 'Truck Driving' training schools offering 9 to 10 month long training courses, which would issue me a Commercial Drivers License or 'CDL' within a year, starting income \$50K to \$70K every year, long, long, grueling hours, minimum 12 hour shifts, poor sleeping/resting hours, very difficult to manage any healthy lifestyles.

Another career choice of mine is Paralegal Clerk or Legal Investigator, who is responsible for conducting all of 'legal' statutes or laws to be used by an attorney on a specific case. A Paralegal Clerk's help is invaluable to attorney, because paralegals are assigned to do the "grunt-work" for lawyers and they look up "case law", organize arguments and prepare "legal-briefs", motions to be filed and other legal documents for attorneys or law-firms; legal-investigators locate witnesses to get statements document crime scenes, process evidence chain of custody etc. etc. I've been dealing with the criminal justice system since I was a thirteen year old, 1981. All the way up til now 2016. I also exercised my constitutional right to self-representation, preparing my own motions, and preparing my own arguments even

WORKING TITLE: CELL BLOCK SOCIETY POST-RELEASE MASTER PLAN

AUTHOR: LEVERT BROOKSHIRE

FIRST 18 MONTHS RE-EVALUATION

LIFE EXPERIENCE INTO ^{REVENUE} ~~WORKING~~ ~~INCOME~~

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NEGOTIATING DIRECTLY WITH THE ASSISTANT DEPUTY DISTRICT ATTORNEY AND THE U.S.

ASSISTANT ATTORNEY IN FEDERAL COURTS, IN ORDER HAVE A MAXIMUM SENTENCE OF 63 TOTAL AMOUNT OF YEARS NEGOTIATED TO A REDUCED SENTENCE OF 21 YRS.

BY CHALLENGING EVIDENCE AND PROVING PROSECUTORIAL MISCONDUCT THAT RESULTED IN ONE FEDERAL BANK ROBBERY CHARGE TO BE DISMISSED. I'VE

HAD 'REAL-LIFE', HANDS ON EDUCATION WHICH WOULD HELP ME BREEZE

THROUGH ANY FORMAL PARALEGAL SCHOOL OR CERTIFICATION COURSE, ONCE COMPLETED, IN 9 MONTHS TO 12 MONTHS, I COULD BEGIN WORKING FOR ANY

CORPORATE LAW FIRM, COMMERCIAL LAW FIRM OR PRIVATE ATTORNEY RIGHT AWAY, MAKING A STARTING INCOME OF \$45K TO \$50K, DEPENDING UPON WHICH

LAW FIRM EMPLOYS ME. EITHER WAY, I COULD SEE MYSELF DOING THIS ALSO. LASTLY ON MY LIST OF CERTIFICATION CAREERS TO BE SERIOUSLY LOOKED AT,

AND CONSIDERED, FOR MY LONG-TERM LIVELIHOOD AND MEANS OF INCOME. BECOMING A CERTIFIED / LICENSED HOME INSPECTOR OR HOME APPRAISER.

SOMEONE THEY CONTACT WHENEVER A HOME IS BEING LOOKED AT / CONSIDERED / OR AN OFFER IS BEING MADE ON PURCHASING A HOME, THERE'S AN INSPECTION

THAT HAS TO BE COMPLETED FIRST IN ORDER TO FIND ANY 'HIDDEN' PROBLEMS OR DEFECTS WITH THE HOME BEFORE ANY TRANSFER OF OWNERSHIP CAN HAPPEN, SO

IF ANYTHING IS DISCOVERED EARLY OR DOCUMENTED BEFORE THE TRANSFER OF TITLE, CAN OCCUR, THIS WILL ALLOW FOR THE OWNER SELLING AND THE BUYER TO

RESOLVE THESE DEFECTS AND PROBLEMS, BEFORE THE FINAL TRANSACTION CAN TAKE PLACE. AND A HOME APPRAISER CALCULATES THE MARKET VALUE WITH

THE UNIQUE FEATURE VALUE AND ADDED COMFORT VALUES OF A HOME THEN DETERMINES, THE OVERALL VALUE OF A HOME'S WORTH, FOR BUYERS AND SELLERS.

