

New Book Empowers Ex-Offenders to Break the Cycle of Recidivism Through Education

Lauren Hubbard's "How 2 Reverse Recidivism" offers a powerful blueprint for personal transformation, guiding individuals from incarceration to redemption.

NEW YORK, NY, UNITED STATES, July 14, 2026

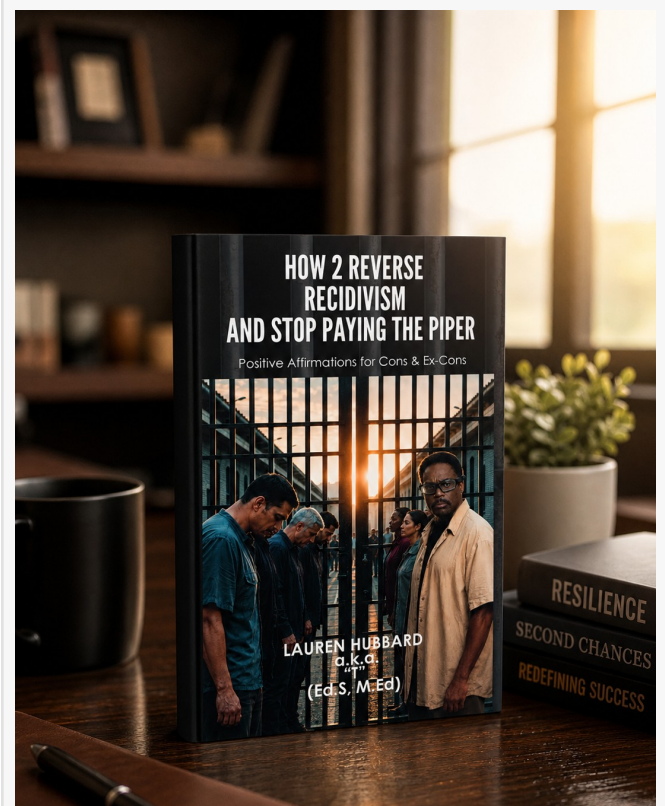
/EINPresswire.com/ -- NEW YORK, N.Y. —

Overcoming the systemic challenges of life after incarceration requires more than just willpower; it demands a fundamental shift in mindset.

Published by [Spines](#), "[How 2 Reverse Recidivism and Stop Paying the Piper](#): Positive Affirmations for Cons & Ex-Cons" by Lauren Hubbard a.k.a. "T" (Ed.S., M.Ed.) is a groundbreaking new guide designed to help individuals successfully navigate the transition from the prison system back into society.

Lauren Hubbard, holding advanced degrees in education, channels personal experience and profound insight into a narrative of reinvention. The book chronicles a deeply personal journey from the margins of society, through the harsh realities of the penal system, ultimately culminating in a triumphant redemption. Hubbard emphasizes the critical roles of education, discipline, and self-discovery in reshaping one's future. By confronting the immense psychological and societal pressures of breaking free from the prison system, the author provides readers with the tangible tools needed to build resilience and successfully integrate back into their communities.

Through a core philosophy centered on learning "How to Outlive the Mountains," Hubbard encourages formerly incarcerated individuals to refuse to let their pasts dictate their futures. The book serves as both a gripping memoir of a soul's odyssey and an actionable, daily workbook of positive affirmations. It is meticulously tailored to empower those facing the daunting task of re-entry, addressing the stigma, self-doubt, and systemic roadblocks they often encounter. It stands



What helps people beat the cycle of reoffending Discover a path of education, affirmations, and reintegration

as a testament to the power of a committed desire to better oneself, uplift family, and contribute meaningfully to society. As the book notes, drawing inspiration from the concept of legacy: "The Bridge Between Life and Death, is What we Leave Behind."

Key Highlights:

- Actionable Strategies: Practical advice and positive affirmations specifically designed for currently and formerly incarcerated individuals.
- Educational Foundation: Backed by the author's extensive background in education (Ed.S., M.Ed.), ensuring a structured, effective approach to personal growth.
- Inspiring Narrative: A compelling, firsthand account of conquering the odds, showcasing the true power of unwavering determination and reinvention.

"Reentry isn't just about walking out of a physical cell; it's about liberating your mind from the belief that you are only worth your past mistakes," says Hubbard. "This book is a roadmap for those ready to do the hard work of self-discovery, proving that with education, discipline, and the right mindset, anyone can forge a legacy they are proud to leave behind."

"How 2 Reverse Recidivism and Stop Paying the Piper: Positive Affirmations for Cons & Ex-Cons" is available now in print-on-demand and eBook formats.

About the Author

Lauren Hubbard a.k.a. "T" (Ed.S., M.Ed.) is a passionate educator, dynamic author, and dedicated advocate for penal reform and rehabilitation. Combining lived experience with high-level academic achievements, Hubbard offers a uniquely qualified perspective on the complexities of the justice system and human psychology. Hubbard dedicates their life to providing marginalized individuals with the practical tools and psychological frameworks necessary to break the cycle of recidivism. Through writing, education, and advocacy, Hubbard's mission is to help others rebuild their lives and leave a positive, lasting legacy for future generations.

Book Details

Title: How 2 Reverse Recidivism and Stop Paying the Piper: Positive Affirmations for Cons & Ex-Cons

Author: Lauren Hubbard a.k.a. "T" (Ed.S., M.Ed.)

Publisher: Spines

ISBN: 979-8904199029

Availability: You can find this book on [Amazon](https://www.amazon.com) and major retailers worldwide

Published with Spines, the world's first tech-driven publishing platform.

Roy Rubanenko

Spines

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/926600049>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.