

Suggestions for further reading

I found the following titles both helpful and inspirational.

Writing craft

The Art of Memoir - Mary Karr

Big Magic: Creative Living Beyond Fear - Elizabeth Gilbert (better than her Eat Pray, Love memoir, in my opinion!)

Find Your Story, Write Your Memoir - Lynn C Miller

Inventing the Truth: The Art and Craft of Memoir - Alfred Kazin

On Writing - Stephen King (yes, that Stephen King)

Show Don't Tell: A Writer's Guide - William Noble

Stein on Writing - Sol Stein

Memoir

Also called family history, creative non-fiction, literary non-fiction, true story, real life accounts and narrative non-fiction.

There's more than one way of approaching your past, as these examples show.

A Book of Untruths - Miranda Doyle

Fierce Attachments - Vivian Gornick

Giving up the Ghost - Hilary Mantel

The Glass Castle - Jeanette Wallis

I am, I am, I am: Seventeen Brushes with Death - Maggie O'Farrell

The Liars' Club - Mary Karr

The Life of Stuff: A memoir about the stuff we leave behind – Susannah Walker

The Year of Magical Thinking – Joan Didion

Lowborn - Kerry Hudson

Keep reading and keep writing!

Ruth Badley is the author of [Where are the grown-ups?](#) (published by Inglebooks, paperback £7.99, £4.50 kindle).