

Life Story Writing Resources

Telling the Stories of Life Through Guided Autobiography Groups

James E. Birren
Kathryn N. Cochran

Guided Autobiography Groups for Older Adults

Exploring the Fabric of Life
James E. Birren
Donna E. Deutchman

Where To Go From Here

Discovering Your Own Life's Wisdom In The Second Half Of Your Life
James E. Birren & Linda Feldman

How To Write Your Own Life Story

The Classic Guide for the Nonprofessional Writer
Lois Daniel

Write Your Own Autobiography

Natalie M. Rosinsky

Writing About Your Life

A Journey into the Past
William Zinsser

How to Write Your Life Story

Ralph Fletcher

Writing the Family Narrative

Lawrence P. Gouldrup, Ph.D.

How To Write About Yourself

Alison Chisholm
Brenda Courtie

You Are Next In Line

Everyone's Guide for Writing Your Autobiography
Armiger Jagoe

The Complete IDIOT'S Guide to Writing a Memoir

Victoria Costello

You Don't Have to Be Famous

How To Write Your Life Story
Steve Zousmer

Writing Life Stories

How to Make Memories into Memoirs, Ideas into Essays, and Life into Literature

Bill Roorbach w/ Kristen Keckler, PhD

Writing Your Life Story

How to Record and Present Your Memories For Future Generations to Enjoy
Michael Oke

Your Life as Story

Discovering the "New Autobiography" and Writing Memoir as Literature
Tristine Rainer

Fearless Confessions

A Writer's Guide to Memoir
Sue William Silverman

Writing Yourself

Transforming Personal Material
John Killick
Myra Schneider

Writing From Life

A Guide for Writing True Stories
Heather Robertson

Bite-Size Pieces of My Past

Andrea Bargsley Vincent

You Should Really Write a Book
How to Write, Sell, and Market Your MEMOIR
Regina Brooks
Brenda Lane Richardson

The Power of Memoir
How to Write Your Healing Story
Linda Joy Myers, Ph.D.

Writing Your Life Story
Putting Your Past on Paper
Lou Willett Stanek, PH.D.

Courage & Craft
Writing Your Life Into Story
Barbara Abercrombie

Your Mythic Journey
Finding Meaning in Your Life Through Writing and Storytelling
Sam Keen and Anne Valley-Fox

Shimmering Images
A Handy Little Guide to Writing Memoir
Lisa Dale Norton

Family Treasures
A Guide to Writing Your Life Stories
Margaret Mayo Gibson, Ed.D.

Your Life Story in 28 Days
Dee Dees

Finding Your Voice Telling Your Stories
167 Ways to Tell Your Life Stories
Carol LaChapelle

The Book of ME
A Do-It-Yourself Memoir
Nannette Stone

Living Legacies
How to Write, Illustrate, and Share Your Life Stories
Duane Elgin and Coleen LeDrew

Writing the Memoir
From Truth to Art
A Practical Guide to the Craft, the Personal Challenges, and Ethical Dilemmas of Writing Your True Stories
Judith Barrington

Writing From Personal Experience
How to Turn Your Life Into Salable Prose
Nancy Davidoff Kelton

How to Write Your Personal or Family History
If You Don't Do It, Who Will?
Katie Funk Wiebe

Write Your Travel Memoirs
5 Steps to Transform Your Travel Experiences into Compelling Essays
Sarah E. White

Remembering Your Story
Creating Your Own Spiritual Autobiography
Richard L. Morgan

Writing Your Legacy
The Step-by-Step Guide to Crafting Your Life Story
Richard Campbell and Cheryl Svensson