

The perfect book for stressed out families



Vera Schroeder
Small Escapes – Large Joy

[Kleine Fluchten – großes Glück]
20 unusual ideas for a relaxed family life

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Vera Schroeder studied politics, sociology, and communication. She attended the German School of Journalism, after which she worked for *Neon* and *Nido* for many years, and then as editor-in-chief of both magazines. She has been with the *Süddeutsche Zeitung* since 2014, where she developed the magazine *Süddeutsche Zeitung Familie* and managed the children and family sections of the SZ. In addition to being a journalist, she is training as a systemic consultant.

Life could be so lovely – if it weren't for everyday life. And if you have a family, you might often feel the burden of everyday life to be particularly heavy. To start off into the day light heartedly without constantly watching the clock is next to impossible. Everyone is stuck on this hamster wheel – so it's truly about time we changed our perspective!

In *Small Escapes – Large Joy*, journalist Vera Schroeder shows us the way out in miniature format: How to rediscover one's own personal family happiness during the day-to-day insanity, how to allow chaos and surrender control, and how to sharpen focus while letting one's gaze wander. We don't have to entirely shake up our lives to make them simple and enjoyable once again. Above all, we need to find out what makes us stronger as a family – and into a winning team.

- Urban and funny