

“Without Your Right Arm”

-50 stories of strength and hope.

Motivate 4 Success

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Thank you for taking the time to learn about our project and determine if participation is right for you. Our book is meant to be an inspiration for not only for the survivors, but for the friends and families searching for ways to be supportive and understanding.

Purpose

1. To develop a resource for individuals who have lost a loved one of many decades.
2. To offer the survivor real stories that share the experience, strength and hope of others who have been down this path.
3. To provide solutions and ideas to help cross this bridge of uncertainty, knowing that others have found joy.

Qualifications

Age – Your minimum age 70.

Life Partner – Individual that you have lived with in excess of 30 years.

- The definition of living with is not exclusive to traditional marriage vows.
- Your relationship must have been based in mutual love, and respect.
- Your dynamics must be of partners, friends, confidants – not parent/child

Participation and submission does not guarantee inclusion. Please see the authors' contract for details regarding those submissions which will be included. All stories that are not included will be returned to the best of our ability. M4s will keep a copy, however, for future projects. We will contact you directly should your submission be considered for such projects.

Final editing is at the discretion of M4s, and those empowered by the company. Authors have the right to refuse editors decisions and at that time may discontinue with the Anthology. Every attempt will be made in good faith to retain the “voice” of the author, and to include the author’s vision.

Possible Titles

Soul Mate – Experience strength and hope after losing your soul mate.

Without Your Right Arm -- 50 stories of strength and hope

Filling the Void – Starting over after the death of a long-term partner

30 Years of Secrets – when your best friend is gone.

About Us

Motivate 4 Success is a Recovery Coaching Company. Our focus is to help individuals to learn to live life on life’s terms. A division is Senior Recovery Coaching, where we support individuals developing a full and rewarding life. www.senior.motivate4success.com

Digital Form

If you would like the attached form digitally, please email or call (949)375-2676 cc@motivate4success.com.

Your soul mate understood you on a visceral level. Communication was without words; connection was from the soul. Secrets you shared, moments held forever in time. He/she was your friend, confidant, lover, antagonist, catalyst and so much more. When you lose your soul mate, your right arm, your life is forever changed. Nothing, absolutely nothing, will be the same. What advice would you give to help someone achieve peace, learn to live again, and enjoy life.

About You

Your real name	Your nickname/alias/pen name
Phone number	Email
Male or Female	Where are you from?
Ethnic Background	Race
Religion	AGE Year Born
Education	Profession
Military? Retired?	Branch
War	Theater
How long were you together?	Pet Name: What he/she called you?
How long you have been without him/her? Years What year?	Type of relationship- Married/friends/family/other
Where have you lived as a couple?	
If your story is selected for inclusion, how do you want to be identified?	
Example	Your Choice
First name, last Initial – “John P.”	
Nickname only – “Johnny”	
Pet name -- “CupCake”	
Your own title – “Mollie’s Pal”	

Description of how this person was a major part of your life

250 words or less – Give the reader an idea of his/her importance to your day to day existence. Focus on the breadth of the relationship, not only on the last few years of life.

Story Title:

- 1 – 10 years: How did you meet? Courtship, and early years? 7 year itch?
- Middle years: How did your relationship change? Relationship changes such as needs, wants desires, interests.
- Last 10 Years: How would you describe the last 10 years together. How were you closer? How were you more distant? What is the fondest memory from this period?
- As a couple did you have regular social engagements? Did you always go together, or did you have individual interests and friends?
- A quote from this person, something he/she is known to have said. Good bad or indifferent, this was his/her line.

After the Passing

Did you discover something that you did not know?
What did you learn about yourself?
What would you tell them about your life now?
How do you fill the void?
What did you find that you had taken for granted for all these years?
How did you find peace, joy, happiness?
How did you deal with the anger, resentment of his/her leaving?
How do you deal with anniversaries, birthdays, holidays, special days?

Certain things, places, smells, sounds trigger memories. What are they for you?

How do you deal with these memories?

What advice would you share?

What worked for you?

What inspired you to move forward with your life?

What was the decision process?

New relationships –

Has it been difficult to establish relationships as a single?

Have relationships with other couples become changed?

Do people recognize your independent personality?

How did you overcome the difficulties of social engagements as a single?

What would you title this book?