



# **The 10-Minute Memoir: Write Your Memoir In Just 10 Minutes A Day With This Easy Q&A Journal (Volume 1)**

*Dale Thomas Vaughn, Elizabeth Menzel*

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“The Story of Your Life Will Pour Out of You” “The Best Keepsake Gift You Can Give Your Family” “The Story of Your Life as Only You Can Tell It” This page-by-page guide is SO EASY All you have to do is take 10 MINUTES PER DAY To answer the day’s question... right on the page. An Amazon Best-Selling Author in multiple categories, with 5-Star Reviews This book came from a deep heartfelt desire to know the stories of my family. When my great grandmother died at 96 years old I was crushed. Now I have faded memories and second-hand stories when I wish I could revisit all of her wisdom more regularly and fully. Just a few pages of her notes would be comforting and priceless to me. I’m determined not to let that happen again with my grandparents or my parents or my brother or my friends. I want to make it easy to collect all those stories and all of that wisdom. I made this so it would be easy to put words on paper for people who aren’t writers. For me, this is about recording stories and having them for our family. This is a gift from my heart. I realized when I started this process, that others might like a chance to learn the stories from their loved ones... so I decided to publish it here. Ideally, this becomes a regular on the bed-side table for you and your loved ones and it provides opportunities for reflection. About Dale Thomas Vaughn Vaughn is the Best-Selling author in non-fiction (*Wine Snobs Are Boring*), and fiction (*Dr. Mann’s Kind Folly*). He is the Editor of Leadership at The Good Men Project, President of the Global Center for Healthy Masculinities, the lead mentor at The EmpowerMentorship Institute. He is a Certified Specialist of Wine by the Society of Wine Educators, a writer at the American Winery Guide for California’s Central Coast, and a co-founder of a small backyard vineyard in north Texas. He has studied and traveled in on three continents, hiking more than 1000 miles including the Camino de Santiago, the West Highland Way, and the Inka Trail.

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