



Memoir & Life Stories: The Meaning in Your Story

A welcoming guide to writing, learning from, and sharing true stories

Turn lived experience into honest stories, useful skills, and lessons worth carrying forward.

SHAD EDDIE MONGRUE

Free preview edition · pages 1–2

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01

Why Your Story Matters Now

Your life holds more than memories. It holds choices, work, faith, service, and lessons you can pass on through a story another person can understand.

- ◆ Memoir and biography sales fell 7% in 2025¹, after the category rose 1.8% in 2023².
- ◆ Adult nonfiction remained publishing's largest segment, while unit sales fell 1.5% in 2025¹.
- ◆ Those shifts show a changing market, not whether a personal story can matter to one reader.
- ◆ Your story can preserve choices, work, faith, service, and lessons you want others to carry.
- ◆ Start with one meaningful moment, not a life that sounds extraordinary from beginning to end.

Sales can shift while the need for honest stories remains. You do not need fame or a dramatic life to begin. Choose a moment that changed how you saw work, faith, service, or family; describe what happened, then reflect on what you understand now. Your story's strength comes from clear details and meaning, not from making every moment sound extraordinary. Next, turn one small memory into a first draft.

INSIDE THIS BOOK

Try a short writing exercise, learn simple memoir concepts, and follow a starter plan. You'll build storytelling skills and explore how everyday lessons can become stories worth sharing.

02

Write One Small Moment

Begin today without outlining a whole book or revisiting your hardest memories. Choose an ordinary moment when you learned something useful, and write a short account you can shape later.

- ◆ Choose one moment from work, faith, service, family life, or a second chance.
- ◆ Write where you were and what happened, using details you remember clearly.
- ◆ Describe what you thought or felt, and skip anything that feels too private.
- ◆ Add one line about what you understand today that you missed then.
- ◆ Mark details you should check or clarify instead of filling gaps with guesses.

Give yourself a short writing session and keep moving; this is a first pass, not a finished chapter. If a detail feels unclear, mark it for later instead of filling gaps with guesses. Stop when the moment and its meaning are on the page. Next, learn how scenes, reflection, facts, and boundaries work together.

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Keep reading: four more pages are waiting

You've read the free pages. Here's what the rest of this book covers:

- 3 Build a True Story
- 4 Follow a Seven-Day Plan
- 5 Learn, Revise, and Grow
- 6 Carry Your Story Forward

BY THE END OF THIS SHELF, YOU WILL

- ◆ A simple way to begin a memoir draft
- ◆ Tools for separating facts, memories, and reflection
- ◆ A practical plan for revising a true story
- ◆ Stronger storytelling and communication practice
- ◆ A clearer sense of what to share and protect

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Sources for the free pages

Every statistic in this book is numbered and links to the page it came from. Each one was checked word for word against its source in October 2026. Figures can change as sources update. This book is for education and is not personal financial, legal, medical or professional advice.

- 1 **Publishers Weekly**, Print Book Sales Rose Slightly in 2025 (Jan 09, 2026). <https://www.publishersweekly.com/pw/by-topic/industry-news/financial-reporting/article/99417-print-book-sales-rose-slightly-in-2025.html>
- 2 **Publishers Weekly**, Print Book Sales Fell 2.6% in 2023 (2023). <https://www.publishersweekly.com/pw/by-topic/industry-news/financial-reporting/article/94037-print-book-sales-fell-2-6-in-2023.html>