WITH MY PAST EXPERIENCE BUYING / INVESTING AND SELLING REAL ESTATE, THIS ALLOWED FOR ME TO SEE EACH OF THESE PROFESSIONS WORK IN THE

HOME BUYING AND SELLING (PROCESSING) AREA. IT WAS INTERESTING AND SOMETHING THAT I COULD EASILY BE DOING AFTER 6 MONTHS TO 9 MOS.

OF CERTIFICATION COURSES, WELL ON MY WAY TO EARNING \$35K TO \$45K PER YEAR. ENOUGH INCOME FOR ANY SINGLE MIDDLE AGED MAN TO SUSTAIN HIMSELF.

WORKING TITLE: LEBLOCK SOCIETY POST-RELEASE MASTER-PLAN
AUTHOR: LEVER BROOKSHIRE

FIRST 18 MONTHS RE-EVALUATION

LIFE EXPERIENCE INTO ~~REVENUE~~ ^{REVENUE} ~~INCOME~~

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THE AMOUNT OF INCOME ISN'T THE MOST IMPORTANT THING FOR ME, FOCUSING ON THE HIGHEST AMOUNT OF MONEY I CAN EARN DOESN'T MOTIVATE ME AT ALL, WHAT'S IMPORTANT TO ME IS THAT I'M CAPABLE OF EARNING A SUFFICIENT AMOUNT OF INCOME, ^{ENOUGH} ~~ENOUGH~~ TO SUSTAIN A MODEST, AFFORDABLE MIDDLE-CLASS LIFESTYLE. NOT A CONSUMER-DRIVEN, MATERIALISTIC, FLASHY OR "KEEP UP WITH THE JONESES" LIFESTYLE. BUT ONE THAT I CAN AFFORD HAVING A COMFORTABLE WAY OF LIVING. NOT STRESSING OVER FINANCIAL MATTERS OR WORRYING ABOUT THE MOST BASIC CONVENIENCES OF LIFE. WHILE AFFORDING TO ~~ENJOY~~ ^{ENJOY AND} SPENDING REASONABLE AMOUNTS OF MONEY ~~TO~~ ^{THAT} PUT SOME SMILES ON MY KIDS AND GRANDKIDS FACES, WITH ~~PERHAPS~~ ^{PERHAPS} INEXPENSIVE SURPRISES EVERY SO OFTEN. CREATING OUR VERY OWN UNFORGETTABLE MOMENTS. IT DOESN'T TAKE A LOT OF MONEY TO ACHIEVE THIS. BUT THERE WILL COME A TIME OR TWO WHEN IT WILL TAKE, AT LEAST SOME MONEY TO COVER EXPENSES, AND I'D LIKE TO BE IN A POSITION TO DO THAT WITHOUT ANY KIND OF STRESS OR ANXIETY BECAUSE I LACK THE FUNDS TO DO SO. ALL OF WHICH WILL IN FACT BE CONTINGENT ON HOW THE ECONOMY IS BY THE TIME I'VE REACHED MY 18TH MONTH OF BEING OUT. WHY I'VE COME TO UNDERSTAND THE WAY SOCIETY GLAZES AND CALCULATES CHANGES IN THE ECONOMY'S UNEMPLOYMENT INDICATORS. SO I CAN FOLLOW WHERE THE JOB MARKET IS AT. THE SAME WAY, THAT I'VE GOT TO PROTECT MY OWN LIFE, AND MAKE DECISIONS THAT DO JUST THAT. PROTECTING MY OWN FREEDOM, HAS TO BE, A PERSONAL DECISION ^{AS WELL,} ~~THAT~~ I MYSELF TAKE SERIOUSLY EVERYDAY BY DOING THINGS, TO SECURE MY FINANCIAL INDEPENDENCE AND BE ABLE TO SUPPORT MYSELF. THROUGH LEGITIMATE MEANS, THAT DON'T PUT MY FREEDOM AT RISK IN ANY WAY, NO MATTER HOW THE JOB MARKET AND ECONOMY IS. WHATEVER IS HAPPENING IN MY EXTERNAL WORLD, WON'T CAUSE ME TO LOSE THE STRUCTURE I'VE CREATED TO MANAGE MY STRESS LEVELS IN MY INTERNAL WORLD. KEEPING MYSELF OUT OF PRISON, STARTS WITH MY OWN THINKING. STAYING FREE, HAS MORE TO DO WITH STAYING STRESS-FREE THAN ANYTHING. HAVING A WAY TO MANAGE MY DIFFICULT PRESSURES. NOT PANICKING OR OVERREACTING TO PROBLEMS WHEN THEY SURFACE. KEEPING MYSELF COMPOSED AND STEADY IS THE KEY TO PROTECTING MY FREEDOM AT DIFFICULT TIMES THAT COULD MAKE ME FRUSTRATED 'THINK' ABOUT TAKING

