The School of Life is a global organisation helping people to lead more fulfilled lives.

We believe that the journey to finding fulfilment begins with self-knowledge. It is only when we have a sense of who we really are that we can make reliable decisions, particularly around love and work.

Sadly, tools and techniques for developing self-knowledge and finding fulfilment are hard to find – they’re not taught in schools, in universities, or in workplaces. Too many of us go through life without ever really understanding what’s going on in the recesses of our minds.

That’s why we created The School of Life; 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.
It is estimated that 70% of a person's life satisfaction depends on the quality of their relationships. Yet this is an area where we too often get stuck, unable to make ourselves understood or find the sort of love we need.

These tools are designed to help us escape our frustrations, learn to communicate properly and put us on the path to sincere and flourishing relationships.

**Dating Cards**
Carton of 10, SKU: 9711
Paper / 52 cards
90 × 65 × 20 mm

**Connect**
Carton of 6, SKU: 10259
Paper / 100 cards w. dice
100 × 90 × 60 mm

**Pillow Talk**
Carton of 6, SKU: 8455
Paper / 60 cards
80 × 100 × 32 mm

**The Marriage Box**
Carton of 6, SKU: 8457
Paper / 20 cards
220 × 158 × 22 mm

**Emotional Conversations**
Carton of 6, SKU: 10344
Paper / 20 cards
159 × 115 × 20 mm

**Stay or Leave? Card Game**
Carton of 6, SKU: 6322
Paper / 52 cards
89 × 126 × 25 mm

**100 Questions: Love Edition**
Carton of 6, SKU: 4166
Paper / 100 cards
150 × 115 × 50 mm

**Who Should I Be With? Card Game**
Carton of 6, SKU: 6088
Paper / 52 cards
89 × 126 × 25 mm

**20 Poems**
Carton of 6, SKU: 4165
Paper / 20 cards
220 × 158 × 25 mm
In Ancient Greece, when Socrates was asked to summarise all philosophical commandments, he replied: ‘Know yourself’. Self-knowledge matters so much because an accurate sense of who we are helps us to make reliable decisions – particularly around love and work.

These tools help us to understand the hard-to-access bits of our minds and to know our deep personalities as well as we can.
Emotional First Aid Kit
Carton of 6, SKU: 9136
Paper / 20 booklets
157 × 115 × 45 mm

Am I Normal? Card Game
Carton of 6, SKU: 6671
Paper / 52 cards
89 × 126 × 25 mm

How to Become A Bit Wiser
Carton of 6, SKU: 8459
Paper / 20 cards with wooden stand
220 × 158 × 25 mm

What Do I Really Want To Achieve?
Carton of 6, SKU: 10453
Paper / 160 cards + booklet
159 × 115 × 20 mm

Know Yourself Prompt Cards
Carton of 6, SKU: 6038
Paper / 60 cards
104 × 73 × 36 mm

Resilience
Carton of 10, SKU: 8453
Paper / 60 cards
110 × 80 × 22 mm

Emotional Barometer
Carton of 6, SKU: 8991
Paper / 20 cards with movable dial on box | 160 × 115 × 20 mm

Everyday Adventures
Carton of 6, SKU: 10310
Paper / 60 cards
104 x 73 x 36 mm

Stoicism
Carton of 6, SKU: 10417
Paper / 53 cards
70 x 100 x 25 mm

Writing as Therapy Journal: Journeys
Carton of 6, SKU: 5538
Paper / A5 linen-bound notebook
192 pp / 210 × 148 × 18 mm
Most of us don't want to work merely for money: we also want to ensure that our job is a source of creativity, meaning and, on a good day, pleasure.

The tools in this range help us to overcome some of the obstacles that prevent us from finding and enjoying truly satisfying work.
Writing as Therapy: Ideas
Carton of 6, SKU: 10062
A5 linen-bound notebook / 192 pp
210 × 148 × 18 mm

Teamwork
Carton of 6, SKU: 9813
Paper / 100 cards and die
100 × 100 × 60 mm

Writing as Therapy Journal:
Projects
Carton of 6, SKU: 5515
Paper / A5 linen-bound notebook
192 pp / 210 × 148 × 18 mm

Motivation
Carton of 6, SKU: 10400
Paper / 20 booklets
155 × 115 × 35 mm

100 Questions: Work Edition
Carton of 6, SKU: 4167
Paper / 100 cards
150 × 115 × 50 mm

Confidence Prompt Cards
Carton of 6, SKU: 6657
Paper / 60 cards
104 × 73 × 36 mm

Career Crisis Prompt Cards
Carton of 6, SKU: 6039
Paper / 60 cards
104 × 73 × 36 mm

What Should I Do With My Life?
Card Game | Carton of 6,
SKU: 6200 | Paper / 52 cards
89 × 126 × 23 mm

Inspiration
Carton of 6, SKU: 10398
Paper / 20 booklets
155 × 115 × 35 mm

Collaboration
Carton of 6, SKU: 10402
Paper / 20 booklets
155 × 115 × 35 mm
We all long for warm and close connections with our families and friends – but too often our social lives end up feeling superficial and unsatisfying.

