



Not The Person I Was: Memoir As Tool of Recovery and Discovery

Linda Clark-Borre

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I have walked through many lives, some of them my own, declared Stanley Kunitz in his poem, *The Layers*, "and I am not who I was." In fact, life does change with every moment, and we are always in the act of becoming. *Not the Person I Was: Memoir as Tool of Recovery and Discovery* discusses the importance of reflecting on the roles we assume in the ever-evolving situations that make up our everyday lives. *Not the Person I Was* helps readers uncover the subtle turning points of their personal histories, and shows how navigating those turns ultimately affected us, others, and the world itself. Advocating for the often overlooked value of one's personal lived experiences, it also helps writers and recorders of life histories shape their personal stories in engaging and interesting ways. "Our recorded reflections—whether published, videotaped, recorded, or simply jotted down in notes for one's own perusal—provide the basis for living and sharing stronger, wiser, more resilient lives," notes the author. "There is tremendous power and hope in realizing that life is a journey in a world without maps, and that we are never finished with our changes."

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