



The Memory Triggering Book

Robert M. Wendlinger

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"The Memory Triggering Book" is a unique and authoritative guide for going back in personal time to find memories that enrich, hearten and heal. Containing dozens of original and gentle tools and techniques that will trigger forgotten memories and insights about people, events, and places of one's past, the book also provides creative ways of organizing including the memories in scrapbooks, memoirs, autobiographies, family legacies, or self-enrichment programs.

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