WORKING TITLE: ILL BLACK SOCIETY POST-RELEASE MASTER PLAN
AUTHOR: LEYERT BROOKSHIRE LIFE EXPERIENCE INTO REVENUE

FIRST 18 MONTHS RE-EVALUATION

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-RISKS, OR 'THINK' ABOUT OPTIONS WHICH WOULD JEOPARDIZE MY FREEDOM AGAIN. 'FINANCIAL' DIFFICULTIES HAVE BEEN THE MOST STRONGEST AND POWERFUL MOTIVATING FORCE EVER, TO THROW ME OFF COURSE, SENDING ME INTO AN UNCONTROLLABLE TAILSPIN. TODAY, I'VE COME TO FIGURE OUT MORE CREATIVE, EFFECTIVE WAYS TO RESPOND TO 'FINANCIAL' DIFFICULTIES AND CHALLENGES WHEN THEY DO TURN UP, AND THEY DEFINITELY WILL. BUT WHENEVER THEY DO, I WANT REACT IN THE SAME WAYS AS BEFORE. INSTEAD OF TRIGGERING A TYPE OF THINKING TOWARDS 'CRIMINAL' OPTIONS TO TAKE THE 'FINANCIAL' PRESSURE OFF, I'VE REPROGRAMMED MYSELF NOT TO EVER CONSIDER CRIME AS AN OPTION ANYMORE. DEMANDING THAT I INCREASE MY EDUCATION LEVEL TO APPROACH MY 'FINANCIAL' CHALLENGES, WHICH ARE SURE TO COME; WITH ALL NEW LEGITIMATE, GOOD, SOUND ALTERNATIVES TO CRIME. TODAY I'VE DISCOVERED WAYS TO RESPOND TO MY 'FINANCIAL' CRISIS WITHOUT PUTTING MY FREEDOM IN JEOPARDY AGAIN. SURELY, THIS IS A TEST, TO SEE HOW WELL ALL OF MY HARD WORK TO REPROGRAM MYSELF, HAS PAID-OFF? PROTECTING MY FREEDOM DEPENDS ON IT NOW. BREAKING THE CYCLE OF MY PAST CRIMINAL THINKING HABITS STARTS BY CHANGING MY OPTIONS. GIVING MYSELF OTHER PRACTICAL CHOICES AND OTHER ALTERNATIVES TO CHOOSE FROM, OPPOSE TO CRIME HAS UNCHAINED ME FROM THE 'PSYCHOLOGICAL' STICKLES OF INSTITUTIONS, THE 'SUBLIMINAL', UNCONSCIOUS HABITS FORMED INSIDE PRISONS. CHANGING MY OPTIONS KEEPS INSTITUTIONAL LIVING FROM BEING PLANTED INSIDE MY THOUGHTS AS BEING AN 'ACCEPTABLE' CONSEQUENCE, FOR ME. FOR MY ALTERNATIVE OPTIONS, I'VE PUT TOGETHER A WELL PICKED WELL RESEARCHED SELECTION OF "SEVERAL" KINDS OF LEGAL HUSTLES. THESE, ARE LEGITIMATE HUSTLES THAT CAN EASILY BE IMPLEMENTED AND ADAPTED TO MY DAILY RITUALS, AS LOW-COST, LOW-MAINTENANCE, AND PART-TIME, ACTIVITIES. YET THEY COULD SUPPLEMENT MY PRIMARY INCOME, AS SEPARATE, INDEPENDENT STREAMS OF INCOME, ON THE SIDE.

