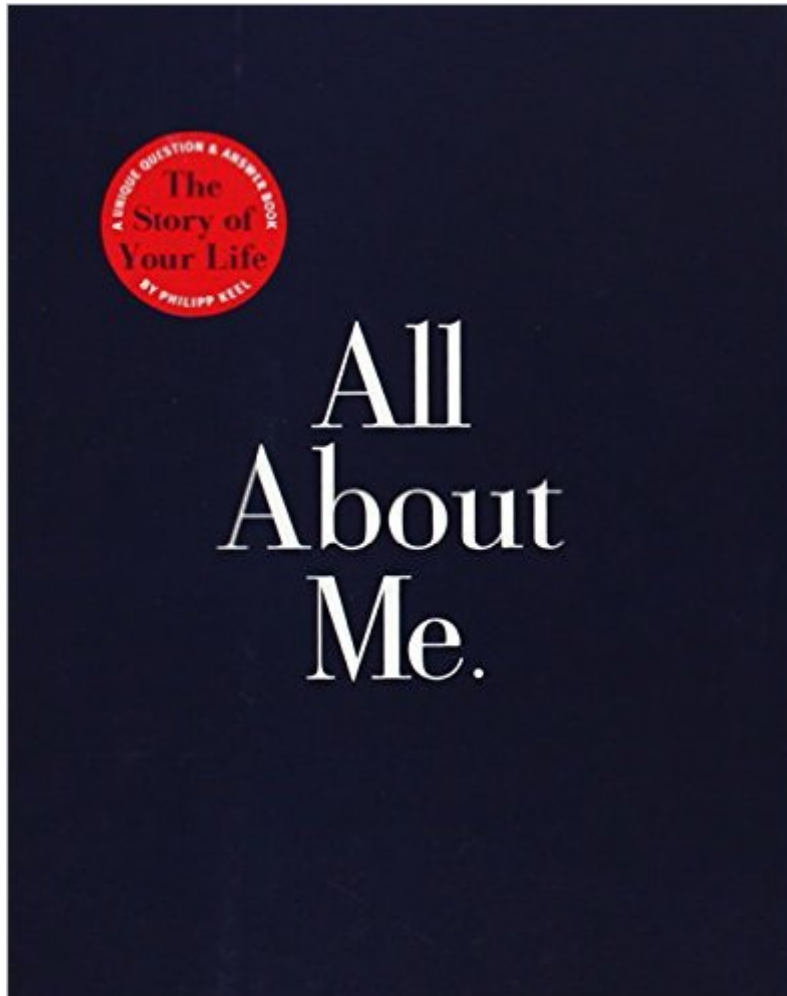




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All About Me: The Story Of Your Life



Synopsis

Now with new, updated layout and cover, Philipp Keel's timeless journal *All About Me* is an amazing tool for self-reflection and the perfect gift for you and your loved ones. Is there someone special you'd like to open up to? Do you want to know yourself better? Self-discovery and self-revelation aren't easy. With simple but provocative questions, *All About Me* spotlights everything your loved ones would be interested to know about you but never thought--or dared--to ask. Such as: Name a friend you should not have kissed. Describe a moment when you achieved absolute happiness. Recall a compliment that made you blush. Write about your most beautiful and your most horrifying memory of your parents. Does a naked photo of you exist? The wide-ranging questions--from short yes/no's to open-ended ones that probe your psyche--are personal, direct, and addictively fun to answer. The basic specs, including blood type and annual salary, are also covered. If you've ever wished that you or your loved ones had been born with an operating manual, your wish has been granted. Filled in or left blank, *All About Me* is a perfect gift for everyone you care about--friends, relatives, mentors, and lovers. An ideal gift for Valentine's Day, Mother's Day, Father's Day, graduations, birthdays, showers, and weddings, this unique book gives the best present of all: the gift of you.

Book Information

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Transformation

Customer Reviews

As you've probably heard before, an unexamined life... may be pretty darn boring. You can remedy that with *All About Me*, a journal filled with checklists and fill-in-the-blank questions divided into 25 categories, including sexuality, ego, wishes & dreams, opinions, emotions, memories, and choices.

What authors have affected you? Do you believe in God? What film can you watch over and over? Ever had sex on an airplane? Do you want to be buried or cremated? All About Me can serve as a fine tool for improving your self-knowledge; it's also been used by couples who want to get to know each other better, and would make great fodder for getting a party going (especially the question, "Does a photo of you naked exist?"). If you're interested in self-actualization or improving your relationships, you'll find the book fascinating, while anyone just looking for a fun way to spend a rainy day or make a long trip go by faster will be rewarded, too.

Is there someone special you'd like to open up to? Do you want to know yourself better?

Self-discovery and self-revelation aren't easy. With simple but provocative questions, All About Me is a great tool for self-reflection that spotlights everything your loved ones would be interested to know about you but never thought--or dared--to ask. Such as: Name a friend you should not have kissed. Describe a moment when you achieved absolute happiness. Recall a compliment that made you blush. Write about your most beautiful and your most horrifying memory of your parents. Does a naked photo of you exist? The wide-ranging questions--from short yes/no's to open-ended ones that probe your psyche--are personal, direct, and addictively fun to answer. The basic specs, including blood type and annual salary, are also covered. If you've ever wished that you or your loved ones had been born with an operating manual, your wish has been granted. Filled in or left blank, All About Me is a perfect gift for everyone you care about--friends, relatives, mentors, and lovers. Published just in time for Valentine's Day, but also ideal for Mother's Day, Father's Day, graduations, birthdays, showers, and weddings, this unique book gives the best present of all: the gift of you.

Fabulous prompts to get you to write about your true self and store it all in one place. Kids and grand kids will be happy to have all this knowledge about who you are, when the time comes that they don't have you anymore.

I bought 2 of these for Christmas one for me, the other for my husband. We are going to fill them out and pass them down to our future generations kinda like a time capsule idea. Looking through the book it gives a picture perfect idea to the reader of who you are, some questions are deeper than others... Pretty great gift in my eyes

I am enjoying filling out the questions

Got these as gifts for my parents so that I can learn more about them. Also got one for myself and must say that there are some seriously thought-provoking questions that make you think.

Great gift for friends. Lots of dialogue and conversations to be had with this little book. It's a keeper for sure.

Be honest and you can really get to know yourself. It's also a nice memento for family to have as a keepsake after you're gone.

I got a copy of this book in 2003 from a friend for my high school graduation. Since then I fill one out every 5 years to see how much I have changed. This is my third copy of this book and it's actually pretty fun to read through them. Once I finish filling it out, I tape it shut and I don't open it again until I finish filling out the next one so I am able to answer truthfully. I hope when I have kids, they will enjoy looking at these books, and then their kids will know about their grandma and so on.

Author Keel, does wonders with his thought-provoking questions about one's life. Basically, he asks of you, where no one else dares to go. What I really like about this book is that you can fill it out this year, and then re-answer the questions five years from now (or even a month later) and see how you have evolved. I use it for my personal temperature reading and I give it to close friends to truly get to know them better!

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