



# The Way Out: A Guide to Being Free From the Prison of Your Mind

*Cory Roussel*

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## **The Way Out: A Guide to Being Free From the Prison of Your Mind** Cory Roussel

The Way Out is a edited compilation of letters written by Cory Roussel while in prison to his family. These letters reflect his profound transformation while incarcerated and also are the means by which I was utterly changed as well. In an effort to proliferate encouragement, knowledge and inspiration, Cory also created an extensive document after his release to serve those who have undergone similar life experiences. It has been my observation that although many of us have never been in prison, most of us have known what it is to be imprisoned by our own minds and thoughts. I am forever grateful to Cory for showing me the way out. - Denise Roussel

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