

The School
of Life Press
2024-25

THESCHOOLOFLIFE.COM

The School of Life is a global organization helping people lead more fulfilled lives. It is a resource for helping us understand ourselves, for improving our relationships, our careers and our social lives — as well as for helping us find calm and get more out of our leisure hours. We do this through films, workshops, books, apps, gifts and community.

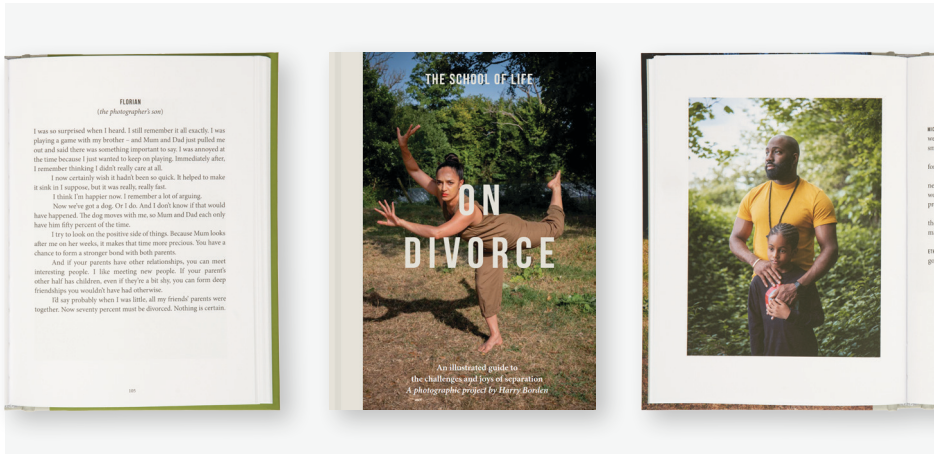
We are a rapidly growing global brand, with over 8.5 million YouTube subscribers. You can find us online, in stores and in welcoming spaces around the globe.

The School of Life Press brings together the thinking and ideas of The School of Life creative team under the direction of series editor, Alain de Botton. Our books share a coherent, curated message that speaks with one voice: calm, reassuring and sane. Our titles have been translated into 14 languages to date.

FRONTLIST

On Divorce

An illustrated guide to the challenges and joys of separation



An intimate photographic study on the subject of divorce by Harry Borden and The School of Life.

On Divorce is the debut title in a new portrait photography series by The School of Life.

The photographs and accompanying texts were captured and recorded over two-years by the globally acclaimed photographer Harry Borden (himself divorced).

The images are a mirror that can help to correct some of what we think we know of divorce and pull us in a different direction: towards compassion, identification, curiosity, self-reflection and empathy.

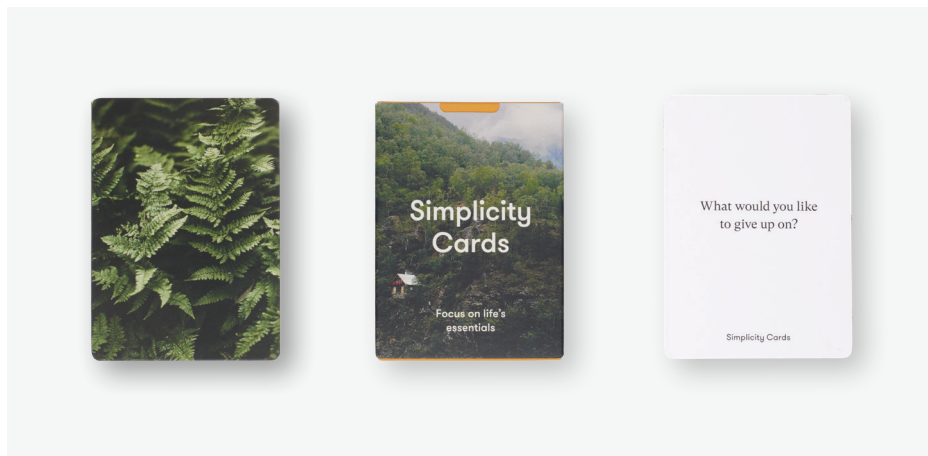
The book also features an introduction by The School of Life and “Questions for Self-Exploration” for the reader.

- The debut title in a new portrait photography series.
- With empathy and compassion, *On Divorce* encourages us to re-evaluate our understanding of divorce through compelling images and interviews.
- Produced in collaboration with celebrated photographer Harry Borden. Previous publications include *Single Dad* (2021) and *Survivor: A Portrait of the Survivors of the Holocaust* (2017).
- Beautifully produced gift edition perfect for display.

January 2024
 Hardback
 7.76 × 5.71 inches
 144 pp
 ISBN 9781915087393
 RRP \$24.99

Simplicity Cards

Focus on life's essentials



52 cards for greater serenity, ease and clarity.

In an overcomplicated world, what many of us crave deep down is greater simplicity: less clutter, fewer commitments, less static and chaos.

This ingenious set of cards asks us a range of deceptively simple questions – which we can answer by ourselves or with friends – that focus our minds on what really counts. They give us confidence to assess what we might give up on and where our true focus should lie.

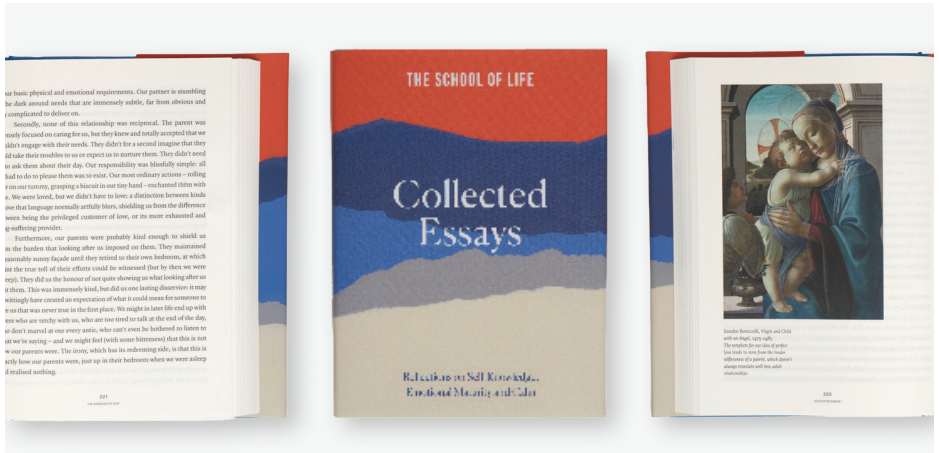
They ask us to look at our careers, our relationships, our family lives, and our ambitions more broadly. In a few easy steps, the cards help us prioritize and sift – and, with gentle humor, guide us to the simpler lives we long for and deserve.

- These cards are designed to be used either on your own or with a group of friends. You might use them as journal prompts or as topics to chat about over (a simple) drink or dinner.
- The emphasis is repeatedly on discovering what can be given up without too much loss – once we learn what is necessary to our flourishing. The principle is: the more we know what we really need, the less we are going to badly want; the more we understand ourselves, the less we will crave without focus.
- A companion to the best-selling book *A Simpler Life*.

March 2024
 Card Set
 3.58 × 2.64 inches
 52 pp
 ISBN 9781915087966
 RRP \$20.00

The School of Life: Collected Essays

An illustrated guide to the challenges and joys of separation



A 15th anniversary collection of The School of Life's most popular and essential essays on self-knowledge, relationships, work and culture.

The School of Life is an organization with a focused mission at its heart: to help foster calm, self-understanding and greater emotional maturity.