WORKING TITLE: CELLBLOCK SOCIETY POST RELEASE MASTER PLAN

AUTHOR: LEVETT BROOKSHIRE

FIRST 18 MONTHS RE-EVALUATION ^{LIFE EXPERIENCE INTO REVENUE}

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I'm not delusional or lost on the fact, my most youthful, energetic and peak years for my body and its most productive years have unfortunately come and gone, wasting away as I've had to sit still, for decades unable to benefit from any of it, while locked inside cells for the entire time. Where I've not been able to use my body's youthful energy reserves to do something beneficial, to contribute anything or accomplish anything for anyone, during these youthful, energetic years. During that time when I should've been using my youthful, energetic body to produce work and build a quality of life for myself to live off of. Instead of capitalizing on my most productive years, taking advantage of the young man's body that I had for the years it lasted. Opposed to having it contained and kept stored away, held back, locked in cells. Eventually years of containment, decades of being subdued, stored-away, youthful energy is drained, younger years are replaced by older ones, energetic, productive bodies are soon less energetic and less productive. As the saying goes "you don't know who you are until everything you've got in life, has been taken away, stripped, - pulled away from your control." Only then, do you find out who you really, truly are? My youthful years, my most productive time in life, my body's peak period has been wasted away, a consequence of my dysfunctional past ways of thinking. Decades of youth have been taken-away from me, stripped from me. Because of poor choices I've made in my younger years. Choices which caused me to forfeit my best and most productive years in lifetime, years that are meant to be spent building up and creating meaningful, lasting contributions, with my body's hard working energy reserves. Now, at this age my body won't ever be as naturally energetic, strong and productive ever again, it's just a fact of life. The best time in life, for my body to work the hardest, produce the most out of it, become my greatest asset, has come and left. I can no longer depend on my body anymore as I did.

WORKING TITLE: CELLBLOCK SOCIETY POST-RELEASE MASTER PLAN
AUTHOR: LEVERT BROOKSHIRE

FIRST 18 MONTHS RE-EVALUATION

LIFE EXPERIENCE INTO REVENUE

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ONCE BEFORE, TODAY THIS IS TEMPORARY. IT'S NOT SOMETHING I CAN NOW
DEPEND ON, FOR THE LONG-TERM, MY BODY CAN'T BE MY MOST VALUED,
MOST DEPENDABLE ASSET TO SUPPORT ME THROUGH THESE LATER YEARS.
IT'S NOT MY BODY THAT WILL GET ME THROUGH LIKES OF PAYING MY COST
OF LIVING EXPENSES. WHILE IN FACT IT'S TRUE, AS I'VE BEEN BEHIND FENCES,
WITH MY YOUTHFUL STRENGTH AND MY BODY'S NATURAL ENERGY SUPPLY SLOWLY
AND GRADUALLY ON THE DECLINE EVERY YEAR. QUITE THE OPPOSITE HAS OCCURRED FOR
MY MENTAL HEALTH AND MENTAL ABILITIES. NOW, WHAT I'VE COME LOSE IN MY AGE
AND BODY. I'VE COME TO MAKE UP FOR IN MY "BRAINPOWER", WHICH I'VE COME TO DEPEND
ON MORE AND MORE, OVER THESE PASSING YEARS. REALIZING THAT IT WON'T BE THE
HARD WORKING SWEAT AND LABORING OF MY BODY ANYMORE, WHEN I'M FINALLY SET FREE
THAT I WILL DEPEND ON, TO PRODUCE AN INCOME I CAN LIVE OFF OF IN MY 50'S AND
60'S, OR BEYOND. ANY INCOME PRODUCED FROM MY BODY'S LABOR WON'T BE FOR THE
LONG-HAUL ONLY TEMPORARY, MY BODY JUST WON'T BE UP FOR THAT KIND OF WORK,
AT THESE AGES, BACKBREAKING, STRENUOUS, MANUAL LABOR TO SUPPORT MYSELF
IS JUST PLAIN UNREALISTIC AND OUT OF THE QUESTION. THIS IS WHY I'VE TAKEN THE
TIME I'VE HAD TO SPEND BEHIND FENCES AND INVEST THE YEARS I'VE HAD TO BE
KEPT INSIDE CAGES, TO INCREASE MY MENTAL STRENGTH BY RESEARCHING,
STUDYING, LEARNING HOW TO MAKE MY LIFE EXPERIENCES BECOME OF USE TO
ME, IN THIS NEW LIFE. WHY LET MY PAST MISTAKES, AND LESSONS GO TO WASTE.
WHEN THERE ARE WAYS OUT THERE FOR ME TO USE THEM TO MY BENEFIT, WAYS
TO MAKE MY LIFE BETTER. TAKE FOR EXAMPLE THE SOCIAL SERVICES FIELD DOING
WORK, PROVIDING A SERVICE TO OTHERS WHO ARE IN NEED, OFFERING BEHAVIORAL
HEALTH TREATMENT, SUBSTANCE ABUSE TREATMENT OR A WIDE RANGE OF OTHER
SOCIAL SERVICES COUNSELING, AS A MEANS TO PRODUCE A LEGITIMATE INCOME
FOR MYSELF, TO SUSTAIN MY QUALITY OF LIFE. MY BRAIN WILL REPLACE LABORING
BODY. BECOMING MY NEWEST, MOST VALUABLE ASSET. IT WILL BE MY BRAIN
THAT WILL MAKE UP THE DIFFERENCE, PICK UP THE SLACK, FROM ANY DECLINE
IN REVENUE, AFTER MY BODY HAS BEEN RETIRED. ALTHOUGH AGE HAS NOW
BECOME A FACTOR, TAKING ITS TOLL ON MY YOUTHFUL STRENGTH AND ENERGY

