



# **The Gift of Stories: Practical and Spiritual Applications of Autobiography, Life Stories, and Personal Mythmaking**

*Robert Atkinson*

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The stories we tell about ourselves are guided by cultural patterns and enduring elements. The current interest in mythology has made evident how the classic hero's journey represents a theme not only common to all the world's myths, but also our own lives today. The Gift of Stories offers a clear concise basis for understanding the nature and potential of sharing our stories. It provides specific, practical, instructional details for telling our own stories and gives the necessary guidelines for assisting others in telling their life stories. Its basic framework enables individuals with little experience to begin writing about the really important aspects of their lives and understanding how and why the universal elements of the stories we tell contribute to our continuing growth.

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