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The Strength of a Free Mind: Meditations for the Accused

Kent H. Roberts

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Being accused of wrongdoing is one of life's most wrenching experiences. Threatened with lasting stigma, broken relationships, financial ruin, and possibly prison, the accused is thrown into a bewildering new reality and needs ways to get oriented, survive and move forward. The Strength of a Free Mind is a collection of powerful meditations on the spiritual, social and emotional issues facing the accused. The book covers such crucial topics as embarrassment, abandonment, betrayal, isolation, loneliness, anger, regret, self-pity, suicide, humility, hoping and waiting, loss, laughter, slowing down, silence, prayer, strength, endurance, joy, withdrawal, healing, forgiving, and consolation. These meditations for the accused are useful to anyone who has been mistreated, attacked, stigmatized, or excluded, and to their family members and others who want to help. Kent Roberts was caught up in a 2006 financial scandal. One newspaper called him the "Stock Option Backdating Poster Boy." "In addition to my many legal issues, I faced issues of the spirit," he writes. "Where could I turn for help? I found my help from the formerly accused. They knew what was happening inside and around me. In my new circumstances, the Bible took on a different, very relevant meaning for me. For the first time, I really focused on the fact that Jesus and Paul, and, before them, Joseph, Moses, David, Elijah, Jeremiah, and John the Baptist had all been accused!" The Strength of a Free Mind is for someone who has been accused from someone who has been there.

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