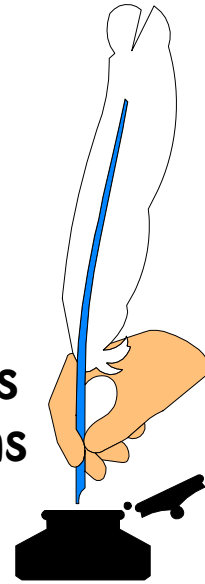


Writing Your Life Story is Really Very Easy

Make a list of people, places, events and experiences that helped shape who you are. When the list has several entries, select one that seems especially significant. Jot down the details. Organize the details into anecdotes. Then do another, and another.



Write as much as you wish. Use a new sheet of paper for each memory. Too small a page may hinder thought flow. Organize written memories in chronological order. Write frequently so it's easy to pick up where you left off.

Denis Ledoux, director, Soleil Lifestory Network, Lisbon Falls, Maine, and author of *Turn Memories into Memoirs* (Soleil).

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