

### **Introduction to the SAGE Book Concept:**

Your contribution is to be inspirational, true and based on your life experience. It is how you dealt with a situation or advice you would give to someone based on a situation similar to your life experience. Be genuine and heartfelt, writing as if you were "chatting" with the reader. Your simple piece hopefully touches the soul and spirit, helping the reader to see a life stage from a new perspective.

The goal is for the reader to feel uplifted and motivated by way of your life wisdom. Write in the tone of friend-to-friend, so the reader will come back for more. Your story might bring laughter or tears, and the best stories will touch human emotions.

Your contribution can be prose or poetry. Include photographs if you think they will add value to the look and feel of the book. Be certain that you have permission to have them reprinted

### **Guidelines for what a SAGE contribution is:**

Tell a story about how you dealt with that particular stage in your life. Provide enough detail for the person to connect.

Tell your story and provide the "lesson learned" message (unless it's obviously self-explanatory): if I had it to do over again; what I gained from the experience; if I were asked what to do in a similar situation, etc. It is an anthology of wisdom, common sense and practical solutions you developed from decades of experience. Your story is not a lecture, sermon or essay -- nor is it a term paper or thesis.

### **Contributions specifics:**

- Send articles electronically as Word documents or in the body of an email.
- Submit prose of 500-2,500 words, poems of any length and photographs in jpg or tiff format.
- Identify which chapter(s) of the following where you feel the submission fits; if it does not seem to fit an existing chapter, please provide a suggested category for your story.

1. Teenagers & Young Adults
2. Cohabitors & Newlyweds
3. New Parents, Single Parents & Step-parents
4. Careers & Work-Life Balance
5. Parenting Teenagers & Adult Children
6. Mature Marriage & Empty Nesters
7. Transitioning to Retirement
8. Coping with Loss
9. Simply, Happy, Healthy Aging
10. Life Management Skills
11. Self-Discovery & Rites of Passage

- Submit only articles that have not been previously published -- unless done for small readership and current wording is revised for SAGE theme.
- Make submissions for as many chapters as you would like.
- Identify yourself as the author -- hence no anonymous submittals.
- Keep a copy for yourself