

New book makes writing your life story easy

Kim Jackson, a local Plainfield author, has written "Journaling, The footprints of your life...," a guidebook that makes it easy to start and fun to keep writing one's life story. This new technique really works.

"By following the book's helpful steps, memories from the past emerge," Jackson said, "My book makes creating your legacy for future generations almost effortless."

Jackson has always had the desire to write the story of her life, but didn't know where to start. Through her work as a Leeza's Place Advocate, she developed some ideas and put them to the test.

She asked caregivers and their loved ones a lot of questions, trying to stimulate the mind and memory.

Now she teaches workshops, putting her book and techniques to work.

"This journey will take you from the day you were born, into your early childhood and teens, and bring you through your adult life. "It eases you through the process, and organizes and keeps you motivated." Jackson said.

"Until I enrolled in Kim's class I had done absolutely nothing about putting my story on paper," Earl D'Amico said. "As a participant in her class, I have broken the ice and my story has emerged."

Her "students" are amazed at how easy it is.

"When I heard there was going to be a local journaling class, I was eager to learn more," said Diane Stohlquist, of Joliet. "The questions Jackson has written have been the best guide leading me through my past and enabling me to write my life story as a gift to my children."

Caregivers use Jackson's book and writing techniques as a stress release for themselves.

"Being a caregiver for my mother with Alzheimer's disease for sixteen years, made me realize how important our memories are," said Linda Engle. "If only I had asked more questions."

Caregivers also find it a wonderful way to spend quality time with their loved one, as they ask questions to encourage them to review the happenings in their past.

People sometimes say, "I wish my mom had written down some of her life stories" or "My dad had so many wonderful life experiences he could have shared with his grandchildren."

Kim advises "Don't do the same to your children."

To arrange for Jackson to appear as a guest speaker or a book signing, contact her at 815-254-6060.

"Journaling, the footprints of your life..." can be ordered from Off The Press, LLC, 16041 S Lincoln Highway, Plainfield, IL 60585, (815)-436-1010.

For more information go to: www.journalyourlife.com