Over 15 years, we have produced landmark essays on key topics, now gathered together for the first time. Among these, we find: *On Confidence*, *Self-Knowledge* and *Why You Will Marry the Wrong Person*.

In elegant and always clear prose, the essays take us on a tour around the central topics of emotional life, leaving us enlightened, calmer and readier to greet our inevitable challenges.

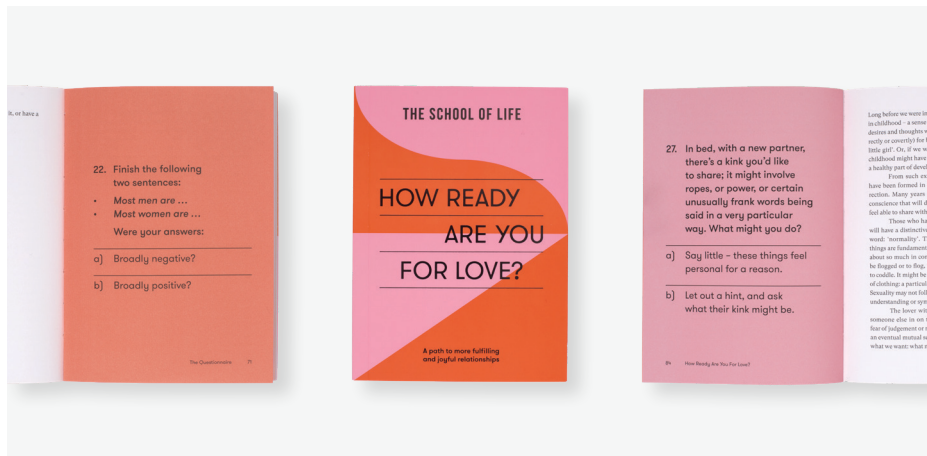
The book amounts to nothing less than a concise compendium of some of the wisest things we'll ever need to know.

- A beautifully produced gift edition of 10 of our most popular and essential essays, published in celebration of The School of Life's 15th anniversary.
- New introduction to this special edition from The School of Life.

April 2024
 Hardback
 7.76 × 5.71 inches
 480 pp
 ISBN 9781915087102
 RRP \$34.99

How Ready Are You For Love

A path to more fulfilling and joyful relationships



A guided questionnaire to help understand ourselves and our romantic relationships more clearly.

Most questionnaires are just a bit of fun, but this one sets out to be both entertaining and useful. It offers us nothing less than a guide to the comforting and supportive relationships we long for.

With online apps taking over the dating game, it has never been more crucial to know the rules. Through a series of pertinent questions, it reveals our distinctive style of loving, what our strengths and weaknesses are with partners, and how we might secure genuine fulfilment.

As we work through the questionnaire and its accompanying essays, we discover the many reasons why relationships go wrong, and how they might do so less often in the future. The book considers the role of self-hatred, the influence of childhood, the importance of vulnerability, the appeal of unavailable people, and the best ways to overcome patterns of self-doubt and unhealthy attachment.

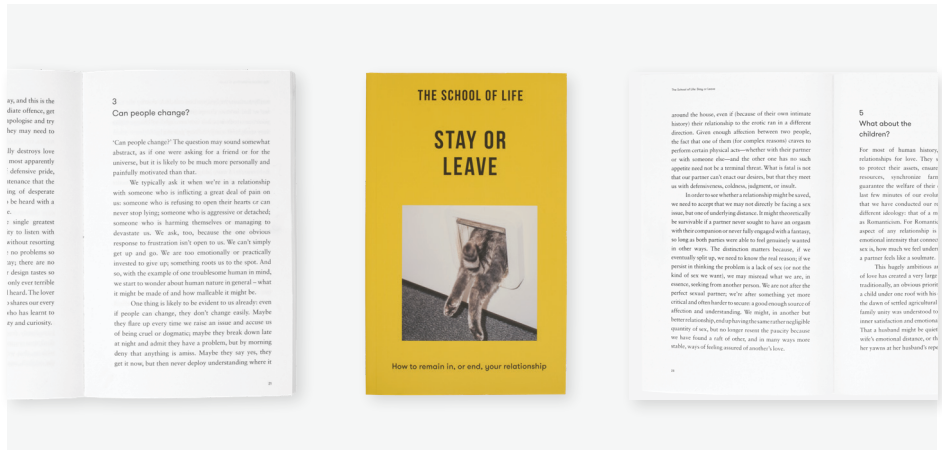
Our minds are such confusing places, even the most thoughtful among us can fail to know central things about how we behave in relationships. This questionnaire will help us to understand ourselves more clearly and so set us free to discover the love we deserve.

- The debut title in a new series of guided questionnaire books.
- A series of 43 questions with accompanying essays help to determine our emotional progress in the realm of love and relationships.
- Perfect as a preparation for that first date.
- Using a notebook to add up the scores at the end of the questionnaire can give us an indication of how ready we are for love and how we can become more emotionally mature in our relationships.

April 2024
Paperback with flaps
6.93 × 5.00 inches
152 pp
ISBN 9781915087119
RRP \$16.99

The School of Life: Stay or Leave

How to remain in, or end, your relationship



A book to offer clarity and guidance when facing the difficult decision of whether your relationship has a future.

Whether we should stay in or leave a relationship is one of the most consequential and painful decisions we are ever likely to confront.

What makes the issue so hard is that there are no fixed rules for judgment. How can we tell whether a relationship is “good enough” or plain wrong? How do we draw the line between justified longing and naivety? Is sex vital or could it be foregone? Does someone “better” actually exist? How much should the feelings of children be counted (and what might they be in the long term)? Could one’s partner change, perhaps with therapy, or should one assume that who they are now is who they will always be?

This paperback edition walks the reader gently through their options and opens their mind to perspectives they might not have considered. It aims to take the reader towards a time, presently hard to imagine, when the choice will no longer feel so agonizing. Using its lessons, we can understand ourselves deeply, consider our options, minimize our regrets and find the way ahead.

- A toolkit for working through your fears and anxieties, helping you to reach a resolution about whether your relationship is one to remain in.
- Refreshingly pragmatic relationship advice that embraces romantic realism and looks at redefining what all types of relationships can be.
- Draws upon research from The School of Life’s Therapy department and their experience providing couples therapy.
- Next in the paperback series *Lessons for Life* with over 25,000 copies sold to date.

May 2024
Paperback
8.5 × 5.31 inches
144 pp
ISBN 9781915087515
RRP \$14.99

A Therapeutic Library

100 essential books that teach fulfilment, calm and well-being



Recommended reading from *The School of Life*, featuring 100 books that offer therapeutic insight and enlightenment.

Books, however familiar, are amongst the strangest objects on the planet: little portals that open directly into the ideas, feelings, loves and sorrows of writers from all times and places.

There are many reasons to love reading. But boldly, we emphasise one: we read for emotional guidance and support. The right book can bring consolation or courage; it can locate fresh sources of generosity or confidence; it can help unlock our half-forgotten reserves of creativity or resilience.

The School of Life has put together an ideal library that can speak helpfully to our individual needs and longings. Ranging across history and drawing on world literature, we've found our group of book-friends. A few may be acquaintances already, many will be new companions.

