



Exploring Our Lives: A Writing Handbook for Senior Adults

Francis E. Kazemek

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Senior adults can turn their vast experiences into fascinating memoirs, fiction, poetry, children's storybooks, and more using these step-by-step instructions. Practical tips are included for getting started, generating ideas, working with a first draft, revising, editing, and sharing one's writing with others. The writing novice who has just retired and now wants to put pen to paper will find the book an invaluable tool, while more experienced writers will discover creative activities and exercises to help expand and improve their writing. Seniors wanting to write memorable stories for their grandchildren, capture significant events of their lives as a legacy for their family and friends, or simply try their hand at fiction or poetry will find this encouraging and easy to use.



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