WORKING TITLE: CELLBLOCKSOCIETY POST-RELEASE MASTER PLAN

AUTHOR: LEVERT BROOKSHIRE

LIFE EXPERIENCE INTO REVENUE

FIRST 18 MONTHS RE-EVALUATION

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What my body may lack in both strength and energy/supply's over these passing years. I've come to make up for it in my brain with my life experience and self-education, over these years. An asset that I've become more and more familiar with now than any time before. Coming to terms with the harsh reality, that it won't be my back breaking, strenuous, hard working tilling labor that I'm left depending on to get myself by and help to support me in my transition, as I'm adapting to civil-society again. This isn't what I will depend on to produce an income for myself to live-on, in my 50's and 60's. ANY REVENUES OR LEGITIMATE SOURCES OF INCOME that I'm able to produce for myself will have to be produced from what I know, what I've taught myself, and learned through my own life experience. What I carry inside my brain, is all that I need in life from now on. To be well positioned and modestly taken care of, my brain is enough to become my only source of primary income to live-on from now on, even going into my retirement years. Even with such late start securing professional certifications and licenses in these eight optional fields of study/training. I'm realistic about the facts, by the time I've completed the certification/training courses of any one of these eight professions that I've listed. The truth is there's not enough time left for me, to find work somewhere, stay at that place of employment for some, 20 plus years before eligibility for retirement benefits could be met. It's not my plan to expect this to happen, when I'm starting-out so late in life. I've got alternatives already lined up and planned-out for my future. It also depends on my abilities to capitalize on my past. I will take full advantage of my past life-experiences. Taking what I've seen first hand, mistakes and lessons alike, then I'll transform all of it, sort it out, organize it and make plans with it all, that which I decide to be worth using.

WORKING TITLE: CELLBLOCK SOCIETY POSTRELEASE MASTER PLAN

AUTHOR: LEVERT BROOKSHIRE

LIFE EXPERIENCE INTO REVENUE

FIRST 18 MONTHS RE-EVALUATION

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TAKING A FRESH LOOK AT EVERYTHING HAPPENING IN MY LIFE TODAY, CALCULATING AND MEASURING OUT WHAT'S IN MY FINANCIAL RESOURCES, AT THIS VERY MOMENT, WHO DO I HAVE IN MY GROUP OF FRIENDS, BUSINESS ASSOCIATES, MENTORS AND CONSULTANTS TO COUNSEL WITH, AND COME UP WITH NEW CREATIVE, LEGITIMATE WAYS FOR ME TO START OTHER REVENUE STREAMS FOR MYSELF. TAPPING INTO ALL THAT I'VE COME TO EXPERIENCE AND LEARN, OVER MY LIFE SPAN. ALL OF THIS NOW BECOMING WORTH ITS WEIGHT IN GOLD NOW. USING ALL OF IT TO SUSTAIN MYSELF AS A CONTRIBUTING MEMBER OF SOCIETY, TAKING WHAT I'VE COME TO KNOW AND USING IT TO DELIVER PRODUCTIVE RESULTS FOR MYSELF FOR A CHANGE.

