Biography Work activates biographical resources to cope with, to mould and understand life. For respective professional contexts where TBW should be applied, appropriate methods and techniques, media, activities, settings have to be selected and combined. Learning from success and failure stories works individually (e.g. in counselling) and works very well in groups (e.g. in adult education). In this manual, the concepts of method, technique and approach are used very often. They are sometimes not easy to differentiate. Thus, it would help reader if they are clearly but shortly defined here before we further proceed. You shall notice that the concepts of method and technique are used interchangeably in the manual and both are used to refer to each of the tools and ways in the process of conducting TBW, such as narration, psychodrama, imaginary journeys, drawing, biographical writing etc. Yet, the concept of method is also applied in a broader sense to mean an overall orderly plan, process and procedures of conducting a whole TBW study, not just one of the techniques used in this handbook, such as narration or drawing, used in a TBW course. In other words, method refers to the manner or and planned process in which a work is carried out or done. In this sense, the word is also used as methodology in its longer version.