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The couples workbook school of life

The School of Life is a global force that helps people live more meaningful lives through its books, gifts, and stationery. By offering insightful content, community support, and conversation tools, they aim to encourage self-awareness, foster healthy relationships, and promote personal growth. With a strong online presence, stores worldwide, and welcoming spaces for classes, events, and therapy sessions, The School of Life is a rapidly expanding global brand with millions of social media followers. Its publishing arm, the School of Life Press, brings together innovative ideas and expert thinking under the guidance of Alain de Botton. Their books share a unique voice that offers guidance on finding calm, building fulfilling relationships, and navigating life's challenges. The publication highlights an intriguing question: how do other people navigate love and relationships? This curiosity stems from our own struggles in our romantic lives. Most of us have a small group of friends or acquaintances who serve as our internal benchmarks for what we consider "normal" in relationships. We often notice their kindness, respect, and affection towards each other during social interactions. However, we also realize that these observations come with a crucial caveat: we're only seeing the polished exterior of their relationships, not the unedited reality. This disparity creates an unfair comparison, as we have full access to our own relationship's inner workings - both its joys and its struggles. We can't help but feel like our love lives are uniquely challenging compared to others. In times of turmoil, we often accuse our partners of being more burdened than necessary: "No one else has to deal with this." To be fairer to ourselves and our loved ones, it's essential to acknowledge the vast unknowns in other people's relationships. We simply don't know what goes on behind closed doors or within the private moments of others. By recognizing this ignorance, we can create space for a more balanced understanding of our own love stories and those of others. We don't have a comprehensive understanding of love. We need to grasp the true nature of relationships and the difficulties that come with them. The reality is that most people experience misery or longing in their relationships, which is often overlooked by public sources. It's not because we're flawed individuals but because relationships themselves are inherently challenging projects. Our lack of accurate representations in media contributes to this issue. We need tenderly accurate depictions in films and novels that reflect the complexity of love and relationships. Most people experience ambivalence in their relationships, a mix of love and hatred, contentment and confinement. Loves can be too good but also too compromised, leaving us with moments of joy bleeding into stretches of melancholy. If we could see the reality of most relationships, we might conclude that our own is normal and good enough. To help couples better understand their relationships, we've conducted a wide survey of complaints from The School of Life community... Sign up for inspiration, plus 10% off your first shop order.

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