

A CRASH COURSE IN FAMILY LIFE



www.theschooloflife.com

Fast Forward Fulfilment

Don't we all just want to be happy and fulfilled? We are often far too busy to have a life, let alone great family relations. Everyday family life is often reduced to pure logistics of who is doing what and when. Moving to the countryside to find the 'good life' is a solution for some. Others search for the philosophers stone in the jungle of new age therapy where self-help literature and fast forward spirituality lure us into believing that we can "Change our life in 7 days" or "Live Happily Ever After". However you can't run away from yourself and many end up feeling more confused than informed when pursuing the road to enlightenment.

The Mum Song

Recently a [UK family survey](#) claimed that 50% of families argue every day and more than 33% of parents spend a full hour shouting a day. However, 69% of teenagers in the survey said their family are still the most important people in their lives and 98% of teenagers love their parents. Family life is a real challenge nowadays and in my career as a single mum I have learned a lesson or two. I can't tell you how often I felt like the mother on Youtube in [The Mum Song](#). What a relief to discover that I'm not mad. I guess there is hope for everyone of us after all.

Family life crash-courses

I am not really hugely unhappy about anything - life is very good. After abandoning being a singleton I am to be married for the second time. Currently I am also contemplating how fantastic it would be if you could sign up for a crash-course in: "How to not ever mess up again" Impossible I know! **My secret fantasy:** I book an appointment, we chitchat, map out my future dream scenario and presto: I have t my personal 'no-bs' A-Z guide on: "*How to kick-start the ultimate family life in the 21st century*", accompanied by a complete 28 days starter box with all you need to stay on track – just like the Detox kit from the health stores

The School of life

My dream has come true: I have just discovered the [School of life](#) in London "*Ideas to live by*". The School of life offers courses about the big issues in life: *love, work, family, politics, leisure* and even on *how to eat together*. Their [blog](#) talks about *culture therapy* as a way to explore and think through everyday concerns. It may not offer a quick fix, but at least it explores alternative routes to live happier lives... and guess what? All their courses are booked out until 2009. I too have the family Christmas present sorted for this year: "The School of life 'starter-kit' box" with course gift vouchers for everyone.