IN SOME CASES, USING WHAT I KNOW TO BENEFIT OTHERS FINANCIAL ASSETS AND RESOURCES, WILL IN-TURN BECOME A BENEFIT TO MY OWN AS WELL. FOR EXAMPLE, STOCK TRADE CONSULTING, REAL ESTATE CONCIERGE, AUTO AUCTIONEER FINDERS-FEE, AND OTHER SEVERAL MONEY MAKING LEGIT BUSINESS OPPORTUNITIES, THAN CAN BE USED TO SUPPORT MYSELF ALSO. ALL OF WHICH BASED SOLEY ON MY BRAIN AND WHAT I KNOW, NOT ON THE STRENGTH, ENERGY OR THE AGE MY BODY. WITH MY LIFE EXPERIENCE, COMBINED WITH MYSELF-EDUCATION, IN THE AREAS OF BUSINESS, FINANCE, ECONOMICS, TRADE LAWS, INTERNATIONAL BANKING, GOVERNMENT, POLITICS, PSYCHOLOGY, SOCIAL-SCIENCES, HISTORY, COMPUTER-SCIENCES, AND MANY MANY OTHER FIELDS OF DISCIPLINES AND STUDIES, I'M VERY CONFIDENT TODAY GOING FORWARD INTO MY RETIREMENT AGE. THAT, I HAVE ENOUGH TO KEEP MYSELF WELL TAKEN CARE OF WITH A LEGITIMATE SOURCE OF REVENUE, ALONG WITH WHATEVER INCOME I CAN PRODUCE OUT OF A RECOGNIZED 'OFFICIAL', FORMAL CERTIFICATION. RIGHT ALONG WITH MY OWN PERSONAL LIFE EXPERIENCE, THIS CAN TAKE WHERE I NEED TO GO IN LIFE. BECOMING A STABILIZED, ADJUSTED CITIZEN, WITH THE MEANS TO SUPPORT MYSELF. WITH TODAY'S TECHNOLOGY, NEW DOORS HAVE OPENED UP FOR EDUCATION, THERE'S EVEN 'ON-LINE' COLLEGE CAMPUSES NOW, 'LANDLESS' SCHOOLS. WHERE THEY OFFER ENTIRE CLASSES, TRAINING COURSES, IN EVERY FIELD

