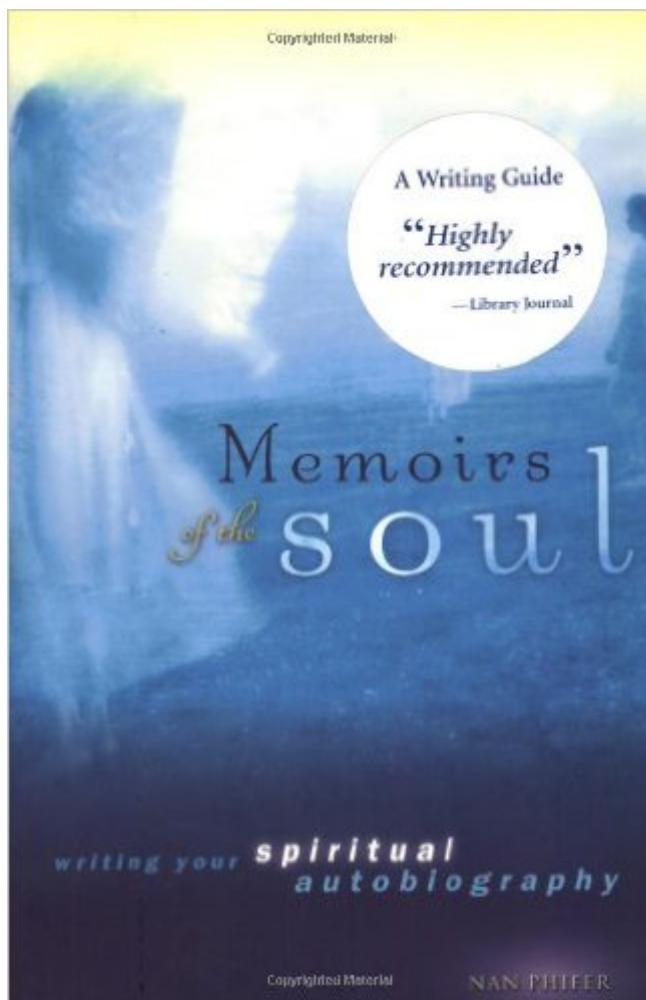


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# Memoirs Of The Soul: Writing Your Spiritual Autobiography



## **Synopsis**

Memoirs of the Soul guides writers on a voyage of self-discovery and through a writing process that produces polished memoirs. Writers gently progress from accessible subjects to deeply significant thoughts and feelings.

## **Book Information**

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Best Sellers Rank: #407,920 in Books (See Top 100 in Books) #61 inÂ Books > Reference > Writing, Research & Publishing Guides > Writing > Academic & Commercial #118 inÂ Books > Self-Help > Journal Writing #2128 inÂ Books > Self-Help > Spiritual

## **Customer Reviews**

I was impressed with this book because it doesn't just tell how to write a memoir. It helps its readers to explore themselves in such a way their writing gains more depth. It is full of exercises that can increase the vitality and impact of one's personal writing, and can help one's writing become more vivid and descriptive. Anne Jones

Memoirs, by definition tend to be rote and rife with nothing but facts and places. This publication helps one get to the core of what forces were at work within one's self when the past situation was developing. It helps you put a perspective on your life you may not have known existed. This book also provides the tools (should you care to use them) to begin writing your own memoir from a more "whole" place.

I worked for 15 years as a certified Intensive Journal Consultant for Ira Progoff's Dialogue House and taught SPIRITUAL POSITIONING and PROCESS MEDITATION, and as effective as those method are, they require practice in a method begun in a formal group experience. Here in a single book is a distillation of the basic principles of finding your spiritual steps in life that were of import,

and a way of brainstorming that allows you to generate a rough draft from which a formal MEMOIR can be easily written. I like the approach and step-wise methodology, and especially like the second of five steps, a part of the feedback effect we used to get in Journal Workshops, and that step is to share with someone what you're doing, i.e. writing a personal self-expressive spiritual autobiography. It has help for the brainstorming process, and leads both novice and professional writers to the final product, a Spiritual Memoir suitable for sharing with friends, family, or whomever you think of as a spiritual friend. I would give it five stars but there are some areas of the book which I would have added to, and those have to do with times of alienation and disconnection from spiritual sources. It is covered but I think the balance between positive and negative parts of the cycle of inner experience could have been more fully developed. In saying that, I still recommend the book as a good resource.

Having just written a spiritual memoir, I thought I was doing something odd. It was so helpful and nurturing to learn that my book had a long and honored tradition, and was indeed a true spiritual practice in itself.

Over time I have purchased many books on writing an autobiography, spiritual and personal. Nan's book has good writing examples, practical exercises and excellent tips for following prompts. A must for student and teacher of this topic that can bring meaning and form to one's spiritual quest whether just beginning on the journey or somewhere along the way. Jean, Oceanside, CA

This book is a great resource for teaching memoir writing to students. It was promised to be in "just like new" condition, and it was! I am very pleased with both the book and the buying experience. Thanks!

I like this book, because it gives me detailed info about writing a spiritual memoir and relating this to others.

Great book...lots of information on writing my memoir in a way that connects to my true inner being.

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