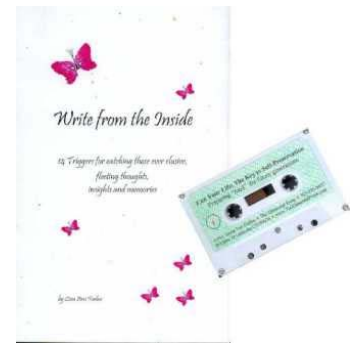


“Catch Your Life Stories” Product Descriptions

1. *Write from the Inside* Booklet

14 Triggers for catching those ever elusive, fleeting thoughts, insights and memories

Lissa describes ways to capture your life and shares bits and pieces of her own story. You will gain some insight on the how and why of preserving your life as you read her triggers and provoking questions.



2. *Can Your Life: The Key to Self-Preservation* Audio Tape

Lissa Ann Forbes luuuuvs stories. She knows everyone has a story to tell even if they don't know it. She'll encourage, inspire and motivate you to find some precious gems, stories you've tucked away in the catacombs of your mind. And she shares techniques to lasso even the most skittish memories for the generations to come. Get ready—it's time to preserve your most valuable asset—that's YOU!

3. *Catch Your Life Stories* Starter Kit (all three)

- *Write from the Inside* Booklet
- *Can Your Life: The Key to Self-Preservation* Audio Tape
- One of my stock journals: *What My Heart Wants* OR *The Colors of My Soul*



4. *Catch Your Life Stories* Starter Kit (all three)

- *Write from the Inside* Booklet
- *Can Your Life: The Key to Self-Preservation* Audio Tape
- *A Custom Journal* using a treasured family photograph

Requirements to create your own unique journal are your choices on the following:



- A treasured photo from your own personal collection
- A title for the journal
- A subtitle
- A dedication
- Paper choice (see "Paper Options" on my website)
- Whether you want lined or blank pages
- Whether you want a matching bookmark

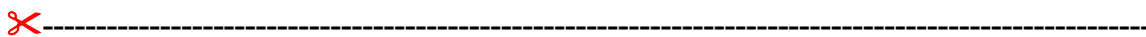
Publishing History, One Life at a Time

YOUR life stories are like precious gems. They are multi-faceted, come in different colors, vary in clarity, and have inclusions of mixed shapes and sizes. Mine YOUR precious gems.

Lissa encourages you to “*Catch Your Life Stories*”

Quantity	Item	Price	Extension
	<i>Write from the Inside Booklet</i> <i>14 Triggers for catching those ever elusive, fleeting thoughts, insights and memories</i>	\$10.00	
	<i>Can Your Life: The Key to Self-Preservation Audio Tape</i>	\$15.00	
	<i>Write from the Inside Booklet AND Can Your Life audio tape</i>	\$22.00 <i>(save \$3.00)</i>	
	<i>What My Heart Wants OR The Colors of My Soul Journal</i>	\$15.00	
	<i>Catch Your Life Stories Starter Kit (all three)</i> <i>Write from the Inside Booklet</i> <i>Can Your Life: The Key to Self-Preservation Audio Tape</i> <i>What My Heart Wants OR</i> <i>The Colors of My Soul Journal</i>	\$33.00* <i>(save \$7.00)</i>	
	<i>Catch Your Life Stories Starter Kit (all three)</i> <i>Write from the Inside Booklet</i> <i>Can Your Life: The Key to Self-Preservation Audio Tape</i> <i>Custom Journal using a treasured family photograph</i>	\$48.00* <i>(save \$7.00)</i>	
	Shipping	\$5.00**	
	Total		

**Lissa Ann Forbes ★ The Elemental Press ★ PO Box 49 Lafayette CO 80026
303-885-0652 ★ Lissa@TheElementalPress.com ★ www.TheElementalPress.com**



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Please check items of interest to YOU:

- FREE private consultation: YOUR memoir/tribute book project
- Information about “Write Your Life Stories” classes—4 week series
- Information about custom journals
- FREE ezine, “Write from the Inside” (provide email address)

** Shipping is Priority Mail, guaranteed in 2-3 days—*save if you purchase at a presentation*