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I am writing to urge the prohibition of solitary confinement in Maine. In addition to my own personal views about the excessively punitive nature and sometimes arbitrary manner it is implemented, solitary confinement destroys the person subjected to it. This is not an overstatement. The work of Lisa Guenther, author of *Solitary Confinement: Social Death and Its Aftermath*, demonstrates that the very structures of personality that make us whole human beings is broken, scattered, and destroyed through solitary confinement. Guenther's work, a deep exploration relying on sociological data, personal stories of the incarcerated, and philosophical theory, shows that our very identities—the sense of ourselves as whole and integrated persons—is inseparable from our relationships with other humans and to the world. This renders the practice of solitary confinement inhumane in the deepest sense of that word.