



MyStories

by  MyHeritage



rootstech

2 0 2 5

Presented by:



Janna Helshtein

DNA at Eye Level

jannamemory@gmail.com



Choose a Storyteller > Your details > Checkout

Who will be telling the stories?

I will
You are the storyteller and the weekly questions will be sent to you.

Someone else
Your loved one will receive MyStories as a gift. They'll get the weekly questions and the stories will be shared with you.

Next

Storyteller details

• Storyteller's name
First name Last name

• Storyteller's email

Send your gift on ☐ From

• Your message

A personal note

Decide who will be writing the book

Your details

• Number of copies
1 book (included in your purchase)

• Your name
Janna Helshtein

• Your email address
jannamemory@gmail

• Country

By clicking continue, you confirm that you accept our [Terms and Conditions](#) and [Privacy Policy](#).

TiP fill in your details

MyStories

Subscribe to MyStories service
\$99.00

MyStories service
One year of weekly story prompts and one hardcover full-color printed book. Shipped annually.

Subtotal \$99.00
Total due today \$99.00

complete purchase

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Or pay with card

Email jannamemory@gmail.com

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Securely save my information for 1-click checkout
Enter your phone number to create a Link account and pay faster on MyStories and everywhere Link is accepted.

150-234-5678 Optional

Subscribe

TiP Save the link to  MyStories to your Favorites for easy access.

TiP Decide on the type of book you want to write

TiP Write in DOCX or any other text platform then copy to  MyStories

TiP Use text to speech (google translate is free and easy to access).

TiP Change the topic, questions, or order according to your choice.

Pages of My Life: A Personal Memoir

Significant moments, emotions, lessons, childhood stories, relationships, hardships, triumphs, reflections on growth, identity, and life-changing experiences.

Letters to My Younger Self

Letters to past versions of oneself. Advice, regrets, and moments of self-discovery over the years. Encouraging wisdom for future generations reading the book.

Threads of My Life: A Memoir in Objects

Meaningful objects (e.g., a childhood toy, a piece of jewelry, an old book). the memories attached to each object and why they matter. Life's journey through personal artifacts.

Behind the Scenes of My Life

Behind-the-scenes look at the real emotions, struggles, and joys behind major life events. What people saw vs. what was happening. A look at life's turning points.

Snapshots of a Life Well Lived

A memoir told through photographs and the stories behind them. Childhood pictures, milestone events, and everyday moments that shaped a lifetime. Visuals and storytelling.

The Roads I've Traveled: A Journey Through Time

A memoir focused on places visited, homes lived in, and the impact of different locations. The lessons learned and experiences gained from each chapter of life, using maps, travel notes, and personal reflections on how places shaped identity.

"The Taste of Our Roots"

Ancestral recipes passed down through generations. Handwritten notes, family stories, and the history behind each dish. Photos of grandparents cooking.

"Sunday Dinners: A Legacy in Recipes"

Recipes centered around Sunday family gatherings or holiday meals. Memories of shared meals, and special notes from family members about their favorite dishes.

"Grandma's Kitchen Secrets"

A tribute to a grandmother's special dishes, using the exact techniques and ingredients she used, with stories of how she cooked and childhood memories in her kitchen

"Love, Laughter & Leftovers"

A family humor recipe book -meals that created fun memories. Cooking mistakes turned into traditions ("Mom's Famous Over-Spiced Soup").

"The Recipe Reunion"

Recipes from different family members—each with their signature dish. Messages from family members about their favorite recipe.

"Cooking with Love: The Recipe Book of a Lifetime"

Recipes from great-grandparents to grandchildren. Side-by-side versions: the original recipe and a modern adaptation. How the family's cooking style has changed over time.

"Celebration Recipes: The Food That Brought Us Together"

Birthday meals, weddings, baby showers, and anniversaries. Specific food that was only prepared for that specific occasion, add photos from past celebrations

memoirs



recipes



"Letters of Love: A Family's Heartfelt Messages"

Handwritten love letters and notes exchanged between grandparents, parents to children, or notes between siblings. Scanned/typed versions and the stories behind them.