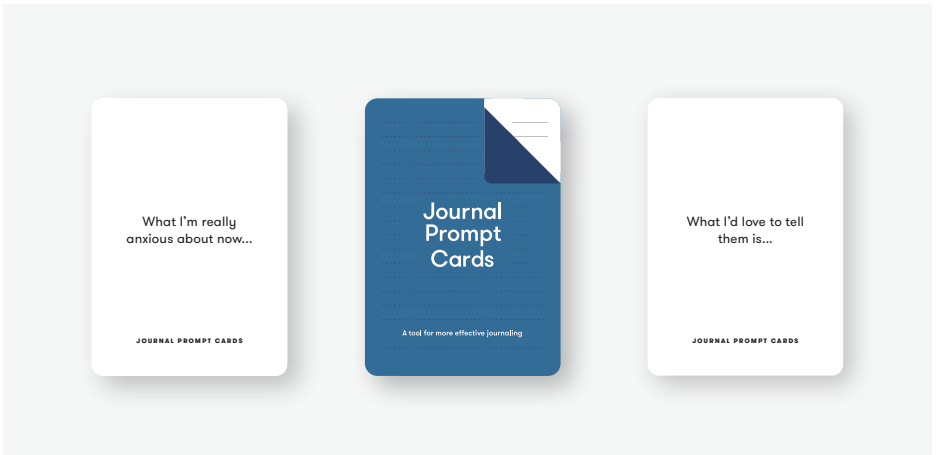
But all, we hope, will go with us as true friends through the complex, fascinating (and sometimes painfully hard) places of life with kindness and wisdom.

- A list of books that offer a kind of therapy: to bolster our confidence; to speak warmly; and to soothe and calm us.
- Features an eclectic selection of books, such as: *The Republic* by Plato, *The Tiger who Came to Tea* by Judith Kerr, *On Love* by Stendhal and *Notes on Grief* by Chimamanda Ngozi Adichie.
- Illustrated throughout with artworks, photography, book covers and illustrations.
- Other titles in this series include: *Art Against Despair*, *A Therapeutic Atlas* and *A History of Ideas*.

June 2024
Hardback
9.69 × 7.09 inches
252 pp
ISBN 9781915087386
RRP \$32.99

Journal Prompt Cards

A tool for more effective journaling



52 cards to prompt journaling; helping us to better understand ourselves and our priorities.

Journaling is one of the most effective ways to regain direction and calm: but what we should ideally be journaling about isn't always clear.

This set of prompt cards directs us to some of the most fruitful topics for reflection and self-exploration. Use them as you journal to find inspiration and encouragement. Each of the prompts engages the mind in some of the things that matter most and helps us to better understand ourselves and our priorities.

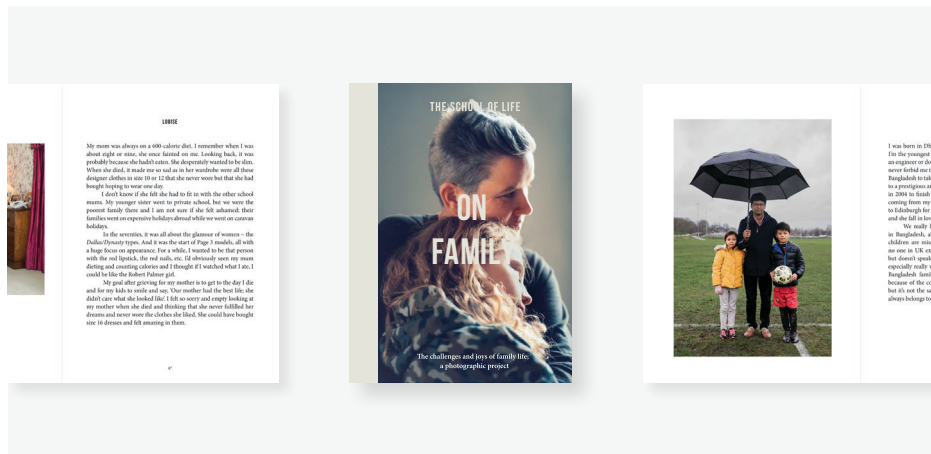
The prompts tackle key topics around relationships, careers, emotions and ambitions. They invite us to go on new journeys within ourselves that will leave us more joyful, self-aware and serene.

- Flip through the cards when the urge to journal strikes. Stop where it feels relevant; and let the prompt guide you towards new insights and awareness.
- Write as much or as little as feels relevant. Repeat regularly.
- Alternatively, use the cards to inspire reflections that don't get written down. You might even use them in a discussion with a friend.

June 2024
Card Set
3.58 × 2.64 inches
52 cards
ISBN 9781915087997
RRP \$20.00

On Family

An intimate look at family life through portrait photography and interviews



The joys and challenges of family life; a photographic project.

Families are a mystery. Is everyone's as complicated as ours? Is there such a thing as a "normal" one? We generally only get to see the polished exteriors and are left to imagine what might be going on behind closed doors.

Here is a book that takes us on a tour around the reality of families. It provides a rare, privileged glimpse into private realms, allowing us a new, profound understanding of ourselves and others.

Comprised of 60 interviews and portraits captured by five supremely talented photographers – Mark Hobbs, Kate Peters, Marjolaine Ryley, Michelle Sank and Naomi Williams – the book introduces us to an extraordinary array of participants: new parents, stepchildren, siblings, the wealthy and the marginalized, the old and the young.

What surfaces is the astounding diversity of family life – and the number of commonalities too. Above all, we recognize the fundamental role that family plays in making us who we are.

This is a book for anyone who has ever wondered about their family or fantasized about being part of someone else's – in short, this is a book for us all.

- The second book in a new portrait photography series by The School of Life, following *On Divorce*.
- Wonderfully intimate story telling through vignettes and captivating photographs.
- Includes a mix of family members made up different of races, ages, genders, and social classes.
- Features an introduction and 'Questions for Self-Exploration' by The School of Life.
- Beautifully produced gift edition perfect for display.

August 2024
Hardback
7.76 × 5.71 inches
192 pp
ISBN 9781915087416
RRP \$24.99

The School of Life: Writing Journals

Find greater calm, joy and self-awareness



Journals that seek to honor the act of therapeutic writing containing journaling prompts to find inspiration and encouragement.

The act of writing things down is one of the simplest but most effective ways of seeing what we really want, what's truly at stake – and where we might go next. It's simply the finest route to knowing oneself. This is a journal that honors the act of writing as a road to greater calm, joy and self-awareness.

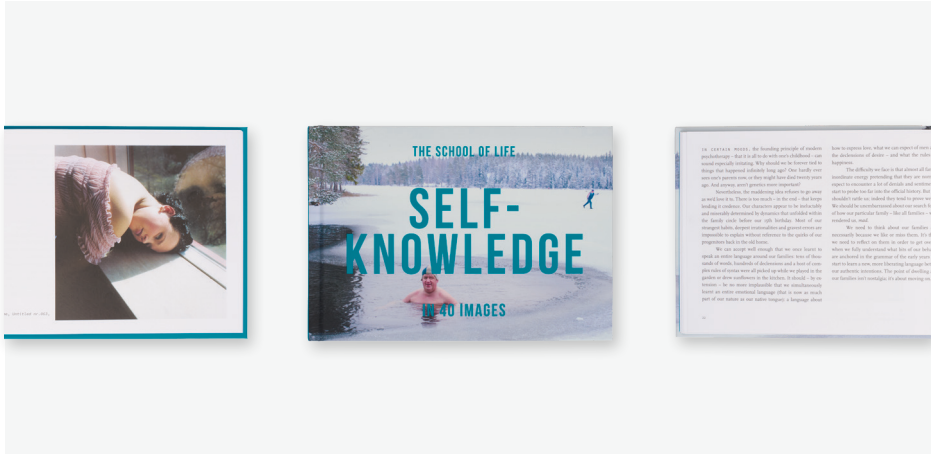
Use it as a place to capture, tame and explore everything that might otherwise flap restlessly or unfruitfully in the mind; make this a privileged repository of all that you feel, remember, think – and are.

