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*Contact:* Laura Hedgecock, [Laura@LauraHedgecock.com](mailto:Laura@LauraHedgecock.com) or visit [TreasureChestofMemories.com/laura-hedgecock-media-kit/](http://TreasureChestofMemories.com/laura-hedgecock-media-kit/) for book information, photo, and author bio.

**LUNENBURG COUNTY MEMORIES INSPIRE GUIDE TO TELLING  
AND SHARING MEMORIES AND STORIES**

*New Book shares Hazel Crymes' Passion for Connecting with Family through  
Shared Stories*

FARMINGTON HILLS, MI – 05/13/2014 – Laura Hedgecock, author of *Memories of Me: A Complete Guide to Telling and Sharing the Stories of Your Life*, says her new book was inspired by Lunenburg County's Hazel Crymes.

Hazel Crymes, the author's grandmother, wrote in secret throughout her life, recording memories, stories, and reflections in a spiral notebook that she called "My Treasure Chest of Memories." Mrs. Crymes stories span from her Lunenburg County childhood into her late seventies. Shortly before her death in 1983, Crymes passed down her legacy, a gift that continues to connect and ground three generations of her family some thirty years later. "It really is a treasure!" says Hedgecock.

Written in honor of Mrs. Crymes, *Memories of Me: A Complete Guide to Telling and Sharing the Stories of Your Life* taps into Hazel Crymes' passion for connecting with loved ones through memory narratives. "My grandmother didn't want her private reflections and stories made public," says author Laura Hedgecock. "What I *could* do was help others share their memories and stories to connect with their loved ones.

Whether it's a proud moment, memories of grandparents, or life lessons, *Memories of Me: A Complete Guide to Telling and Sharing the Stories of Your Life* helps readers put the episodes of the past onto paper share them with loved ones. The easy and comprehensive guide includes

- Simple, down to earth instructions
- In-depth brainstorming and writing exercises
- Plenty of examples to spark your creativity
- Writing advice to make memories shine

Available at [BooksAndThings](#), [TheMarketplace](#), and [Amazon](#) as of May 13, 2014. Contact Laura Hedgecock at 248-615-0745 for more information about Hazel Crymes and *Memories of Me*.

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Contact: phone: 248-615-0745 | email [Laura@LauraHedgecock.com](mailto:Laura@LauraHedgecock.com) | [TreasureChestofMemories.com](http://TreasureChestofMemories.com)