



The Book of Me: A Do-It-Yourself Memoir (Notebook, Diary) (Autobiographical Journal)

Nannette Stone

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With hundreds of guided questions organized into sections about your past, present, and future, family history, and inner self, this journal offers an excellent means to preserve memories and discover hidden aspects of yourself. Here is the vehicle to embrace--with playfulness and intuitive insight--your own version of the life you have lived.

- Provides plenty of space to record family history and the details of your life.
- Contents include:
 - Introduction
 - The Facts of Life
 - My Life: A Personal History
 - All in the Family
 - All About Me
 - The Inner Me
 - What Next?
- Handsome bookbound journal/diary features spine and corner accents, raised embossing, and gold foil highlights.
- 192 pages.
- Measures 7-1/4" wide x 9" high.

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