"Love in the Little Things"

Small, everyday gestures of love within the family (dad making tea for Mom, a grandparent's bedtime stories, or a sibling saving the last piece of cake), photos of these everyday moments.

"Our Family Love Story"

Events in the family's history, weddings, births, major milestones, and moments that strengthened family bonds. •Personal anecdotes, reflections, and lessons learned about love.

"From Generation to Generation: Love That Never Fades"

How love has been passed down through different generations. Traditions, values, and sayings that reflect love. Advice from elders about building lasting relationships.

"Unbreakable Bonds"

Overcoming hardships through the power of love, moments when love helped mend relationships, brought family members closer or helped someone through grief.

"The Many Languages of Love in Our Family"

How different family members express love in their own ways (words, actions, gifts, quality time, or touch). Funny moments when love was misunderstood or unexpected acts of love.

"The Traditions That Shaped Us"

Family customs and rituals passed down through generations. The meaning behind holiday traditions, special meals, and cultural practices. •Personal stories of how traditions have evolved.

"Our Family's Timeless Sayings"

Family proverbs, wisdom, and funny expressions used across generations. The meaning behind each saying and the stories connected to them. Elders who were known for their signature advice.

"The Threads That Bind Us: A History of Family Crafts & Skills"

Documenting handmade crafts, sewing, woodworking, or traditional skills passed through generations. Tutorials on how to continue these skills, preserving family creativity. Anecdotes.

"Celebrating the Seasons: A Family's Year of Traditions"

Family traditions throughout the year, from New Year's customs to summer gatherings, fall harvests, and winter celebrations. Seasonal photographs combined with personal reflections.

"Echoes of the Past: Family Rituals & Superstitions"

Unique superstitions, folk beliefs, and rituals carried through generations. Their origins, how they were practiced, and the moments when they actually seemed to work!

"A Family Tree of Traditions"

Family tree, where each branch represents a different tradition, value, or cultural heritage. How each generation has contributed to the family's identity. Illustrations, handwritten notes, and interviews with family elders.



"The Unsung Heroes in Our Family"

Stories about family members who made sacrifices for their loved ones.

Personal tales of resilience, support, and quiet strength.

Stories about single parents, caregivers, teachers, and those who overcame hardships.

"Generations of Bravery: Heroes in Our Family Tree"

A genealogical book exploring ancestors who served in wars, fought for justice, or made a significant impact. Historical research with documents, photos, and letters from the past.

Stories of how these heroes shaped the family's values.

"The Legacy of Courage"

Acts of bravery from past generations influence the family today.

How families honor the memory of their heroes through traditions and storytelling.

A section for younger generations to reflect on what heroism means to them.

"Superheroes Without Capes"

Comparing real-life family members to famous superheroes.

Fun anecdotes like "Grandpa is like Batman because he always has a solution" or "Mom is like Wonder Woman because she does everything".

A mix of humor and heartfelt admiration for family heroes.



"Built to Last: The Legacy of Our Family Business"

A history of the family business, from its founding to present-day success.

Stories of challenges overcome and key moments that shaped its growth.

Insights from different generations on what kept the business thriving.

"Lessons from the Shop: What We Learned Running a Family Business"

A collection of business wisdom, personal experiences, and life lessons learned through running a family business. •Funny anecdotes of working with family members.

Advice for future generations on balancing family and business relationships.

"Secrets of a Successful Family Business"

Practical business strategies, values, and traditions that make family businesses thrive.

Case studies from different industries (restaurants, retail, crafts, etc.).

Insights from different family members on their roles and responsibilities.

"Behind the Counter: A Family Business Memoir"

A first-hand account of growing up in a family business.

Stories of working as a kid, dealing with customers, and watching the business evolve.

Reflections on how the experience shaped personal and professional life.



