

Your monthly dose of memories from Memoir for Me!



# Free Therapy and Peanut Butter Tacos

## From the Blog: Try Writing Therapy in 2017

To all of you who have ever thought:

*I should write a book... someday.*

Make 2017 the year you finally set some of those words down on paper. You know the ones—the stories that come to you in the middle of the night when you can't sleep; the memories from childhood that pop into focus while shampooing your hair. Why do they keep coming up?



It's your subconscious trying to tell you something. You have past experiences to work though, to make sense of, or perhaps to recognize their impact on your current life.

[Read More](#)

For the delivery of all the forgotten lunches, all the rides to and from swim practice, music lessons or debate, and for the good company during Food Network binges and late night snacks, the girls know they are all lucky to have Suzanne as a mom.

"Sometimes we stay up late and eat things," said Erin. "I'm into barbecue chips or baked goods, and she's more of an ice cream girl."

One of her best friends from college, Tracy Meares, enjoys seeing Suzanne as a parent.

"She's a great mom. She's fierce and pursues what is best for her kids."

This same spirit has made Suzanne a solid friend through good times and bad.

"Suzanne is a very generous, loving, and loyal friend. She always has your back," said Tracy. "That's when you know who your friends are—who you can tell things to. She was one of the people who got me through."

Her sister, Barb Egan, said Suzanne also makes an amazing sibling.

"I admire her tenacity, stoicity, kindness and remarkable empathy towards other people," said Barb. "She tolerates me and all of my idiosyncrasies. She's a strong sister in so many ways."

Who else?




### Hard work will get you places.

Suzanne grew up in Norridge, Illinois, a northwestern suburb just outside of Chicago.

"When she was growing up, she didn't have much," said daughter Erin.

Suzanne experienced loss too early at the age of 16 with the death of her father. But through it all, Suzanne persevered. She went away to college and met friends that would remain with her through her whole life. Tracy Meares pledged Kappa Alpha Theta the same year as Suzanne at the University of Illinois.

"We lived in this thing called the 'Six Pack' and pledged the same sorority," said Tracy. "We both had the same in-kind connection, joining this sorority full of rich girls from the northern suburbs that wasn't our background. We hung out and talked, sharing dreams and growing up together."

## A book for 2017!

Any of these special dates coming up for a parent, spouse, friend or relative?

- Milestone birthdays
- Wedding anniversaries
- Retirement
- Graduation

Memoir for Me can create the gift they will never forget and the whole family will enjoy.

*We interview your loved ones. We write their story.  
You treasure it forever.*

## More Than Just Books! Only \$20!

Memoir for Me signature bangles in silver, gold, or rose gold make a perfect holiday gift for anyone—because everyone has a story!

Gold or silver plated, and adjustable to fit any wrist. Buy one or several and wear them stacked. It's the ultimate accessory with a story.

[Buy yours today in gold, rose gold or silver!](#)



### Featured Story: John Murtagh

John Murtagh always found times to make his kids laugh. Dinnertime with Dad was never dull.

*I told the kids, I'd put anything on a taco.*

On a dare, the kids then watched their father enjoy a taco... with peanut butter. And it didn't end there.

*When the kids were young, they wouldn't eat beets. So I told them, "The problem is, you gotta put mustard on them."*

The kids took his word to heart and agreed that beets with mustard was the only way to eat them.

*Patricia still to this date puts mustard on her beets!*

Whether eating peanut butter tacos or beets with mustard, John always made life fun. Other uniquely Murtagh traditions came out on birthdays, which included the requisite presents, cake, and candles, but also a talent show. Each family member had to perform a number for the birthday boy or girl.

A show was put on and the song "I've Been Working on the Railroad" always had to be a part of it... and "the letter." Everyone had to go down on the ground and write the person's name with their bodies.

### [Read More Stories](#)

---

*Happy new year and thanks for reading! See you next month. - Nora*

Memoir for Me | [nora@memoirforme.com](mailto:nora@memoirforme.com) | [memoirforme.com](http://memoirforme.com)

STAY CONNECTED:

