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Discovering Your Life Connections: (Finding Meaningful Life Connections Through Written Life Review Activities) (Paperback)

By Nancy L Davis, Nancy L Davis PhD

iUniverse, United States, 2006. Paperback. Book Condition: New. 229 x 185 mm. Language: English . Brand New Book ***** Print on Demand *****.No matter your age, self-discovery is an exciting and fascinating process. Participants in life review are amazed to discover embedded values and beliefs in their earliest memories. This book assist adults in discovering life connections by providing a proven framework for writing about memories in order to develop unique life stories. This book explains the rationale behind life review as a process leading to self-actualization and develops the logic for purposeful life review writing. Writing life review requires the ability to answer questions and document discoveries. No writing experience is necessary to get started. The scaffolded prompts developed through tested experiences with adults provide the unique tools for adults of any age to understand how their experiences connect to their values and beliefs. The text contains topics common to adults. By using the provided writing scaffolds, an individual writes about the reasons, motivations, and belief systems behind the memories. No matter the age, recovering memories and discovering connections helps to define self. This book helps individuals reflect on their pasts and define their legacies for personal satisfaction or...



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