

Months on
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#1
BEST
SELLER

LIFE 101

Everything We Wish We
Had Learned About Life
In School - But Didn't

John-Roger &
Peter McWilliams

AMAZING!

"The title jolly well
says it all" - L.A. Times

FINAL MAP

LIFE 101

Everything We Wish We Had
Learned About Life In School
-But Didn't



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1-800-LIFE-101

PRELUDE:

What If?

What if life were perfect?

What if you lived in a perfect world of perfect people and perfect possessions, with everyone and everything doing the perfect thing at the perfect time?

What if you had everything you wanted, and only what you wanted, exactly as you wanted, precisely when you wanted it?

What if, after luxuriating in this perfect world for the perfect length of time, you started feeling uneasy about the predictability of perfection?

What if, after a perfect length of additional time, you began thinking, "There seems to be a lack of risk, adventure and fun in perfection. 'Having it my way' all the time is starting to get dull."

What if, after yet another perfect length of time, you decided, "Perfection is a perfect bore."

What if, at that point in your perfect world, you noticed for the first time a button marked, "Surprise."

What if you walked over, considered all that might be contained in the concept of "surprise," decided, "Anything's better than perfect boredom," took a deep breath, pushed the button...

...and found yourself where you are right now—
feeling what you're feeling now, thinking what you're
thinking now, with everything in your life precisely the
way it is now—reading this book.

The essence of our effort to see that every child has a chance must be to assure each an equal opportunity, not to become equal, but to become different—to realize whatever unique potential of body, mind and spirit he or she possesses.

JOHN FISCHER

*At college age, you can tell
who is best at taking tests
and going to school,
but you can't tell who
the best people are.
That worries the hell
out of me.*

BARNABY C. KEENEY

*This book is dedicated
to all who are living life.*

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LIFE 101

**Everything We Wish We Had
Learned About Life In School
-But Didn't**

*Only the curious
will learn and
only the resolute overcome
the obstacles to learning.
The quest quotient has
always excited me more
than the intelligence
quotient.*

EUGENE S. WILSON

PART ONE

INTRODUCTION TO LIFE

Welcome to life.

We call this book *LIFE 101* because it contains all the things we wish we had learned about life in school but, for the most part, did not.

After twelve (or more) years of schooling, we know how to figure the square root of an isosceles triangle (invaluable in daily life), but we might not know how to forgive ourselves and others (and the value of that).

We know what direction migrating birds fly in autumn, but we're not sure which way we want to go.

We have dissected a frog, but perhaps have never explored the dynamics of human relationships.

We know who wrote, "To be or not to be, that is the question," but we don't know the answer.

We know what pi is, but we're not sure who we are.

We may know how to diagram a sentence, but we may not know how to love ourselves.

That our educational system is not designed to teach us the "secrets of life" is no secret. In school, we learn how to do everything—except how to live.

Maybe that's the way it should be. Unraveling life's "mysteries" and discovering life's "secrets" (which are, in fact, neither mysterious nor secretive) may take the courage and determination found only in a self-motivated pursuit.

Fred Sanford: *Didn't you
learn anything being my son?
Who do you think I'm
doing this all for?*

Lamont Sanford: *Yourself.*

Fred: *Yeah, you
learned something.*

Since you've picked up a book with the title *LIFE 101*, it seems safe to assume that you have at least a passing interest in the subject of life. You probably already know there's more to life than reading, 'riting and 'rithmetic.

We're glad you learned reading, of course, or you wouldn't be able to read this book. We're also glad we learned 'riting (such as it is). And 'rithmetic? Well, as Mae West once said, "One and one is two, two and two are four, and five will get you ten if you know how to work it."

That's what this book is about: knowing how to work it, and having fun along the way.

If it's not fun, we're not interested.

Although a lot can be learned from adversity, most of the same lessons can be learned through laughter and joy. If you're anything like us, you've probably had more than enough adversity. (Most people, once they graduate from the School of Hard Knocks, automatically enroll in the University of Adversity.)

We are *sincere* about life, but we're not *serious* about it. If you're looking for serious, pedantic, didactic instruction, you will not find it here. We will—with a light heart—present hundreds of techniques and suggestions, and for each of them we make the same suggestion:

Give it a try.

If it works for you, fine—use it; it's yours. If it doesn't work for you, let it go and move onto something that does.

Not everything in *LIFE 101* will be for you. We're laying out a smorgasbord. The ~~carrot-raisin~~ salad you pass up may be the very thing another person craves, and the caviar you're making a beeline for might be just so much salty black stuff to the carrot-salad lover.

If we say something you find not "true," please don't discount everything else in the book. It may be "true" for someone else. That same someone else might say, "What nonsense," over something, while you knowingly mutter, "How true." It's a large world, and life has many truths. Take what you can use and leave the rest.