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 Svennson