Additional Topics



toy story



victory



heirloom



immigration



holocaust



soundtrack



superstitions



road not taken

Options for images to add to stories



photos



documents



letters

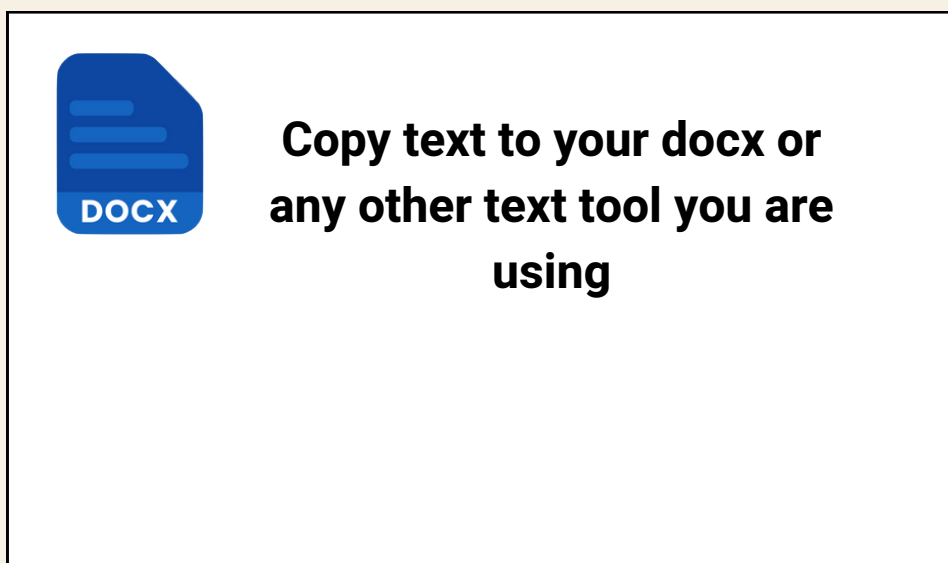
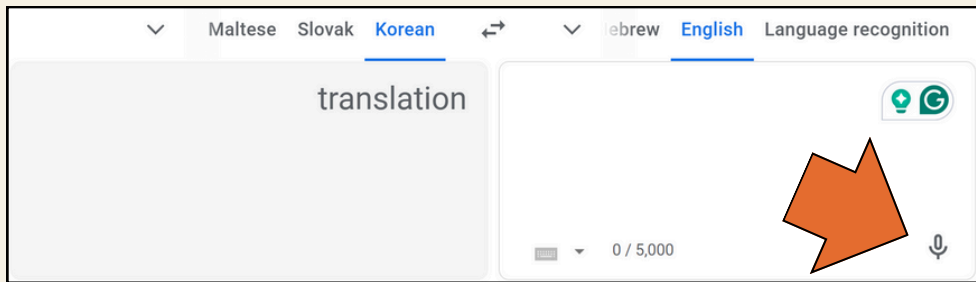
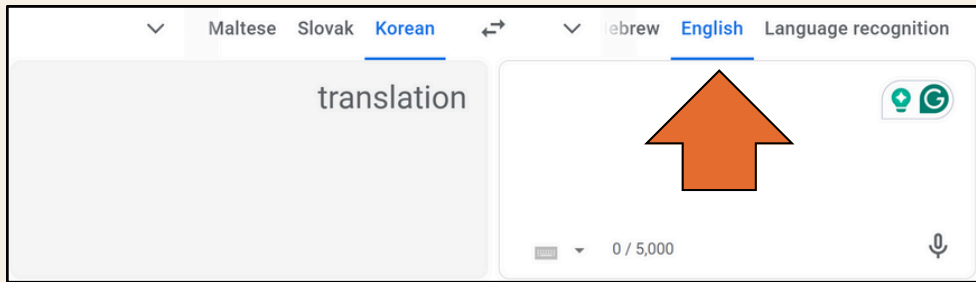


maps

and anything else you think can add life to your story

Text to speech

Translate Google



AI for help

These are just options, you can use any AI tool of your choice
click on the logo to get to site



