

Absolutely Smashing It When Fml Means Family

In today's world, where challenges and obstacles often arise, finding solace and support within a loving family can truly be a game-changer. Sometimes, challenges may seem overwhelming, and that is when FML (Family Means Love) becomes even more significant. In this article, we will explore how families can overcome any obstacle and achieve greatness together, ultimately smashing through any barriers that come their way.

The Power of Family

Family is the cornerstone of our lives. It provides us with unconditional love, support, and a sense of belonging. When FML (Family Means Love), it means having a tight-knit unit that stands together through thick and thin. It's about understanding that every family member has a role to play, and working towards a common goal.

Research has shown that strong family bonds are linked to increased happiness and well-being. When facing challenges, having a supportive family by your side can provide strength and motivation to overcome any adversity.



Absolutely Smashing It: When #fml means family

by Kathryn Wallace (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

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Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 320 pages



Nurturing Resilience

FML means developing strong resilience as a family unit. Resilience is the ability to bounce back from setbacks, adapt to new circumstances, and keep pushing forward. It involves embracing challenges as opportunities for growth rather than obstacles that hold us back.

Resilience can be nurtured through open and honest communication within the family. Encouraging children to express their emotions, teaching problem-solving skills, and fostering a growth mindset can enhance resilience in family members of all ages.

Building Strong Bonds

FML means building strong bonds that stand the test of time. Spending quality time together as a family is crucial for fostering these bonds. Engaging in activities that bring joy and laughter, such as family game nights, outdoor adventures, or shared hobbies, can create lifelong memories and strengthen relationships.

Additionally, creating traditions and rituals within the family can deepen connections. These rituals can be as simple as a weekly family meal, holiday traditions, or special celebrations for achievements. Such rituals provide a sense of stability, security, and belonging, ensuring that "FML" is not just a phrase but a way of life.

Supporting Each Other's Dreams

A key aspect of FML is supporting and encouraging each other's dreams. When family members feel supported, it unleashes their potential, empowering them to chase their aspirations fearlessly.

Creating an environment where dreams are nurtured requires open communication, trust, and respect. Listening to each other's ideas, offering constructive feedback, and celebrating achievements together cultivates a collective sense of pride and accomplishment.

Overcoming Challenges Together

Life throws numerous challenges our way, but when FML is the driving force, no obstacle is too big to overcome. By fostering a mindset that embraces challenges as opportunities for growth, families can tackle setbacks head-on.

Resilience, discussed earlier, plays a crucial role in overcoming challenges. It's important to remember that setbacks are an integral part of life, and facing them together strengthens the family bond. By supporting each other emotionally, brainstorming solutions, and encouraging perseverance, families can emerge victorious from any situation.

Achieving Greatness Together

The beauty of FML lies in the fact that it enables families to achieve greatness together. When every family member feels loved, supported, and empowered, magic happens.

As a family, setting common goals and working towards them becomes a shared adventure. Whether it's educational milestones, career accomplishments, or personal growth, the journey becomes much more fulfilling when everyone is on board.

Furthermore, the impact of the achievements is magnified when family members can celebrate and share in each other's success. When FML drives the family, there are no limits to what can be accomplished together.

In a world where challenges are inevitable, FML (Family Means Love) provides the necessary foundation for smashing through barriers and achieving greatness together. By nurturing resilience, building strong bonds, supporting each other's dreams, overcoming challenges together, and cherishing shared accomplishments, families can truly be unstoppable.

So let us embrace the power of FML and ensure that our families remain our greatest source of love, support, and inspiration.



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Unmissable, hilarious and kind, this is the first novel from Kathryn Wallace, who blogs as I Know, I Need to Stop Talking

"SAM! AVA! Get downstairs, NOW. Have you done your TEETH? HAIR? SHOES? Come on, come on, come on, we're going to be bastarding late again. No, I haven't seen Lego Optimus Prime, and nor do I give a shit about his

whereabouts. Sam, will you stop winding your sister up and take this model of the Shard that I painstakingly sat up and created for you last night so that I wouldn't be in trouble with your teacher. I mean, so that you wouldn't be in trouble with your teacher. No, it doesn't smell of 'dirty wine'. Well, maybe it does a little bit. Look, Sam, I haven't got time to argue. Just hold your nose and get in the car, okay? AVA! TEETH! HAIR! SHOES!"

Gemma is only just holding it together - she's a single parent, she's turning 40 and her seven-year-old daughter has drawn a cruelly accurate picture which locates Gemma's boobs somewhere around her knees. So when her new next-door neighbour, Becky, suggests that Gemma should start dating again, it takes a lot of self-control not to laugh in her face.

But Becky is very persuasive and before long Gemma finds herself juggling a full-time job, the increasingly insane demands of the school mums' Facebook group and the tricky etiquette of a new dating world. Not only that, but Gemma has to manage her attraction to her daughter's teacher, Tom, who has swapped his life in the City for teaching thirty six to seven year olds spelling, grammar, basic fractions - and why it's not ok to call your classmate a stinky poo-bum...

It's going to be a long year - and one in which Gemma and Becky will learn a really crucial lesson: that in the end, being a good parent is just about being good enough.

Readers love this hilarious, fast paced slice of family life:

***** Utterly hysterical - NetGalley Reader

***** Brilliant... Funny, touching and modern... just amazing - NetGalley Reader

***** I have been a mum at the school gates and the observations in this book are spot on. I shall be recommending it to all the school mums I know - NetGalley Reader

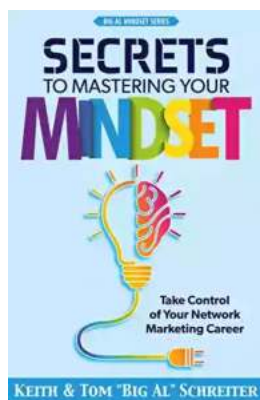
**** A perfect read to snort with laughter over whilst lying in a bath with a glass of bubbles (if you can get the kids to stay out of the bathroom for long enough)! - NetGalley Reader

**** Kathryn Wallace has Absolutely Smashed It with this novel. I loved it and couldn't put it down... had me properly laughing out loud several times - NetGalley Reader

**** This will make you giggle about life as a parent where we are all spinning plates of different sizes and at different speeds. I would recommend wholeheartedly to fellow friends who are also spinning their own plates! - NetGalley Reader

***** A hilariously, honest, open, recognisable and highly relatable story - NetGalley Reader

***** A light hearted but honest look at mummies, yummy mummies and can't quite manage everything mummies - NetGalley Reader



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