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**Writing the Chapters of Your Life: Surprising Insights Using This Special Journaling  
Technique**

**By Patti Testerman**

**Writing the Chapters of Your Life: Surprising Insights Using This Special Journaling  
Technique**

by: **Patti Testerman**

One writer's listed these items:

1. Brother died when I was three years old.
2. Mom went into the hospital when I was five, and I didn't know why or when she would come home.
4. Dad died of a sudden heart attack when I was 15. I was with him but couldn't save his life.
5. I fell in love but we lived in different cities and things just never seemed to work out.
6. My step-father died—how could this happen?
7. My long-distance love affair ended.
8. I fell in love again and thought it was for a lifetime.
9. I got married and was happy, at least for a long time.
10. I got divorced. It wasn't for a lifetime.

Good writing!

Patti Testerman is content manager at

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## **Stress-Free Scrapbook Journaling Ideas**

**By Elaine Clay**

## **Stress-Free Scrapbook Journaling Ideas**

by: **Elaine Clay**

Do you find it intimidating when you come to journal your scrapbook pages?

Make a list.

Write a Letter.

All you have to do is pretend you're writing to a friend telling them what is happening in your

Ask a question.

Elaine Clay is the owner of

:: your one-stop online scrapbooking

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