



Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life

Kim Schneiderman

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REFRAME YOUR STORY, RECLAIM YOUR LIFE

Every day we relate stories about our highs and lows, relationships and jobs, heartaches and joys. But do we ever consider the choices we make about how to tell our story? In this groundbreaking book, Kim Schneiderman shows us that by choosing a version that values life lessons and meaningful personal victories we can redirect our energy and narrative toward our desires and goals. It presents character development workouts and life-affirming, liberating exercises for retelling our stories to find redemptive silver linings and reshape our lives.

As both a therapist and a writer, Schneiderman knows the power of story. By employing the storytelling techniques she offers, you'll learn to view your life as a work in progress and understand big-picture story lines in ways that allow you to easily steer your actions and relationships toward redefined — and realistic — “happy endings.”

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