



# **The Joy: Mountjoy Jail. The shocking, true story of life on the inside**

*Paul Howard*

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## **The Joy: Mountjoy Jail. The shocking, true story of life on the inside** Paul Howard

One man's story of life in The Joy -- compulsive, chilling and frank. A no-holds-barred account of a criminal's time in the notorious Dublin prison, as revealed to journalist Paul Howard. This extraordinary life story tells it all. The desperate lifestyle of a junkie; bullying and savage beatings among the prisoners; ingenious drug-smuggling ploys; the despairing cry for help of a failed suicide attempt. But alongside the pain there is humour -- from the hilarity of World Cup celebrations to the distraction of a beautiful aerobics teacher, from bingeing on altar wine to the shortest-ever 'hunger strike'. The first ever glimpse of Mountjoy Prison -- from the inside. Illustrated with black & white photographs.

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