

# Guided Autobiography (GAB)

Next Class starts in February 2015

Everyone's life is a story.  
Join our class and tell us about yours.



*As mother, grandmother, favorite aunt, beloved sisters, these two women have stories about travel, tragic love, the Depression, only child to graduate from college, life in Missouri and California.*

#### WHY JOIN A GAB CLASS?

- Begin to put your life story together one short story at a time.
- Give yourself a chance for life reflection.
- Create community with your fellow students.
- Remember experiences more deeply through the written word.

Each week for six weeks, write a 2-page story from the assigned subject such as “family, money, school.” Everyone has a chance to read their story to the class.

#### Contact Shawn to be put on the class list

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**SHAWN RILEY FEISST**  
JOURNALISM, BS AND  
HOLISTIC HEALTH PRACTITIONER

*Certified Guided Autobiography  
Instructor: journalist since 1985 and  
recipient of the San Diego Press Club  
“Feature Story” award.  
Holistic Health Practitioner in San  
Diego County since 1992.  
With a passion for storytelling,  
adventures and travelling, Shawn can  
help you put your story on paper.*





## WHAT IS GUIDED AUTOBIOGRAPHY OR GAB?



*Guided Autobiography was founded by Dr. James E Birren at the University of Southern California 30 years ago. Dr. Birren is now retired but the course continues at USC and is taught worldwide by instructors trained in the Birren Autobiographical Studies Program. GAB is a method of helping you document your life stories. Guided by a trained instructor, you will be led through themes and priming questions that bring back memories of events once known, but seemingly filed away and forgotten. Each week you will write a two-page story, bring it to class and share with a small group.*



## WHO WOULD BENEFIT?

Men and women of all ages benefit from the insights and personal discoveries while writing and sharing on the GAB themes. The process is especially beneficial for people entering a new phase of life, a new direction, or anyone who would like to share their life stories with family and friends.



## WHY WRITE MY AUTOBIOGRAPHY?

*Why should I write my autobiography? Won't it be too much trouble for me to write? Isn't just talking about my life enough?*

- Family members will want to have copies.
- Friends will want to learn about how and where you grew up.
- New generations will want to know about their family roots.
- Adding up your life is a great experience.

*Why should I tell my life story? Don't you think I'm too old to remember it all?*

- Every life is unique, and there has never been another you.
- Sharing your life story reminds you of many things in your life.
- Looking back at your life leads to good feelings about going ahead.
- You can easily get your stories printed including pictures from the past.