



Islands of Recall: Write Your Life Story

Louise Cabral

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Islands of Recall will take you on a journey through your life. Because it is written in guided imagery, you will board a "Ship of Memory" which will sail you first to "Childhood Island". When you have written your way through "Childhood Island", the "Ship of Memory" will return to take you to "Teen Island" and all the "islands" of your life until you arrive to the place in your life where you are today. Simultaneously, you will be keeping a journal of your experiences in present time. This way you will be afforded a look at how the past has influenced the present. The book also contains forty-eight short stories as examples from anyone's life as well as a technical guide for correct and effective writing. The end result will be a publishable book that will show you more about yourself than you have known and a legacy for others "Islands of Recall" is much, much more than a book on writing. I have read half a million books on writing but I was floored by 'Islands of Recall' and humbled by its wisdom. This brilliant, insightful book by Ms. Cabral teaches the art of writing along with the art of living. After reading it, both your writing and your relationships are bound to improve. This is a bonafide win-win."Wesley Carrington GraeyerAuthor of "The Tornado Struck at Midnight""Through Louise Cabral's book, 'Islands of Recall' I learned enough about writing to make me an author. She showed me the importance of writing with feeling. I learned that for every event and every action there is a reaction, which led me to look into my responses from my farm life at the beginning to the war years that were so different from my early environment. Her book taught me how to write action and dialogue. Her reservoir of knowledge inspired me to write my own story in a book of my own."Richard Cornelius-author of "From the Farm and Off to War"

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Norris Patterson:

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