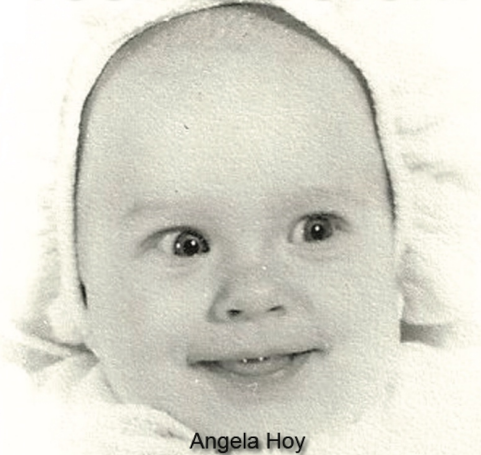


**HOW TO REMEMBER,
WRITE AND PUBLISH
YOUR LIFE STORY**



Angela Hoy

WritersWeekly.com

*Remember Your Past,
Write It, and Publish It
in as little as 12 weeks!*

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PUBLISH YOUR LIFE STORY**

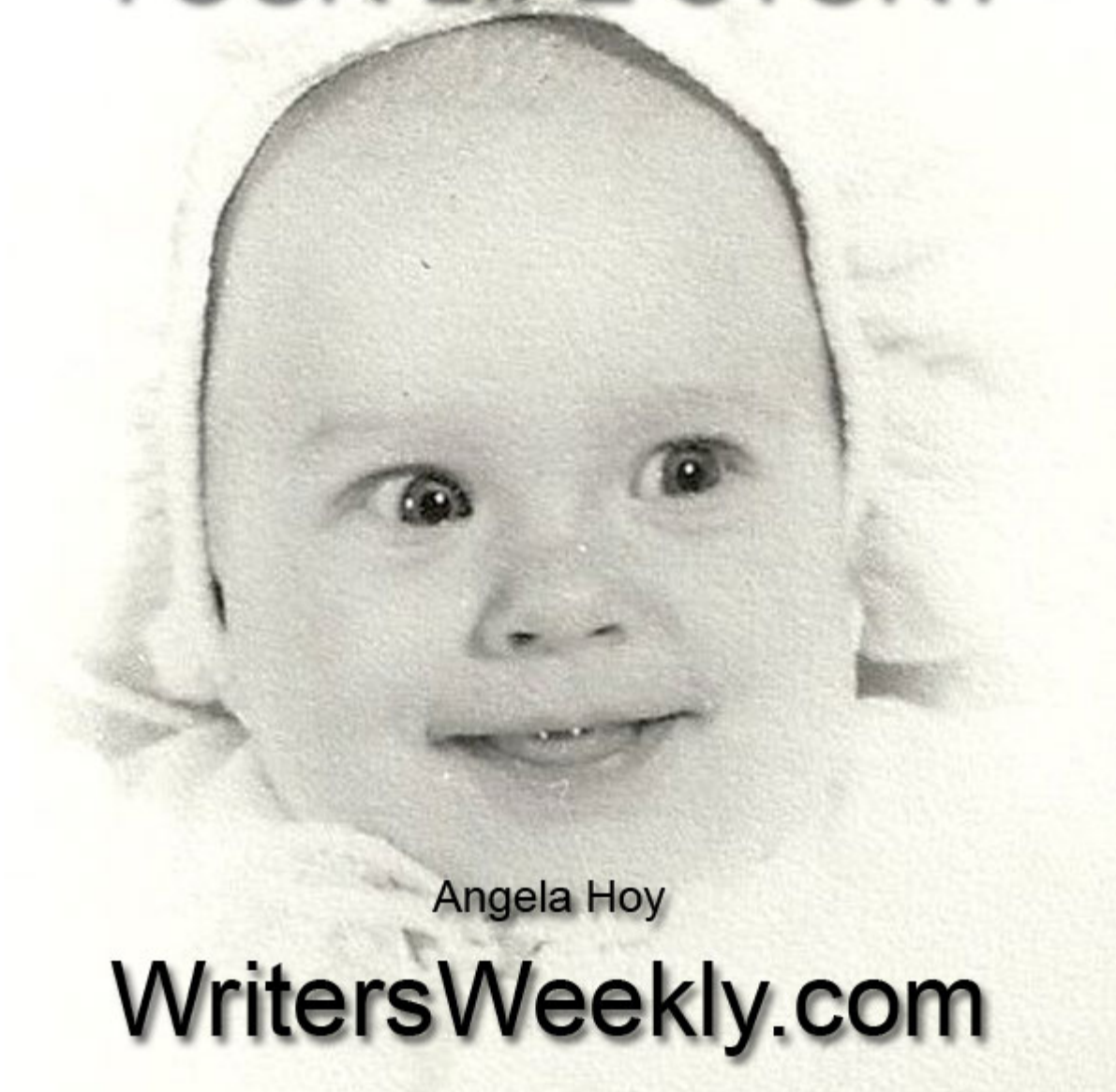
By Angela Hoy

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Angela Hoy

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ISBN 978-1-60910-292-0

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BookLocker.com, Inc.
2020

Second Edition

PRAISE FROM FORMER STUDENTS

Thanks for offering this autobiography course. It is proving to be an amazing and fulfilling journey for me. I feel good about my work. It feels good to be able to create it my own way. I feel that it is "my" project. Without your guidelines though, I never would have done it. And that's the truth! You've done an awesome job!