- Journaling may be one of the most effective ways to regain direction and calm, but what we should ideally be journaling about isn't always clear.
- Use them on their own or alongside our Journal Prompt Cards.
- Each of the prompts can engage the mind in some of the things that matter most and helps us to better understand ourselves and our priorities:
 - *What I'm really anxious about now...*
 - *Who I want to be this time next year...*
 - *What I've learnt that I need in love...*

September 2024
 Softback
 8.27 × 5.83 inches
 192 pp
 ISBN 9781915087980 (BURGUNDY)
 ISBN 9781915087973 (SAGE)
 RRP \$23.00

Self-Knowledge in 40 Images

A visual journey to inspire and guide you through the inward exploration of the self



When Socrates, apparently the wisest man of antiquity, was asked to define our highest purpose as humans, he responded, “To know ourselves.” The advice has never been bettered. Without self-knowledge, all other efforts will be in vain.

This is a book to help us on our journey to knowing ourselves better. Made up of 40 images drawn from across different cultures and eras, it takes us on a tour of certain key ideas that we need to befriend our deeper selves. With elegant prose and beautiful art, it helps us to know how our childhoods have shaped us, what difficulties we characteristically experience in relationships and what our purpose should be.

Modern society gives us no shortage of ambitions. We will have landed on the one that can finally bring us peace and freedom when we are ready – with the help of this book – to begin the inward journey.

- A culturally and historically diverse collection curated to have universal appeal.
- Eloquent and beautiful images designed to assist us in a journey of self-knowledge.
- The second book in the “40 Images” series, following *Confidence in 40 Images*.
- Praise for *Confidence in 40 Images*: “These entries imaginatively connect confidence and make for a thought-provoking and wide-ranging exploration. Those seeking an extra shot of self-esteem will be rewarded.” — Publishers Weekly
- Featured photographers and artists include: David Hockney, Cy Twombly, Edgar Degas, Isabella La Rocca González and Elise Corten.

September 2024
Hardback
5.51 × 7.99 inches
96 pp
ISBN 9781915087423
RRP \$19.99

Getting Over Your Parents

Untangling your childhood



An insightful and illuminating guide on understanding the psychological legacy left to us by our parents.

Our parents are a huge deal: whether we adore them or keep them at a distance, who we are today (what love stories we get into, our attitudes to work, our self esteem) is crucially determined by our relationships with the vastly significant people who put us on the earth.

Getting Over Your Parents is a practical guide on how to navigate the often complex legacies left to us by our parents. It gives us a vocabulary with which to understand certain of the stranger and more difficult things that parents sometimes do to their children – as well as advice on how to move forward from our puzzles or confusions. The emphasis is never on blame, always simply on understanding.

The book recognizes that while some of us wouldn't want to change very much about our childhoods, many more of us hope to get to grips with particular things that unfolded decades ago.

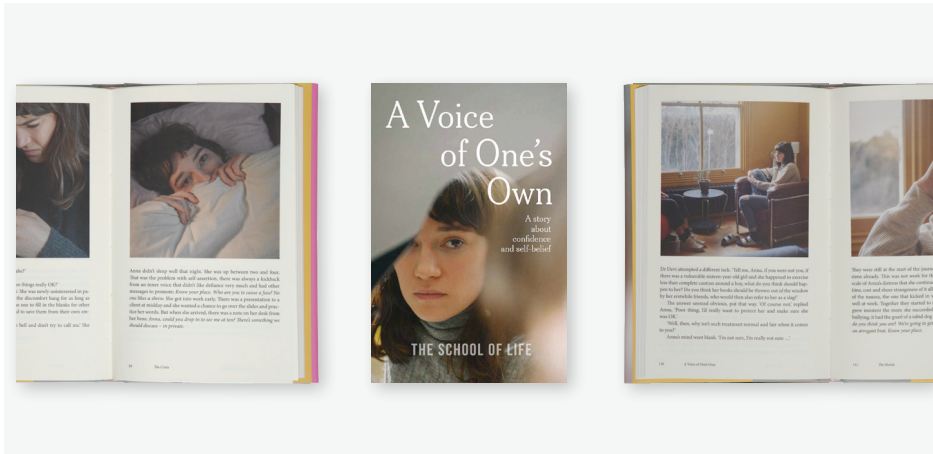
This book helps us to explore the past so that we can secure for ourselves the more creative, calm and loving future we deserve.

- A practical and supportive guide, including exercises to help you overcome complex relationships with parents.
- Explores different types of difficult parents, such as 'The Preoccupied Parent', 'The Overprotective Parent' and 'The Controlling Parent'.
- Offers constructive solutions for dealing with the symptoms of a difficult childhood.

September 2024
 Hardback
 7.09 x 4.92 inches
 224 pp
 ISBN 9781915087522
 RRP \$23.99

A Voice of One's Own

A story about confidence and self-belief



A photographic novel that teaches us about our own emotions through a young woman's journey of self-discovery.

This is a novel with a striking mission at its heart: not just to tell us a story but to show us – through the example of one life – how we might change our own.

The novel introduces us to Anna, a kind, inspiring, thoughtful but modest and self-questioning person, in whom we might catch echoes of ourselves. Life has been hard of late for Anna: her job is putting her under extreme pressure, her relationship is lacking the support she craves, her parents have saddled her with a complicated emotional history.

And yet she is determined to progress and liberate herself from her inhibitions. In a style that's brief and poignant, accompanied by lyrical and thought-provoking images, we follow Anna as she slowly unpicks the roots of her self-suspicion and discovers something we all deserve but have so often been denied: a voice of our own.

- *For anyone finding life hard right now, jump inside this book and allow the lessons and wisdom to help you take that next small step forward in your own life.* — Emma Gannon, author of Olive.
- The first paperback in the new "Therapeutic Fiction" series.
- Each page is illustrated by a stylized, documentary photograph that tells the story along with the text.
- Psychologically authentic fiction, which seeks to resonate with the reader and provoke consolation, recognition and therapeutic insight.
- Returns the novel to a more interesting and more rewarding mission: that of entertaining and teaching us; of delighting and instructing us.

October 2024
Paperback
7.8 × 5.08 inches
176 pp
ISBN 9781916753105
RRP \$14.99

A Therapeutic Journey: Lessons from The School of Life



Following on from best-selling *The School of Life: An Emotional Education*, *A Therapeutic Journey* compiles extracts from some of our recent titles and describes the arc of a journey—from breakdown and collapse to convalescence and recovery.

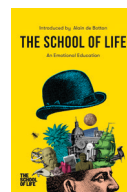
It speaks to us about redemption: about regaining the thread, rediscovering meaning and finding a way back to connection, warmth and joy while putting a framework in place to manage our mental health going forward.

It is intended as both a practical guide and a source of consolation and friendship during what might be some of our loneliest, most anguished moments.

A Therapeutic Journey is ultimately, a book about resilience which outlines a raft of therapeutic moves to gain self awareness and consolation. It insists that we cannot allow terror, self-hatred, and sadness to have their victories over us and that we can always, so long as we think matters through with sufficient creativity and gentleness, identify reasons to live.

- Distills *The School of Life* library into essential lessons.
- Compiles extracts from some of *The School of Life's* recent titles and describes the arc of a journey – from breakdown and collapse to convalescence and recovery.
- The sequel to best-selling *The School of Life: An Emotional Education* (2020).

