

**“Journaling, The footprints of your life...”
opens doors from the past, creating a legacy for the future**

People sometimes say, “I wish my mom had written down some of her life stories” or “My dad had so many wonderful experiences in his life he could have shared with his grandchildren.” “Don’t do the same to your children,” advises local author, Kim Jackson, Leeza’s Place Advocate. Jackson has written, a book, “Journaling, The footprints of your life...” that makes it easy to start and fun to keep writing your life story. This new technique really works! The journey will take people from the day they were born, into their early childhood and teens, and through their adult life. There is nothing similar to this on the market today. This unique, easy to follow guidebook that she has created, will ease you through the process and keep you motivated. In her ongoing classes, Jackson, uses her book as a tool that gets people writing immediately. They are amazed how easy it is.

“When I heard there would be a local journaling class, I was eager to learn more. The questions Kim 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,” said Diane Stohlquist of Joliet.

Jackson’s philosophy of writing about one’s life history has encouraged persons with memory loss and their families to review happenings of the past. The success of the journaling classes, at Leeza’s Place in Joliet, was due to the guidebook she developed.

“Journaling, The footprints of your life...” has helped her, as well as others, stay focused to create a legacy for future generations.

“I have been so fortunate in life,” Earl D’Amico said, “yet, until I enrolled in Kim’s class at Leeza’s Place, I had done absolutely nothing about putting it on paper. I have broken the ice and have begun to write my story”. Participants use the book to help begin the process; the technique stimulates the mind and memory.

Caregivers use this book and writing technique as a stress release for themselves

“As a caregiver for my mother with Alzheimer’s disease, for sixteen years, has made me realize how important our memories are,” Linda Engle said. “If only I had asked more questions.”

Adults from all age groups are finding this guidebook, to be helpful with starting the journey of writing their story from start to present.

Jackson has always had the desire to write the story of her life, but didn’t know where to start, with her book she will fulfill her dream to write her own story, anyone can! “You create the story...the story created you.”

Jackson operates a Web site at: www.journalyourlife.com.

To place orders for the book, contact:
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