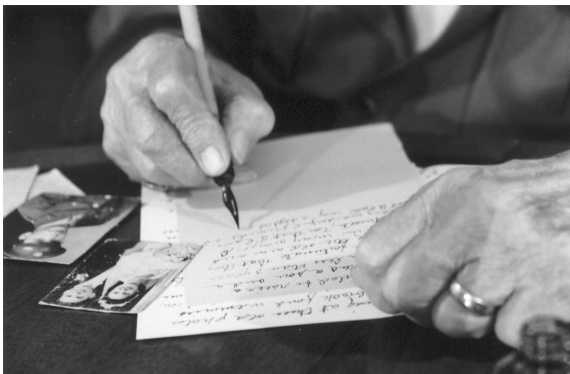


Guided Autobiography DVD

Guided Autobiography is a methodology developed by James E. Birren, Ph.D. to assist individuals to recall and document various aspects of their life history. In the past, Guided Autobiography courses have been conducted in group settings in traditional classrooms held at universities, churches and community centers. These sessions were typically held on established schedules at fixed locations.

This DVD presents a new format for Guided Autobiography which will allow each individual to set the pace for progressing through the course as well as where to participate and write. This DVD will get you started documenting your life story.



Title Guided Autobiography
Running time 45 minutes
Producer The Beverly Foundation
Executive Producer Cheryl Svensson, Ph.D.

Additional contributions by Helen Kerschner,
Thom Collins, and Linda Grant.

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For more information please visit
www.guidedautobiography.com