

**The Four Noble Truths of Buddha, and the 8-fold plan he spelled out for applying them are famous and much written about.**

**Author Gail Sher developed her own Four Noble Truths of Writing as shown below.** *One continuous mistake: Four noble truths for writers* Random House

- 1. Writers write.**
- 2. Writing is a process.**
- 3. You don't know what your writing will be until the end of that process.**
- 4. If writing is your practice, the only way to fail is not to write.**

**I have therefore devised my truths for memoirists based on both these approaches.**

**The Four Noble truths of memoir writing by L McLoughlin**

- 1. My story is unique but universal and worth telling.**
- 2. I can't be sure of where it will take me and it may not be comfortable and may sometimes be sad.**

- 3. I can't write everything. Selection is essential.**
- 4. I can only fail if I don't give it a try and get started.**

**MEMOIR RULES: The 8-fold plan by L McLoughlin**

- 1. Do it/have a go/ be brave.**
- 2. It doesn't have to win the Nobel Prize for Literature.**
- 3. Don't try to record every place, event, thing, conversation or person.**
- 4. Make up details but don't lie.**
- 5. Bring it alive by including the five senses.**
- 6. Respect others.**
- 7. Know that others will disagree with your version.**
- 8. Lighten up...it is a fun to recall and relive parts of your unique journey.**