

## LIFE REVIEW RESOURCES

### Guided Autobiography

<http://www.guidedautobiography.com/>

James Birren and Kathryn Cochran *Telling the Story of Your Life Through Guided Autobiography Groups* The Johns Hopkins University Press, 2001.

### Illuminated Life Workshop

<http://www.illuminatedlife.hawaii.edu/>

### Ethical Wills

<http://www.ethicalwill.com/>

Barry Baines, *Ethical Wills: Putting Your Values on Paper* (2nd Edition). DeCappo Press, 2006.

### Activity Resources

Adam Boulcay, *The Autobiography Box: A Step-By-Step Kit for Examining A Life Worth Living*. Chronicle Books, 2000.

Kathryn Laenhue, *Getting to Know the Life Stories of Older Adults: Activities for Building Relationships*. Health Professional Press, 2007.

Rachel Fershleiser and Larry Smith, *Not Quite What I Was Planning: Six Word Memoirs*. Harper Publications, 2007.  
(also see [www.smithmagazine.com](http://www.smithmagazine.com))

*Conversation Pieces* card game

*LifeStories* board game

*Penny Ante* card game

### Other Web Resources

[www.Eldersong.com](http://www.Eldersong.com): Creative activity resource for older adult

[www.geni.com](http://www.geni.com): Social website for creating a family tree

[www.Storycorps.net](http://www.Storycorps.net): an independent nonprofit project whose mission is to honor and celebrate one another's lives by recording life stories

[www.ancstry.com](http://www.ancstry.com): Build your family tree using this social networking site

