



Better to be Feared: Jail Life in the Raw

Sean Bridges

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Better To Be Feared is the true story of a 48-year-old businessman who, having pled guilty to perpetrating a fraud involving a fake business contract, was plunged into the dark world of life inside some of Britain's hardest jails.

Never having had any contact with criminal justice previously, Sean Bridges' adjustment to life behind bars raised many questions and forced him to confront the daily round of violence and drugs abuse within these maximum-security prisons. His life inside exploded when he witnessed another con being badly beaten by three fellow prisoners. He planned revenge and exacted it in spectacular fashion. Bridges became a problem by challenging the inadequacies of an antiquated system which effectively feeds itself - never to be short of repeat customers.

This is *not* the story of another white-collar criminal's time inside. It is a shocking personal account of the reasons why the criminal justice system fails society today. That system has changed Sean Bridges forever.

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