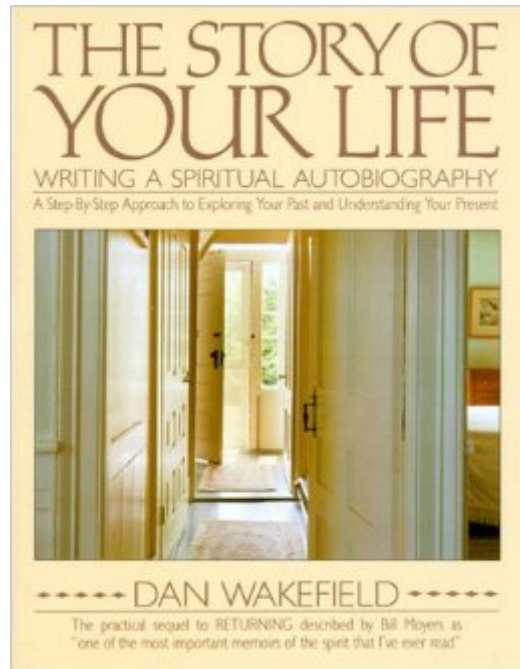


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# The Story Of Your Life: Writing A Spiritual Autobiography



## Synopsis

Dan Wakefield shows us how to write about and share our most meaningful life experiences and in so doing to see our lives in a new light."What a wonderful book is Dan Wakefield's The Story of Your Life. Surely it will help many people to write their own spiritual autobiographies, and so to become more aware of their own journeys."-Madeleine L'Engle, author of A Wrinkle in Time

## Book Information

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## Customer Reviews

This book made me want to start a small writing group of my own. In a class such as this I could talk about that which is most important to me, and which is usually taboo to discuss. The author included many examples of the results of the writing exercises. These were based on eight sessions, focusing on childhood, adolescence, a friend/mentor/guide, and a roadmap of one's spiritual journey. The first four sessions involve drawing exercises that evoke memories and lead to discussion, writing and reading of brief papers about spiritual experiences. The last four sessions involve reading and hearing full 8-10 page spiritual autobiographies. The author insists the most important qualities the leader can have are: respect for the individuality and worth of each participant; humility before the awesomeness of each person's life process; and appreciation of the gift of sharing it. I read this book in anticipation of writing the story of my spiritual journey with our son with Down's Syndrome. Jeff had a profound effect on those who knew him. I believe I could build my chapters following this blueprint.

I first found this book while just browsing about writing. I was so impressed with the arrangement -

like taking a class from the author - that I shared it with my daughter who teaches theater classes. She loved it too and used it as the foundation for a three month workshop she created...which the author encourages. He is constantly telling readers to use his work - that's why he put it into the world. I have used this as a foundation for my own personal writing and growth, and I have developed a series of lessons based on this book and others to teach a writing course in my home town. Just excellent work!

Thank you for offering an early *The Story of Your Life: Writing A Spiritual Autobiography* version of this timeless book. So much learning, spiritual direction, and guidance for writing a spiritual autobiography, in a one-cent purchase! Even though later versions are surely wonderful as well, it is good to know that the essential strength of this work is present in any version. As a treat - there's a workshop by author Dan Wakefield offered every summer at Pendle Hill Retreat Center [...]. Already sold out this year - a wonderful treat for reflection and writing I am looking forward to!

I think that I was hoping for something to "stick a pin" in me to write - but that didn't happen! However, there are lots of suggestions and even quotes from writings from his groups that gave me a strong enough push to get started. I'm thankful for the group I'm associated with, which is where I learned about this book. Take it on, Folks! You can do it!

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