- Judith Acton Ayala

Thank you for your on-line course on writing an autobiography. It has been a great help to me, especially your concise explanation of the difference between an autobiography and a memoir. As a result, I know it's a memoir that I want to write. Knowing that is a big step forward for me. Also, the memory prompts are great. They have helped me remember many surprising things. It's been fun.

- Doris Sanders

What a great class. Thanks Angela, it is fantastic.

- Mari Connors

Hi Angela,

I am so much more aware of memory triggers and the importance of writing them down for future reference. I would highly recommend this class to anyone!

Thanks for a memorable experience!

- Karen Heywood

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TOOLS

Recording your memories using memory triggers is FUN. But, you need the right tools.

YOU NEED:

1. A notebook. The prettier the better. The nicer, the better. The bigger, the better. It must be at least 8 x 10. A standard spiral bound notebook is best because the pages turn easily. Don't buy a tiny notebook. That won't work.

It must be FUN to work with. Yes, a plain notebook will work, too. Even pieces of paper stapled together will work, as long as you have enough pages to accommodate each year of your life (85 pages if you're 85 years old, etc.), with a few blanks at the end for notes.

2. A really cool pen. Again, this must be a pen that you love to write with. It makes the exercises more fun and will spur you to keep on going.

3. Photo albums. No, not new ones. Old ones that have pictures in them. Also, if you can find them, scrap books, baby books, old report cards, birth certificates, marriage, divorce, and death certificates, newspaper clippings, old letters, cards, and school yearbooks. Most of us have a box of this stuff lying around somewhere. Some of us (not me!) are organized and actually keep this stuff in a safe deposit box.

Now we're going to do your Memory Trigger Notebook Setup!

10. You'll reserve the final blank pages in the book for notes.

MEMORY TRIGGER HOW-TO

Heck no, I'm not going to make you wait until the next lesson to start recording memories. That would be cruel. However, I'm not going to start listing memory triggers until the next lesson. So, let's have some fun.

1. For an example on how to record your memories correctly, let's start with one sample memory. We'll start with your earliest memory...the one you can only remember based on family accounts. We'll start with your birth. I'll share my memory with you here so you can see how this is done.

As good old Mom tells it, her water broke days before I was born. This meant a dry birth...a very painful birth. Not only that, but I was born face first. No, I'm not making this up. My head was cocked back and my face emerged from the birth canal first. Peek a boo! Most babies have pointed heads. I had a pointed face. In the nursery after my birth, my mother was standing there cooing through the window at her pointy faced baby when a couple next to her pointed and said, "Look at that funny looking baby! I wonder what's wrong with it?"

I need to record this memory in my memory notebook, but I must also leave room to record other memories. Each age page will have little snippets of memories in rows. So, I need to condense this memory.

Since I can't write all of this on my Zero Age Page (age page 0), I must summarize this down to 5 or 6 words. I'll remember the story later but I need to make a very short note in order to recall it later. Sure, everyone can remember their birth story, but this system really comes in handy for those other memories that will come to the surface later in this course.

So, on Age Page 0, I'm going to write: dry birth, face first, mean people

Okay, now you try. Remember what your mom told you about your birth? Perhaps your adoption? This is day one of your entire life. What do you know about it? How short can you summarize it? Okay, go for it. Record your first memory.

KEEP GOING

Okay, now I want you to recall all the stories you've been telling everyone you meet for years now, good and bad. These types of memories are easy. They're usually funny. You know...the stories that you've told everyone you know, probably more than once, at parties and other get-togethers. This is what you're going to work on today and until we meet again for the next lesson. Condense those memories (stories) down to just 5 or 6 words, figure out what year it was at that time, and record them on the appropriate age page.

By the way, if you record a memory on the wrong page, don't worry. You will probably catch it later. Even if you don't, no biggie. I don't take off points for date discrepancies.

Need help or a bit of inspiration? Okay, one story I'm sure everything who's ever met me has heard is about the time I got my finger stuck in the steering wheel in driver's education class in 10th grade. I was sitting at the computerized controls in a dark trailer watching a driving movie and I was really bored. The steering wheels had holes in them (like where the horn would be). I started sticking each finger in and out of each hole, not really paying attention to my fidgeting. The ring finger on my left hand went in, but didn't come out.

I pulled. Nothing. I pulled harder. Nothing. Dang! I reached into my purse and grabbed a tiny vial of Vaseline. I swathed it all over my finger and pulled. Still...nothing. By this time, Rob M., the guy next to me, had noticed what happened. I thought he was going to wet his pants he was laughing so hard.