These tools help us to bring out the best in ourselves and others – and ensure that gatherings can be occasions for genuine sharing, discovery and joy.
Conversation Menus
Carton of 6, SKU: 9133
Paper / 20 menus w. wooden stand
220 × 160 × 25 mm

Table Talk
Carton of 6, SKU: 9139
Paper / 40 double-sided placecards
109 × 92 × 27 mm

100 Questions: Original Edition
Carton of 6, SKU: 3184
Paper / 100 cards
150 × 115 × 50 mm

100 Questions: Family Edition
Carton of 6, SKU: 5122
Paper / 100 cards
150 × 135 × 50 mm

Kindness Prompt Cards
Carton of 6, SKU: 7399
Paper / 60 cards
104 × 73 × 36 mm

100 Questions: Family Edition
Carton of 6, SKU: 5322
Paper / 100 cards
150 × 135 × 50 mm

The Family Game
Carton of 6, SKU: 10292
Paper / 100 cards with dice
100 × 90 × 60 mm

The Friendship Game
Carton of 6, SKU: 10290
Paper / Gameboard / 100 cards with dice / 6 counters
197 × 197 × 30 mm

Digital Connection Cards
Carton of 6, SKU: 10356
Paper / 52 cards
89 × 126 × 25 mm

The Lost Game
Carton of 6, SKU: 10308
Paper / 100 cards
70 × 70 × 70 mm

The Therapy Game
Carton of 6, SKU: 10254
Paper / 100 cards w. sand timer & booklet
100 × 90 × 60 mm

The Dilemmas Game
Carton of 6, SKU: 10826
Paper / 52 cards
89 × 126 × 25 mm

Games for Grown-Ups
Carton of 6, SKU: 10460
Paper / 40 cards
136 × 98 × 20 mm

Meeting Friends
Carton of 10, SKU: 10746
Paper / 52 cards
90 × 67 × 20 mm

Snakes & Ladders
Carton of 6, SKU: 10272
Paper / Gameboard w. 52 cards, 6 counters & 2 dice
197 × 197 × 30 mm

The Therapy Game
Carton of 6, SKU: 10254
Paper / 100 cards w. sand timer & booklet
100 × 90 × 60 mm

The Dilemmas Game
Carton of 6, SKU: 10826
Paper / 52 cards
89 × 126 × 25 mm

Games for Grown-Ups
Carton of 6, SKU: 10460
Paper / 40 cards
136 × 98 × 20 mm

Meeting Friends
Carton of 10, SKU: 10746
Paper / 52 cards
90 × 67 × 20 mm

Snakes & Ladders
Carton of 6, SKU: 10272
Paper / Gameboard w. 52 cards, 6 counters & 2 dice
197 × 197 × 30 mm
Calm has a deep and natural appeal. Most of us long to be more patient, unruffled, at ease and capable of reacting with quiet good humour to life’s setbacks and irritants. But if calm is an ocean, most of us are still in the shallows.

These hugely effective tools help us to secure calm on a regular basis and to grow into the serene people we have always longed to be.
The School of Life is hugely interested in art, literature, psychology and philosophy – and draws upon these disciplines for its many ideas. It proposes that works of culture were all made, in one way or another, with the idea of improving how we live.

This range of products connects up culture with our own dilemmas and hopes around love, work and our psyches, and invites us to use our leisure time to address the complexities of being human.
**Leisure**

The Book of Bookmarks
Carton of 10, SKU: 9715
Paper / 20 bookmarks
205 × 44 × 9 mm

Psychotherapy Cards
Carton of 6, SKU: 9689
Paper / 20 cards
114 × 157 × 19 mm

Egg Cup Philosophers'
Carton of 6, SKU: 10281
Durable porcelain / 4 egg cups with booklet / 100 × 100 × 93 mm

Stamps of Encouragement
Carton of 6, SKU: 10264
Wood / Rubber / 5 stamps
100 × 90 × 30 mm

Phone Detox
Carton of 10, SKU: 7695
Wiro-bound flip book / 62 pp
140 × 70 × 12 mm

Maslow’s Pyramid of Needs
Carton of 6, SKU: 10323
Cloth Bag / Wood Blocks
140 × 120 × 30 mm

The Thinker Game
Carton of 6, SKU: 5675
Paper / 52 cards
89 × 126 × 23 mm

20 Aphorisms
Carton of 6, SKU: 3183
Paper / 20 cards
220 × 158 × 25 mm

Untranslatable Words
Carton of 6, SKU: 6055
Paper / 20 cards
159 × 115 × 20 mm

**The School of Life**

The Psychology of Colour Pencil Set
Carton of 6, SKU: 4698
12 coloured pencils / Definition booklet, buckram finish box
184 × 100 × 12 mm

20 Aphorisms
Carton of 6, SKU: 3183
Paper / 20 cards
220 × 158 × 25 mm

Untranslatable Words
Carton of 6, SKU: 6055
Paper / 20 cards
159 × 115 × 20 mm
The history of philosophy is filled with some fascinating ‘schools of thought’ dedicated to tackling life’s big problems in distinctive ways.