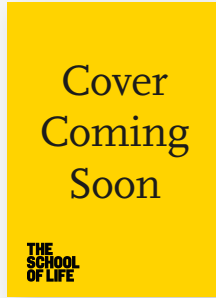
October 2024
Paperback
8.5 x 5.31 in
385 pp
ISBN 9781917653136
RRP \$16.99



The School of Life:
An Emotional
Education
introduced by
Alain de Botton

ISBN 978192891450
RRP \$14.99

The Secrets of Successful Relationships



The first book in a new series offering advice on the emotional skills required to maintain successful relationships.

It can sometimes seem a mystery why some couples stay together and thrive – while many more split up or drag on scratchily.

Fortunately, though we might ascribe happy love to chance, there are a range of identifiable secrets that underpin all good relationships and that we can learn and put into practice.

This book teaches us the key ingredients of contented love in a tone that's warm, encouraging and often funny: how to communicate effectively, how to manage differences, what to do when sexual problems arise, how to air grievances, the best way to share a home and – when things grow truly problematic – how to judge whether or not we should stay or leave.

This book shows us how to take the necessary, careful, intelligent steps towards the contented love we deserve.

- Explores the key ingredients of contented love and shows how success in our relationships can be achieved.
- Chapters include: 'Learning to Love Oneself', 'Knowing What to Overlook', 'Good Listening' and 'The Importance of Bad Dates'.
- An accessible and practical guide featuring exercises and prompts throughout.

October 2024
 Hardback
 7.09 × 4.92 inches
 216 pp
 ISBN 9781916753013
 RRP \$23.99

Self-Reflection Journal



The first in a new series of guided journals, leading the customer on a journey of self-reflection.

This is a journal to help us process our lives; to think more clearly about what we really want, what we are actually feeling and what might be holding us back from our goals.

We're given the space to observe what is going on in our minds and the encouragement to regularly analyze our thoughts with clarity and ease. By filling in the journal on a regular basis, we can lessen our anxieties and zero in on our genuine concerns.

The five questions we might all cycle through during a session of examination have been carefully picked to direct our minds to areas that we tend to neglect, and from where trouble can most intensely arise when we do so.

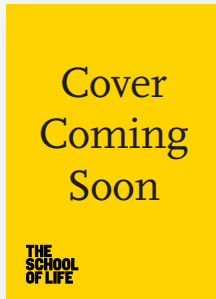
This is a psychological tool to help us digest emotions and events – and over time, to establish the calm, mature and contented lives we deserve.

- A new series of beautifully produced guided journals to help process our lives and prioritize self-care.
- A focused journal, featuring an introduction and five questions repeated throughout to guide the journaler towards greater self-awareness.
- Quotes on self-reflection, cherry-picked from The School of Life's library of books, are interspersed throughout the journal.
- Encourages us to dedicate a few moments on a regular basis to getting to know ourselves better.

October 2024
 Cloth Hardback
 8.5 × 5.31 inches
 192 pp
 ISBN 9781916753112
 RRP \$24.99

Mood Map

60 cards to help us define and explain our emotions



60 cards to help us to better understand ourselves and how we are really feeling.

It can sometimes be very hard to know – let alone tell others – what we actually feel.

Here is a pack of 60 cards, each of which puts a finger on an emotion that we might be experiencing without being able to pin it down exactly.

The cards range in themes from the happy to the sad, the agitated to the serene.

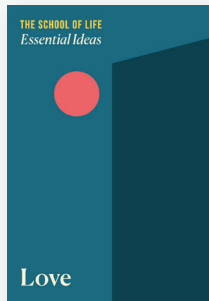
The cards can be used with a friend, a partner, a therapist, a child or a parent – in any situation where we want to sift through a range of emotional options in order to define what is truly coursing through us.

With charm and ease, we become clearer to ourselves – and a lot more understandable and open to others.

- Use the cards to help clarify what is in your mind.
- Cards to be used alone or with companions.
- Beautifully designed to be both therapeutic and fun.
- Comes with an instructional card to guide.

October 2024
Card Set
2.83 × 4.06 inches
60 pp
ISBN 9781916753143
RRP \$20.00

Essential Ideas: Love



From the new pocket book series, featuring key ideas from The School of Life exploring love.

The School of Life has distilled its most essential lessons on love in order to produce a pocket manual that is at once useful and entertaining. We learn – among other things – how to pick partners more reliably, how to avoid conflict and how to know whether a relationship is really for us.

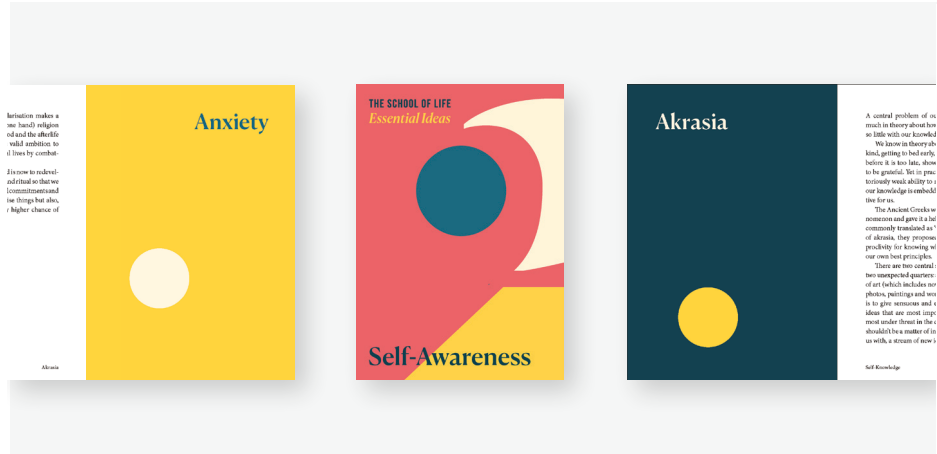
We should cease to imagine that a satisfied love life is a chance event; with this book in hand, it emerges as something that we can all plot for and achieve.

Love is a skill, not an emotion; this is a guide to how we might master it.

- A new giftable series perfect for counter displays.
- Condenses some of The School of Life's key ideas on love into a portable format.
- Subjects include: Attachment Theory, Long-Term Love, Romantic Disappointment, Secrets in Love and Crushes.
- Beautiful design-led interior pages.

November 2024
Paperback with flaps
6.18 × 4.37 inches
96 pp
ISBN 9781916753037
RRP \$9.99

Essential Ideas: Self-Awareness



From the new pocket book series, featuring key ideas from The School of Life exploring self-awareness.

Understanding ourselves is the key to unlocking our true potential.

Here is a collection of The School of Life's most penetrating insights into the puzzles of self-awareness. This book teaches us how to look into ourselves, how to make sense of our past and how to overcome anxiety and confusion.

In a highly accessible and entertaining form, The School of Life introduces us to a person we've been in flight from for too long and will benefit hugely from getting to know: our deep selves.

- A new giftable series perfect for counter displays.
- Condenses some of The School of Life's key ideas on self-awareness into a portable format.
- Subjects include: Anxiety, Emotional Intelligence, Normality, Pessimism and Self-Sabotage.
- Beautiful design-led interior pages.

November 2024
 Paperback with flaps
 6.18 × 4.37 inches
 96 pp
 ISBN 9781916753020
 RRP \$9.99

Essential Ideas: Serenity



From the new pocket book series, featuring key ideas from The School of Life exploring serenity.

Knowing how to fight off anxiety and remain calm belong to the greatest skills we can ever aspire to. Only with a serene state of mind are we in any position to enjoy all the other good things in life: friendship, love, family or work.

Here is a selection of The School of Life's finest essays on the art of serenity. They teach us how to achieve the correct perspective on our problems, how to understand the worst of our fears and how to surround ourselves with the sort of people who can help us in our quest for a less anxious existence.

