

## TESTIMONIALS

*Trena was always there for me, pulling the pieces of my life story into an accomplished whole. She is professional, a whiz with words, and a truly nice person.*

G. Brobeck, Orinda

*Trena did a phenomenal job of turning the interview tapes into a cohesive narrative. Our mother's memoirs are something our whole family will treasure forever.*

G. Stevenson, Chicago

*Mama's personality is richly captured in her memoir, due to Trena's encouragement and listening skills. It is a work of substance, heart, and historical significance... a beautiful achievement.*

M. Escudier, France

*At our 50<sup>th</sup> anniversary party, we laid our memoir books out on a table. They were the hit of the evening! Several people commented on what a great idea that was, and how it was about time they did something like that.*

C. & V. Scott, Placerville

*Trena has edited each of my last four books. Her numerous insightful comments have helped me enormously. Trena is a superb editor who is caring, conscientious, and a pleasure to work with. I highly recommend her.*

Fritjof Capra, author  
*The Tao of Physics, The Web of Life*



### About Trena Cleland

Since 1980, Trena has edited and published many articles on civic life, public health, and cultural sustainability, and has collaborated with authors Frances Moore Lappé and Fritjof Capra on books about democracy and ecology.

In 1998, she created First Person Narratives to use her writing skills in the service of oral histories and memoirs. She also contributes her time to community history projects and is a regional coordinator of the Association of Personal Historians.

*Please call for a free consultation.*

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www.personalhistorians.org

# FIRST PERSON NARRATIVES

*Chronicling life stories & reflections*

*Life Stories...  
Values...  
Memories...  
Family History...*

*Together, they form  
Your Legacy*



# How would you like to be remembered?

If you've meant to record your life story but haven't gotten to it...if you want your children and grandchildren to know their history...if you have family photos to share with others...

Collaborate with an experienced Personal Historian to bring your life into print.

- Uncover the richness of your experiences
- Share the family history with your descendants
- Recall and celebrate the people who have influenced you
- Express your values and beliefs

Once your stories and reflections are recorded on audiotape, they can be transformed into a beautifully designed heirloom book...a lovely, meaningful legacy.

*There was never yet an uninteresting life.  
Such a thing is an impossibility.  
Inside of the dullest exterior  
There is a drama, a comedy, and a tragedy.*

Mark Twain

## PERSONAL HISTORY PACKAGES

### STARTER: Your Oral History

First, we record your stories in relaxed interviews that review your heritage, childhood, relationships, work, family, and hard-earned wisdom.

### STANDARD: An Edited Manuscript

Next, we shape, organize, and polish the interview transcript to transform your oral history into a flowing and accessible written narrative — a page-turner!

### DELUXE: Design of an Heirloom Memoir Book

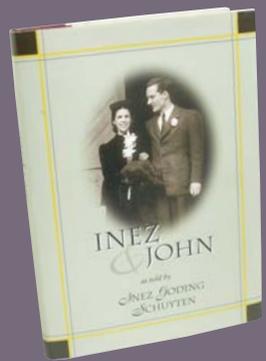
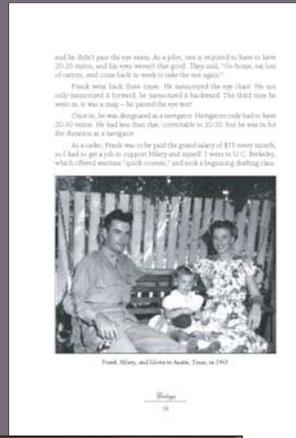
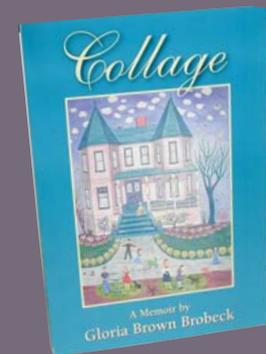
In this final stage, we add family photos and other images to your story to create a unique and elegant design of your memoir...the publisher's proof of an heirloom legacy book, suitable for printing and distributing.

## CUSTOM PACKAGES

Ask about custom editing and design projects tailored to your needs.

Also Available:

- Legacy Letters & Ethical Wills
- Heirloom Catalogues
- Midlife Snapshots
- Personal History Presentations & Classes



**A one-of-a-kind gift:  
To honor a loved one on a special birthday or anniversary, commission a Personal History**

• Book designs by Izumi Motai