



Life and How to Survive It: An Entertaining and Mind-Stretching Search for What Really Matters in Life

A. C. Robin Skynner, John Cleese

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“If all pop psychology–self-help books were as sprightly and insightful as this, they would corner the market. Psychiatrist Skynner and humorist Cleese of Monty Python fame . . . expand the idea of the healthy individual raised in a healthy family becoming a contributor to a healthy society. Particularly relevant is their astute analysis of our society’s attitudes toward directness, money, celebrity, and winning. The authors go on to discuss values, religion, death, and change, all with an ingratiating lack of dogmatism.” —*Publishers Weekly*

What makes people tick? What about families, organizations such as schools and businesses, or societies? By understanding them, can we make them tick better? Where does religion fit in? In this entertaining book, England's odd couple—psychiatrist-scholar Robin Skynner and comic John Cleese—answer these provocative questions and others, as they embark on a fascinating, mind-stretching search for what really matters in life. Cartoons throughout. Media publicity.

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