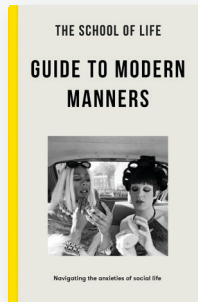
We have – most of us – already spent far too long on needless worry; here at last is a crucial guide to the less turbulent future we deserve.

- A new giftable series perfect for counter displays.
- Condenses some of The School of Life's key ideas on serenity into a portable format.
- Subjects include: A Quiet Life, Gratitude, Good Materialism, Living Consciously, and Simplicity
- Beautiful design-led interior pages.

November 2024
 Paperback with flaps
 6.18 × 4.37 inches
 96 pp
 ISBN 9781916753266
 RRP \$9.99

The School of Life Guide to Modern Manners

Navigating the anxieties of social life



A guide to confronting modern social situations with confidence and grace.

Modern life is full of minor but acute dilemmas: we get stuck at a gathering with someone unusually boring and wonder how to move on without causing offence; in the course of introducing one friend to another, we realize that we have forgotten one of the party's names; we run into an ex while on an early date with a new partner; we spill red wine across a host's sofa...

Such dilemmas might – at one level – seem desperately insignificant. But they actually belong to some of the largest and most serious themes in social existence: how can you pursue our own agenda for happiness while at the same time honoring the sensitivities and wishes of others; how can you convey goodwill with sincerity; how can you be kind without being supine or sentimental?

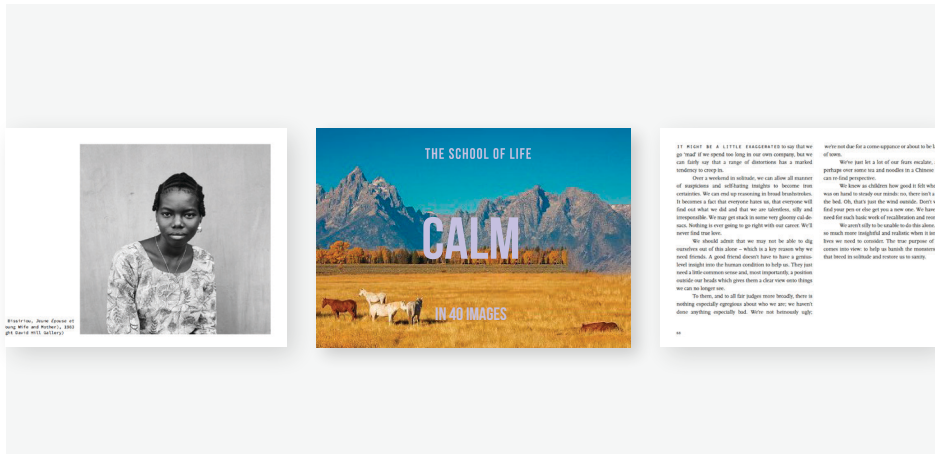
It is often confusing to know how to act around others and navigate social situations. This book features twenty case-studies on common social dilemmas and our possible responses to them, contributing to a new and original philosophy of graceful conduct.

- Twenty case-studies provide advice on dealing with common social anxieties and dilemmas.
- Chapters include: 'How to win people over', 'How to Approach Strangers at a Party' and 'How to Face Social Catastrophe'.
- Next in the paperback series 'Lessons for Life', with over 25,000 copies sold to date.

November 2024
Paperback
8.5 × 5.31 inches
144 pp
ISBN 9781916753051
RRP \$14.99

Calm in 40 Images

The art of finding serenity



A soothing gallery of artworks and photography to guide us on a journey towards calm.

Knowing how to be calm deserves to be counted as life's greatest skill, for even if we have every other possible advantage, so long as our mind is frantic, we will never taste the happiness we seek.

This ingenious small book is nothing less than a comprehensive guide to the art of calm. It takes us systematically through the many things that unsettle us and arrives at a range of solutions to ease our spirits and usher in a less fretful and anguished perspective.

Throughout the book, entries are accompanied by images that invite contemplation and generate small moments of joy. We are invited not just to understand calm but to appreciate it with our eyes and discover it with our senses.

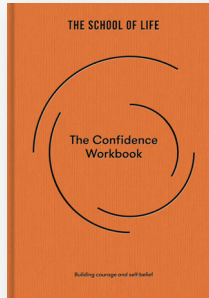
The book amounts to a small museum of calm and a psychological guidebook that can help to quieten our worries and bring on a new mood of serenity and ease.

- The third book in the *40 Images* series, following *Confidence in 40 Images* and *Self-Knowledge in 40 Images*.
- Beautiful and tranquil images assist us in our journey to finding calm.
- Featured photographers and artists include: Hiroshi Sugimoto, Gustav Klimt, Gwen John, Johannes Vermeer and Edward Hopper.
- This diverse collection has artworks and photographs taken from exhibitions and galleries worldwide.

December 2024
Hardback
5.51 × 7.99 inches
96 pp
ISBN 9781916753006
RRP \$19.99

The Confidence Workbook

Building courage and self-belief



A practical and encouraging workbook featuring discussions, exercises and tools to help build confidence.

The difference between a successful and a disappointing life often comes down to a critical ingredient that we overlook at our peril: confidence.

This is a book with a practical purpose: to take us through exercises that help us rediscover the confidence we all already have inside us—the confidence that we have neglected out of habit, fear or meekness. It's a faculty we are all endowed with, and that can flourish with the right kind of practice and encouragement.

This workbook contains over fifty exercises that flex our confident faculties and guide us to greater effectiveness in our relationships, in our working lives and in our approach to ourselves. This includes a Self-Esteem Audit to identify what we might have gone through in our early lives, asking questions such as: Do you think you are essentially a good person? Were your parents essentially supportive or not? Do you hate or like being you? There are sections focusing on confidence in relationships, friendships, and at work.

This is a tool to unlock our latent powers – and help us become who we long, and deserve, to be.

- The fourth title in the *Workbook* series.
- Over fifty entertaining and useful exercises for those who feel they lack confidence.
- Unlock your true potential through an inspiring series of prompts, questions and essays, that guide you towards greater self-esteem.
- Pair with the *Confidence Prompt Cards*, designed to help you battle against timidity.

January 2025
 Hardback
 8.74 × 6.10 inches
 192 pp
 ISBN 9781916753068
 RRP \$26.99

The School of Life: Writing Journals

Find greater calm, joy and self-awareness



A journal that seeks to honor the act of therapeutic writing containing journaling prompts to find inspiration and encouragement.

The act of writing things down is one of the simplest but most effective ways of seeing what we really want, what's truly at stake – and where we might go next. It's simply the finest route to knowing oneself. This is a journal that honors the act of writing as a road to greater calm, joy and self-awareness.

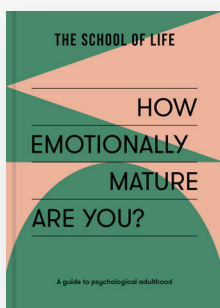
Use it as a place to capture, tame and explore everything that might otherwise flap restlessly or unfruitfully in the mind; make this a privileged repository of all that you feel, remember, think – and are.

- Journaling may be one of the most effective ways to regain direction and calm, but what we should ideally be journaling about isn't always clear.
- Use them on their own or alongside our Journal Prompt Cards.
- Each of the prompts can engage the mind in some of the things that matter most and helps us to better understand ourselves and our priorities:
- *What I'm really anxious about now...*
- *Who I want to be this time next year...*
- *What I've learnt that I need in love...*

January 2024
Softback
8.27 × 5.83 inches
192 pp
ISBN 9781916753150
RRP \$23.00

How Emotionally Mature Are You?

