

7 people you will lose in your life and how to cope - we all have one of these some of us have more than one by which i mean a friend who we may laugh with cry with work side by side with but who we know way deep down in our gut in the place where intuition lies doesn't wish the best for us this friend may be a very good person in all sorts, **anne lamott on writing and why perfectionism kills** - anne lamott's *bird by bird* some instructions on writing and life public library is among my ten favorite books on writing a treasure trove of insight both practical and profound timelessly revisitable and yielding deeper resonance each time lamott adds to the collected wisdom of great, **writers and editors memoir biography and corporate history** - i am writing biography not history and the truth is that the most brilliant exploits often tell us nothing of the virtues or vices of the men who performed them while on the other hand a chance remark or a joke may reveal far more of a man's character than the mere feat of winning battles in which thousands fall or of marshalling great armies or laying siege to cities, **pat mcnees telling your story** - yes i'm mentioned here telling their life stories older adults find peace in looking back susan b garland retiring your money ny times 12 9 16 storytelling so important in late life may be facilitated in many ways including guided autobiography classes in which participants write stories to read aloud each week on themes such as money and work other forms of memoir writing

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