My finger was swelling by now. Thank goodness the lights came on and class was over. The teacher said, "Does anybody have any questions?" I raised my hand. "Yes, Angela?"

"I'm stuck."

"Excuse me?"

Are you deaf, woman? (I kept that comment to myself.)

"My finger is stuck in the steering wheel."

They had to call in the heavy machinery. After a male teacher failed to extract my finger (he ripped my tendons trying to force it out), they had to remove the steering wheel. I then had to carry that steering wheel through the hallway, between classes, in front of hundreds of students. Kids were laughing and pointing. Even my boyfriend saw me and started cracking up.

The metal shop teacher freed me. I was crying. I thought they were going to cut off my finger.

When my brother was in the same trailer classroom nine years later, they ordered the students to keep their fingers out of the steering wheel holes. Then they told the story of that girl, Angie Ulmer, 9 years before, who had gotten her finger stuck doing just that. My brother was mortified.

Okay, now you know my most embarrassing moment. How short can I condense this memory and where should it go?

Age Page 15

Year: 1982

Grade/School: McCullough High 10

finger in steering wheel

You might be thinking 'That's kind of dumb. If I'm writing my autobiography, that is one memory I KNOW I'd remember to write down.

MIKEL'S STORY

A dear friend, Mikel Weaver, was kind enough to edit this class and offer ideas prior to launch. Mikel was recently diagnosed with leukemia. This is the letter she returned with the course edits:

Angie,

Last September, as the world fell apart around each of us, I lay in a lonely hospital bed for more than a month, over 100 miles from my home and family, and thought about all of the things I wished I had done. I honestly didn't know if I'd live to do them.

One of the heaviest regrets I had was not putting all the memories in my mind on paper for my children to keep. Oh, I had saved old report cards, ticket stubs, newspaper clippings, even locks of hair and baby teeth - but nothing was organized in a fashion where my husband or my children would know what to do with what. The things I wanted to tell them, the foundations of my life I wanted to pass along...it hurt so much to know it might be too late.

And then a miracle happened.

I recovered from leukemia. "Phenomenal" was the word my oncologist used. "The Lord's Grace" were the words I used. I've been given a second chance.

When I read about your course, I was so excited, because it was similar to the project I had already started. The more I read your course lessons and think about this book, the more excited I become. I feel so strongly about doing this, it's like God speaking to me right through you. :)

Thank you for taking the time in your life to pursue this and share it with your readers. It will be a blessing to not only me, but to many. I look forward to this more than you can imagine!

Mikel Weaver

ABOUT THE AUTHOR

Angela Hoy is the publisher of WritersWeekly.com, the co-owner of BookLocker.com, and the author of 24 books.

WritersWeekly.com is a free online publication that features new freelance jobs and paying markets every Wednesday via email, as well as feature articles, freelance success stories, warnings about naughty publishers and editors, and more. See: <http://www.writersweekly.com>

BookLocker.com is a print on demand and e-book publisher that pays high royalties while offering low setup fees. Angela evaluates all incoming proposals and manuscripts and must, unfortunately, reject the vast majority of them. After seeing so many poorly-written and disorganized book proposals, she decided to create this book. To read more about BookLocker, see: <http://www.BookLocker.com>


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|----------------------------------|---------------------------------------------------------------------------------------|
| <b>BookLocker: \$875</b>         | Westbow Press: \$2,195                                                                |
| Balboa Press: \$1,299            | FastPencil/Infinity Publishing: \$2,247                                               |
| Lulu: \$1,738                    | BookBaby: \$2,290                                                                     |
| Breezeway Books/Llumina: \$1,946 | Wheatmark: \$2,500                                                                    |
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| AuthorHouse: \$1,953             | Mill City Press: \$3,690                                                              |
| iUniverse: \$2,018               | Outskirts Press: \$3,695                                                              |
| Xlibris: \$2,097                 | Amazon KDP/CreateSpace: N/A - no longer offers design/formatting services to authors. |
| Dog Ear Publishing: \$2,099      |                                                                                       |

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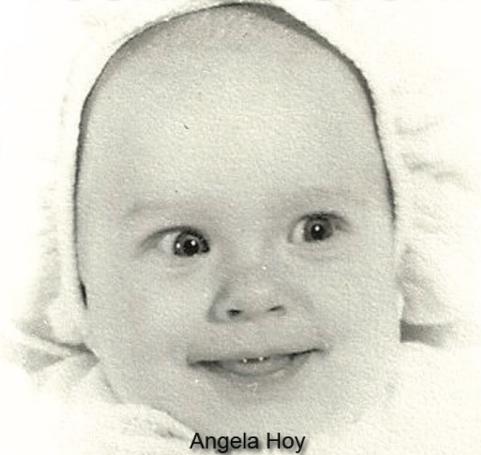
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