A guide to psychological adulthood



A guided questionnaire to help us progress towards emotional maturity and encourage us to live up to our full potential.

Most of us long to be more emotionally mature, and better able to face up to life's challenges with poise, confidence, kindness and good-natured intelligence. We want to be proper grown-ups.

With gentleness and insight, *How Emotionally Mature Are You?* helps us to zero in on the key markers of psychological adulthood. It prompts us to look at how we respond to rejection, frustration, anxiety, ambiguity and hope, by asking questions such as: How much do we like ourselves? Do we worry too much about the opinions of other people? What might be the best way to become a more interesting person?

This questionnaire considers the childhood, the role of self-love and the perils of perfectionism – as well as the best ways to achieve self-belief and overcome impostor syndrome. In a series of accompanying essays, we are given material to reflect on – and shown how to reach the emotional age we aspire to be.

- The second book in a new series of guided questionnaire books.
- A series of 42 questions with accompanying essays help to determine our levels of emotional maturity.
- Add up your scores in a notebook to give an indication of how you can become more emotionally intelligent.
- Pair with the *Emotional Barometer* to reach a clearer understanding of our inner emotional weather.

March 2025
 Paperback with flaps
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 152 pp
 ISBN 9781915087126
 RRP \$17.99

CHILDREN'S FRONTLIST

**THE
SCHOOL
OF LIFE**



For the young
and curious

What Are You Feeling?

A picture book of your emotions



An illustrated guide helping children to identify and articulate how they are really feeling.

What Are You Feeling? is the first in a series of books that aims to develop emotional literacy for children aged 5-8 years.

It is a book about finding interesting words for interesting feelings. It explores what lots of feeling words really mean and which words best describe the many feelings a child may have.

The book discusses 20 different feelings from happy to mischievous. Children are encouraged to identify these feelings in ways that are healthy and easy to understand.

Award-winning illustrator Daniel Gray-Barnett brings each feeling to life with his vivid, colourful and amusing illustrations.

- Offers 20 examples of common emotions and feelings, including happy, proud, silly, angry and curious, to help children recognize and then verbalize their inner state with developed emotional vocabulary.
- The first in a series of picture books that aims to develop emotional literacy for children aged 5-8 years.
- School Reading List Children's Non-Fiction Book of the Month: 'A cracking resource for KS2 PSHE'.

February 2024
 Hardback
 10.24 x 9.06 inches
 60 pp
 ISBN 9781915087195
 RRP \$19.99
 Age Range 6+

Big Ideas From Literature

How books can change your world



An exploration of the wise ideas that books are trying to teach children through the stories that they tell.

Great stories are often universal: our very souls shine with new ideas when we read them.

Books can be so powerful, helping us through tricky times, offering us wisdom we haven't learnt yet, showing us that there are people like us, or showing us the opposite, that other people live very different lives. Books can be a friend when you need one the most and you can use them to help and inspire others, too.

Big Ideas from Literature helps the child discover key ideas that lots of different books are trying to teach through the stories they tell – and helps the growing child develop empathy and resilience.

This book teaches children (and adults!) about the history of literature, from the first ever story that was written down to the invention of books just for children. The best children's books become our dearest friends and companions. Children discover characters from a diverse range of books – including J. M. Barrie's *Peter Pan* and *Young Dark Emu: A Truer History* by Bruce Pascoe – and learn how these stories can help them better understand.

- Third title in the best-selling 'Big Ideas' series with over 150,000 English language copies sold of the series to date.
- Beautiful illustrations by Anna Doherty.
- Uses books to illustrate how children can be helped to navigate their emotions.

March 2024
 Hardback
 9.69 × 7.09 inches
 168 pp
 ISBN 9781915087485
 RRP \$29.99
 Age Range 9+

An Emotional Menagerie (Paperback)

Feelings from A to Z



An imaginative and engaging exploration of childhood emotions through poetry and evocative illustration.

An Emotional Menagerie is an emotional glossary for children. A book of 26 rhyming poems, arranged alphabetically, that bring our feelings to life – Anger, Boredom, Curiosity, Dreaminess, Embarrassment, Fear, Guilt, and more.

The poems transform each emotion into a different animal to provide a clear and engaging illustration of its character: how it arises; how it makes us behave and how we can learn to manage its effects.

Boasting a rich vocabulary, the poems also give children a wide variety of options for describing their feelings to others.

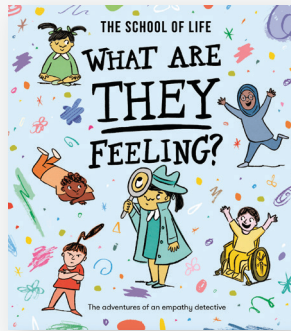
Filled with wise, therapeutic advice, brought to life through musical language and beautiful illustrations, *An Emotional Menagerie* is an imaginative and universally appealing way of increasing emotional literacy.

- A collection of imaginative poems connecting different animals to common emotions, giving young children the vocabulary to communicate how they are feeling.
- Interesting and whimsical colour illustrations make each animal come to life to help children understand the different emotions they may experience.
- Beautifully produced picture book format which will make reading together a joy.

April 2024
Paperback
10.24 x 9.06 inches
60 pp
ISBN 9781915087195
RRP \$14.99
Age Range 6+

What Are They Feeling?

The adventures of an empathy detective



An illustrated guide to the feelings of others, helping children to recognise and understand empathy.

It's important to think about what others might be feeling, so we can understand the people around us better and be a good friend. But sometimes it can be difficult to guess what someone else might be feeling, or their emotions may not be what we expect.

What Are They Feeling? takes children on an exploration of the feelings of others. We follow Detective Feelings, as they investigate the sometimes-complicated feelings that other people may experience. We uncover clues about a person's body language and expression, consider what they might be experiencing and discover why empathy and sympathy are important.

The book opens up conversations about who we can feel empathy for and the difference between empathy and sympathy. Vibrant and amusing illustrations by award-winning illustrator Daniel Gray- Barnett bring the adventures of Detective Feelings to life.

- The second title in a new series of picture books to cultivate children's emotional literacy skills, following *What Are You Feeling?*
- Illustrated by award-winning illustrator Daniel Grey-Barnett, with quirky and colorful illustrations that bring each page to life.
- Supports the PSHE curriculum by teaching children about the importance of having empathy for others.

