



# Your Life as Story

*Tristine Rainer*

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## **Your Life as Story** Tristine Rainer

In **Your Life As Story**, autobiography expert Tristine Rainer explains how we can all find the important messages in our lives. Like Mary Karr or Frank McCourt, we can shape those stories into dramatic narratives that are compelling to others. Blending literary scholarship with practical coaching, Rainer shares her remarkable techniques for finding the essentials of story structure within your life's scattered experiences. Most important, she explains how to treasure the struggles in your past and discover the meaning within those experiences to capture the unique myth at work in your life.

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