ChatGPT



perplexity



Claude



ProWritingAid
Improve your writing

Gemini



Writesonic



Notion

copy.ai

Option for a prompt

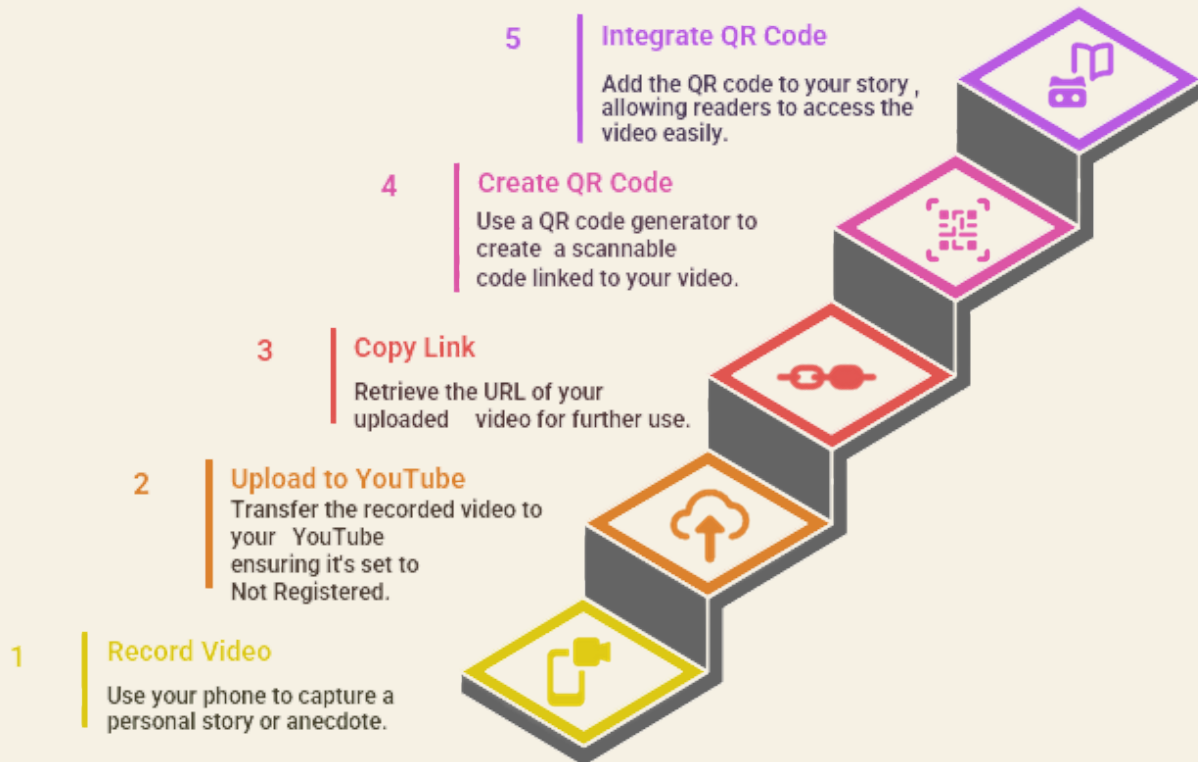
To improve language while preserving your voice

New chat in this project

I want you to treat my story as a professional writer and book editor. Please rewrite it with polished language, ensuring correct spelling, grammar, and flow while maintaining my unique voice and tone. Keep the authenticity of my storytelling, preserving my personality, rhythm, and natural way of expressing ideas. Enhance readability, clarity, and impact without losing the essence of how I tell the story. The goal is to refine and elevate my writing while making sure it still sounds like me.



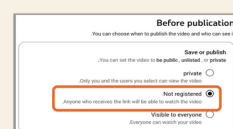
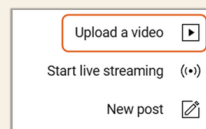
From video to QR on page



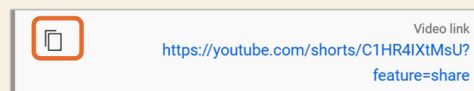
Record yourself on video



Upload to YouTube-



Copy link



Create QR code

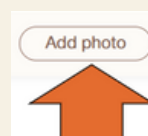


Bitly Links

Create new



Insert as photo into story



Have

Fun




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