WORKING TITLE: CELLBLOCKSOCIETY POST-RELEASE MASTER PLAN

AUTHOR: LEVERT BROOKSHIRE

FIRST 8 MONTHS RE-EVALUATION OF STUDY, IMAGINABLE. THERE ARE MANY WHICH ISSUE CERTIFICATIONS, AA'S, BA'S, MASTERS AND DOCTORATES, FOR "LIFE EXPERIENCE." THESE ARE NEW OPTIONS, THAT ARE GOING TO OPEN DOORS FOR ME, WHEN I'M NO LONGER ABLE TO DEPEND ON MY YOUTHFUL STRENGTH AND ABUNDANT ENERGY LEVEL, ANY LONGER. TAPPING INTO MY PAST LIFE EXPERIENCES IN THE CITY STREETS, MY SOCIALIZATION INTO THE WHOLE CRIMINAL STREET GANG SUB-CULTURE, OF SOUTHERN CALIFORNIA, LEADING ME INTO CALIFORNIA'S CRIMINAL COLLEGES FOUNDED AND EST. INSIDE THE PRISON SYSTEM. WHERE MY FORMAL EDUCATION IN CRIME BEGAN. ALL OF WHICH MAKES ME AN AUTHORITY TO SPEAK ABOUT IT ALL IN MOTIVATIONAL SPEAKING PLATFORMS, SEMINARS OR GROUP COUNSELING. SOMETHING WHICH, I CAN USE IN A CAREER INVOLVING CRIMINAL PSYCHOLOGY, CRIMINAL PSYCHOLOGY, OR SOCIOLOGY. PERHAPS BEING OF SERVICE TO PROFESSIONALS WHO NEED TO BE CONSULTED OR SEEK OUT MY EXPERTISE ABOUT THE MANY COMPLEXITIES SURROUNDING THIS LIFE. WHETHER THAT'S THE CASE OR NOT, HELPING OTHERS TO SOLVE THEIR OWN SOCIAL PROBLEMS AS I CAME TO DO, IS MY MOST REASONABLE OPTION, AVAILABLE. ESPECIALLY NOW THAT THE U.S. GOVERNMENT HAS OFFICIALLY ALLOCATED AND SET ASIDE A MULTI-MILLION DOLLAR GRANT FOR ALL 50 STATES, TO BE USED SPECIFICALLY FOR MENTAL HEALTH SERVICES, REHABILITATION, AND SUBSTANCE ABUSE COUNSELING/TREATMENT AND BEHAVIORAL HEALTH SERVICES, SURELY AREAS THAT I'VE GOT EXTENSIVE AND PROVEN LIFE EXPERIENCE WITH. GOING AS FAR BACK AS 35YRS. ALTOGETHER. INFORMATION IS 'CURRENCY' TO EMPOWERMENT, LIFE EXPERIENCE IS 'TUITION' TO COLLEGE. BOTH INFORMATION AND LIFE EXPERIENCE ARE THE KEYS TO FREEDOM. SOMETHING THAT, I HAPPEN TO POSSESS AND CARRY AROUND WITH ME INSIDE MY BRAIN, EVERYWHERE I GO, EACH AND EVERYDAY. ALL WILL BE IMPORTANT AND CRUCIAL IN "PROTECTING MY FREEDOM." OPTIMAL-THINKING, WILL BE NECESSARY IN ORDER TO HOLD ON TO MY FREEDOM FROM NOW ON, REQUIRING THE HANDS ON LIFE EXPERIENCE OF MY PAST WITH THE EXPERTISE AND PROFESSIONAL ADVICE AND EVIDENCE FROM THOSE WHO HAVE COUNSELED ME FACE

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FIRST 18 MONTHS RE-EVALUATION INFORMATION IS CURRENCY OF FREEDOM

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to face in-person, imparted knowledge on to me through their literature and writings, or their teaching lessons. Many of which I've been fortunate to meet through reading, while inside of cells. Information is information for our brains, to sort-through, process, and store for us to use later in life, no matter our whereabouts when we acquire the information. I've had many questions answered, I've solved many problems solved when applying the advice, expertise and information of other people. Releasing me from-mental bondage. I must continue to keep the mental shackles-off by continuing to seek-out professional and personal advice, reading other peoples writings and taking up "on-line" study courses as well. All of this will help me to break the cycle and stay 'unshackled', free, and liberated from institutional living, enjoying life outside prisons. There are some books which inspired me so much, I must remember to put them inside my personal library, for later references, plus the literature, I've still got to read. "On-line" study courses I must enroll into, professional credentials, certifications I must secure, in order to make my extensive past life experience into a legitimate reliable source of revenue, adding another layer of security and protection over my 'freedom'. Arming myself with as much information and past life experience as possible will keep me independent and completely self-sufficient, self-reliant and self-empowered, able to 'respond' in the proper manner, to any situation I'm presented with, oppose to 'reacting' or 'rushing' to make any decisions. I've been given the proper information needed, had the proper amount of time needed in order to calculate and adapt the most practical solution, for the situation in question at the time. Being equipped with all of the right information and expertise inside my brain, ready to be called upon at a moments notice, will be my best protection for freedom, I could ever have. Civilized society demands for our experience, education and expertise to ^{come} documented and shown on some form of diploma or

WORKING TITLE: ILL BLOCK SOCIETY POST-RELEASE MASTER PLAN

AUTHOR: LEVANT BRAD KSHIRE

INFORMATION IS CURRENCY TO FREEDOM

FIRST 18 MONTHS RE-EVALUATION

FORMAL VERIFICATE WITH AN OFFICIAL SEAL AND TRANSCRIPT TO PROVE ITS PLACE OF ORIGIN AND AUTHENTICITY. BECAUSE OF THIS, I'VE SET-OUT TO ESTABLISH MY OFFICIAL CREDIBILITY AND EXPERTISE RECORDS. THROUGH THESE FOLLOWING -

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