Each of these notebooks carries an introduction to a great thinker on the inside front page, their name beautifully printed on the cover – and otherwise empty pages for your own projects.
The School of Life Press brings together the thinking and ideas of The School of Life creative team. Our books share a coherent, curated message that speaks with one voice: calm, reassuring and sane.

Our books address issues such as how to find fulfilling work, how to master the art of relationships, how to understand one's past, how to achieve calm, and how better to understand and – where necessary – change the world.
The Joys & Sorrows of Parenting
Carton of 10, SKU: 8782
Hardback book / 56 pp
170 × 170 × 16 mm

Insomnia
Carton of 10, SKU: 9709
Hardback book / 56 pp
190 × 160 × 17 mm

Anxiety
Carton of 10, SKU: 10337
Hardback book / 112 pp
190 × 160 × 17 mm

Great Thinkers
Carton of 8, SKU: 6085
Hardback book, yellow ribbon bookmark / 480 pp
197 × 145 × 45 mm

Calm
Carton of 8, SKU: 6081
Hardback book, yellow ribbon bookmark / 136 pp
184 × 154 × 17 mm

Small Pleasures
Carton of 8, SKU: 9947
Hardback book, yellow ribbon bookmark / 192 pp
190 × 125 × 18 mm

How to Travel
Carton of 8, SKU: 9137
Paperback book with bookmark, notepaper and envelope / 132 pp | 192 × 125 × 15 mm

How to Get Married
Carton of 10, SKU: 8667
Hardback book with ceremony booklet and marriage contract / 132 pp | 222 × 155 × 16 mm

Couple’s Workbook
Carton of 10, SKU: 10333
Hardback book / 192 pp
222 × 155 × 20 mm

Relationships
Carton of 8, SKU: 6316
Hardback book, yellow ribbon bookmark / 118 pp
186 × 136 × 16 mm

Sex
Carton of 8, SKU: 6539
Hardback book, yellow ribbon bookmark / 128 pp
175 × 115 × 15 mm

A Job to Love
Carton of 8, SKU: 6544
Hardback book, yellow ribbon bookmark / 192 pp
190 × 125 × 18 mm

The School of Life Dictionary
Carton of 8, SKU: 7411
Hardback book / 280 pp
196 × 142 × 27 mm

Things Never to Tell Children
Carton of 10, SKU: 7188
Hardback illustrated book / 32 pp
180 × 180 × 7 mm

The Meaning of Life
Carton of 10, SKU: 9692
Hardback book, yellow ribbon bookmark / 136 pp | 163 × 123 × 15 mm

On Being Nice
Carton of 8, SKU: 6693
Hardback book, yellow ribbon bookmark / 128 pp
178 × 120 × 15 mm

Essay Book – A Replacement for Religion
Carton of 10, SKU: 10269
Hardback book / 240 pp
181 × 110 × 20 mm

Essay Book – How to Overcome Your Childhood
Carton of 10, SKU: 9947
Hardback book / 120 pp
181 × 110 × 15 mm
THE SCHOOL OF LIFE

STATEMENT
The objects we own are, in their own way, hugely eloquent; they reflect our personalities and reveal important truths about our ourselves to others. These might be as simple as the brands we like or the music we listen to – but they might also be something more profound: our personal philosophy of life.

Our Statement collection is made up of beautiful objects proclaiming wise, vital truths about emotions and existence, helping you to make a statement wherever you go.
Grown-ups might like to think that they have all the answers, but in many ways it is children who are wiser. They soak up facts and ideas, ask complex questions and approach the world with a boundless curiosity. The more this curiosity is fed, the more likely they are to grow into thoughtful, compassionate and fulfilled adults.

Our Children’s range is designed to harness children’s spontaneous philosophical instinct, introducing them to great thinkers and transformative ideas to carry with them throughout their lives.
What Can I Do When I Grow Up?
Carton of 10, SKU: 10296
Hardback Book / 176pp
222 × 155 × 21mm

Big Ideas for Curious Minds
Carton of 6, SKU: 9111 | Fully illustrated hardback book / 160 pp
246 × 180 × 13 mm

Happy, Healthy Minds
Carton of 10, SKU: 10339
Hardback book / 176pp
246 × 180 × 21 mm

What Adults Don’t Know About Art
Carton of 10, SKU: 10366
Hardback Book / 160pp
222 × 155 × 20 mm

What Adults Don’t Know About Architecture
Carton of 10, SKU: 10368
Hardback Book / 192pp
222 × 155 × 20 mm

An Emotional Menagerie: Feelings from A to Z
Carton of 10, SKU: 10370
Hardback Book / 60pp
260 × 230 × 20 mm

Philosophical Questions For Curious Minds
Carton of 6, SKU: 10348 | Paper 52 cards | 89 × 126 × 25 mm

Nature and Me
Carton of 10, SKU: 10386
Hardback Book / 96pp
260 × 230 × 20 mm

Screen Free Fun
Carton of 10, SKU: 10382
Hardback Book / 176pp
140 × 203 × 20 mm

The Book of Me
Carton of 10, SKU: 10434
Paperback Book / 192pp
255 × 188 × 20 mm
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