

Telling your life story—leaving your legacy—becomes easier with new book

From grandparents wanting to leave their legacy, to teenagers who want to start recording their life story early, sharing your personal history has never been easier. A new book gives anyone the opportunity to leave their mark on the world.

Folsom, CA (PRWEB) October 1, 2008 – Most of what the world knows about Marilyn Monroe’s life story they learned through stories from the people who knew her or knew of her. Her legacy lives on through the eyes of others. How would you like your family, friends, and the world to remember your life story: by what others speak of you, or by your own words? You don’t need to be a professional writer or celebrity to tell your life story and create your legacy. And the task of writing your life story becomes easier with the new book, [me, myself & my life](#).

The new book, [me, myself and my life](#), holds the key to getting your life story recorded. Author, Sandra Graves, said, “Everyone should have a life book not only to share with family and friends, but to leave for future generations. Your life story is your legacy.”

“This book is also a powerful tool for self-discovery,” Sandra added. “With simple autobiographical questions that will get you thinking about your life, where you’ve been and where you’re going, you can learn a lot about yourself while preparing your legacy.”

Take a few moments and think about the following questions sampled from *me, myself & my life*. And, if you’re looking for a conversation starter in today’s meeting, at lunch with friends, or during dinner with the family, then bring these questions along. They’re sure to spark a lively talk about memories, dreams, and this crazy thing called life.

- *Were you told anything interesting from your parents, family, or friends about the day you were born?*
- *If you could go back in time and tell your younger self anything, what would it be?*
- *Life List: List the things you still want to do in your life.*

Do you remember

- *Your favorite teacher.*
- *The craziest thing that you’ve ever done.*

There’s no right time to get started documenting your life story. You can start as early as your teens, when your life story is beginning, and as late as your senior years, when you’re thinking about your legacy. So why not start today because none of us know what tomorrow will bring. Ready to leave your mark on the world? Visit www.memyselfandmylife.com for more information.

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