

Lessons of a Lifetime

Authentic Stories. Shared wisdom. Lives worth remembering.



I am interviewing older adults about their lives and preserving their stories in a book.

The Invitation

Everyone has a story that can teach, encourage, or surprise someone younger.

- Share one memory, one life lesson, or the story of a turning point.
- Meet with Susie in person for a relaxed conversation; remote exceptions are available for out-of-state participants.
- Help preserve wisdom that might otherwise never be written down.

Why It Matters

Stories help younger people understand history through real lives, not just textbooks.

- Honors the experiences, choices, challenges, and joys of older adults.
- Creates a bridge between generations through listening.
- Gives families and communities a meaningful keepsake.
- Connects with Susie's love of history, medicine, memory, and people.

You Stay in Control

The goal is to make each person feel respected, comfortable, and proud of what is shared.

- Skip any question or topic.
- Share as much or as little as you want.
- Choose whether your story stays anonymous.
- Use a first name only if preferred.
- Review the written story before it is included.
- Nothing is published without permission.

About the Book

Lessons of a Lifetime will bring together personal interviews in a book expected to span more than 200 pages. Using open-ended questions, I invite each participant to talk about the experiences, people, turning points, and lessons that shaped their life. Some stories may be funny, some serious, some simple, and some deeply personal.

Interested in sharing a story?
Contact Susie: susie@lessonsofalifetime.org