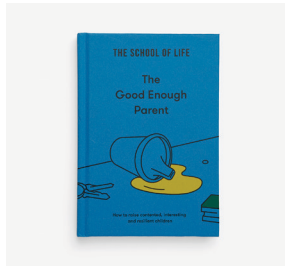
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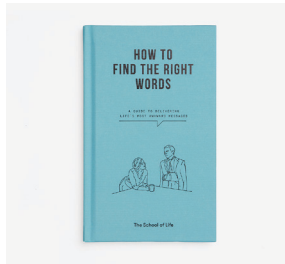
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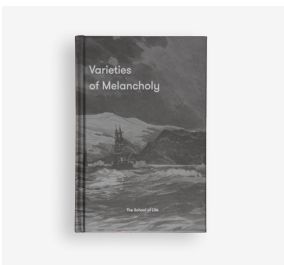
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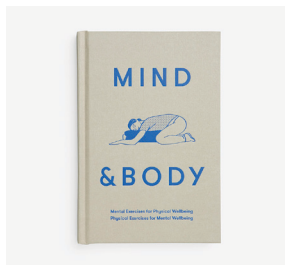
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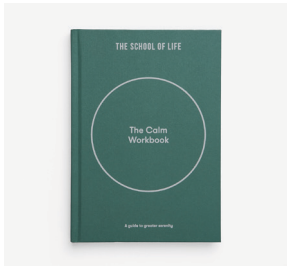
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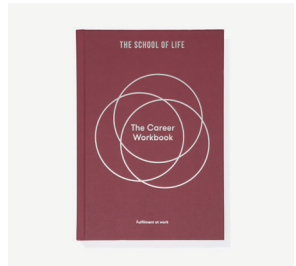
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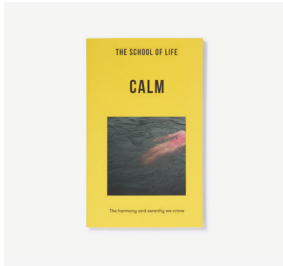
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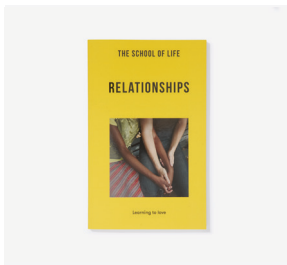
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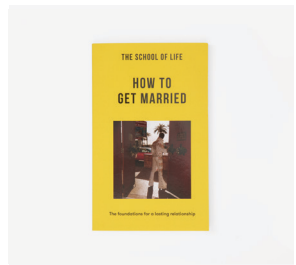
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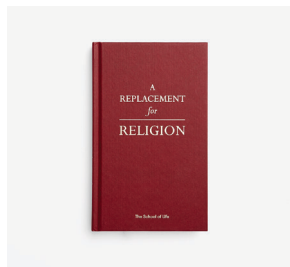
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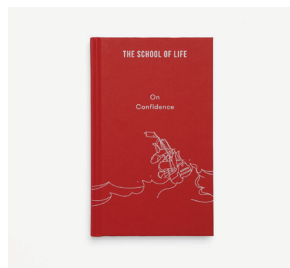
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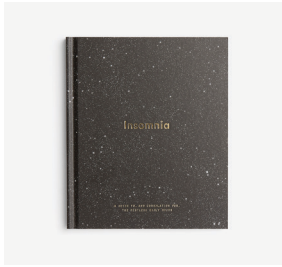
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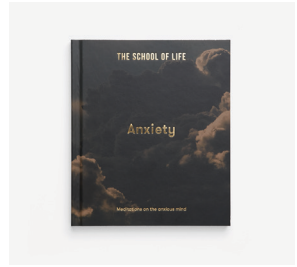
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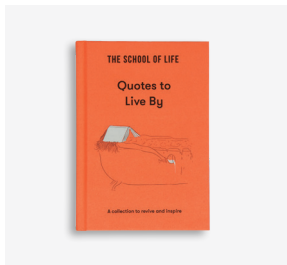
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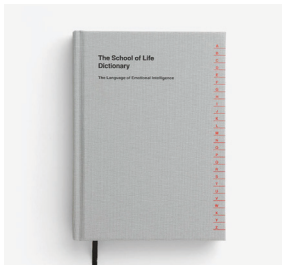
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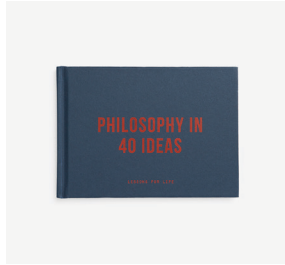


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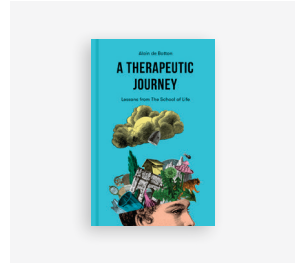
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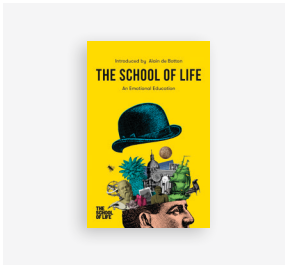
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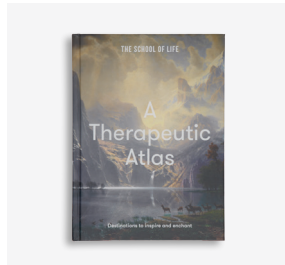
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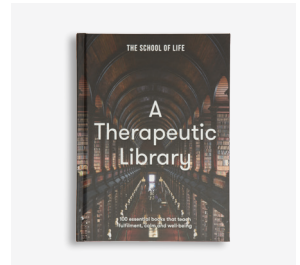
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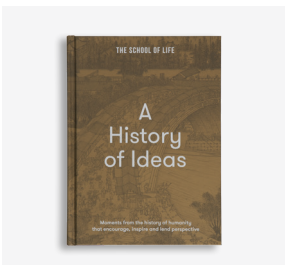
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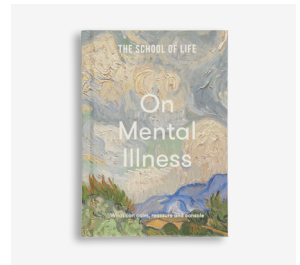
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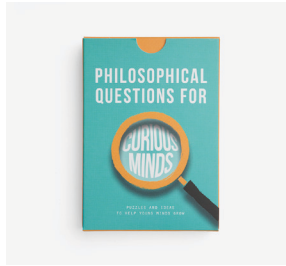


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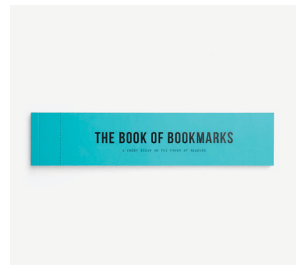
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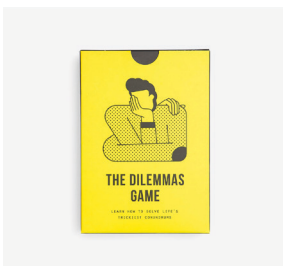


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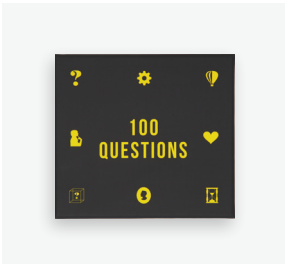
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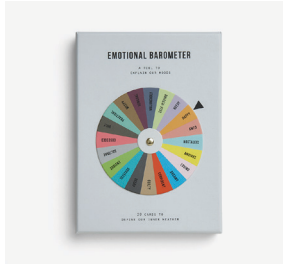


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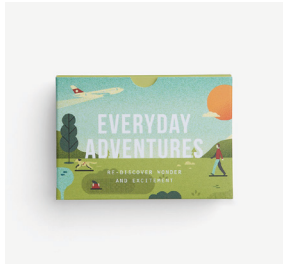
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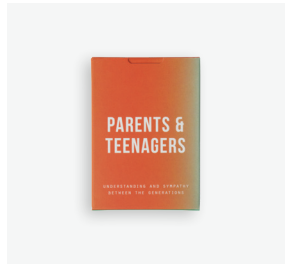
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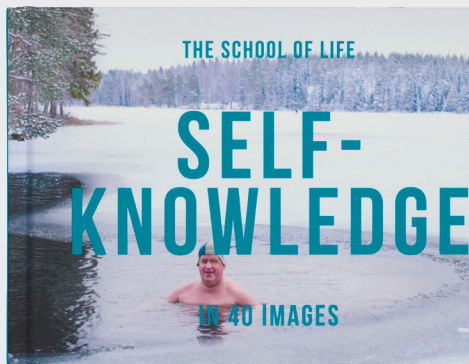
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