SS22





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 $90 \times 65 \times 20 \,\mathrm{mm}$



Connect Carton of 6, SKU: 10259 Paper / 100 cards w. dice $100 \times 90 \times 60 \,\mathrm{mm}$



Pillow Talk Carton of 6, SKU: 8455 Paper / 60 cards $80 \times 100 \times 32$ 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-toaccess bits of our minds and to know our deep personalities as well as we can.



Emotional First Aid Kit Carton of 6, SKU: 9116 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



Know Yourself Prompt Cards Carton of 6, SKU: 6038 Paper / 60 cards $104 \times 73 \times 36 \text{ mm}$



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 104×73×36 mm



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



Writing as Therapy Journal: Journeys | Carton of 6, SKU: 5538 Paper / A5 linen-bound notebook 192 pp / 210 × 148 × 18 mm



What Do I Really Want To Achieve? Carton of 6, SKU: 10453 Paper/ 160 cards + booklet 159×115×20 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: 9833 Paper / 100 cards and die 100 × 100 × 60 mm



Writing as Therapy Journal: Projects | Carton of 6, SKU: 5535 Paper / A5 linen-bound notebook 192 pp / 210 × 148 × 18 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 $104 \times 73 \times 36 \,\mathrm{mm}$



Career Crisis Prompt Cards Carton of 6, SKU: 6039 Paper / 60 cards $104 \times 73 \times 36 \text{ mm}$



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



Motivation Carton of 6, SKU: 10400 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.

SOCIABILITY





Conversation Menus Carton of 6, SKU: 9133 Paper / 20 menus w. wooden stand $220 \times 160 \times 25 \,\mathrm{mm}$



Table Talk Carton of 6, SKU: 9139 Paper / 40 double-sided placecards $109 \times 92 \times 27 \,\mathrm{mm}$



100 Questions: Original Edition Carton of 6, SKU: 3184 Paper / 100 cards $150 \times 115 \times 50 \,\mathrm{mm}$





The Family Game Carton of 6, SKU: 10292 Paper / 100 cards with dice $100 \times 90 \times 60 \text{ mm}$



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 $89 \times 126 \times 25 \text{ mm}$



100 Questions: Family Edition Carton of 6, SKU: 5322 Paper / 100 cards $150 \times 115 \times 50 \,\mathrm{mm}$



Kindness Prompt Cards Carton of 6, SKU: 7399 Paper / 60 cards $104 \times 73 \times 36 \,\mathrm{mm}$



The Confessions Game Carton of 6, SKU: 6203 Paper / 100 cards with dice $100 \times 90 \times 60 \,\mathrm{mm}$



The Dilemmas Game Carton of 6, SKU: 10346 Paper / 52 cards $89 \times 126 \times 25 \text{ mm}$



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



The Loser Game. Carton of 6, SKU: 10308 Paper / 100 cards $70 \times 70 \times 70 \,\mathrm{mm}$



The Therapy Game | Carton of 6, SKU: 10254 | Paper / 100 cards w. sand timer & booklet $100 \times 90 \times 60 \,\mathrm{mm}$



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

17 16



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.



Calm Prompt Cards Carton of 6, SKU: 5706 Paper / 60 cards $104 \times 73 \times 36 \,\mathrm{mm}$



The Wonder of Nature Carton of 6, SKU: 9118 Paper / 20 cards $113 \times 155 \times 21 \,\mathrm{mm}$



Gratitude Card Set Carton of 10, SKU: 6692 Paper / 60 cards $100 \times 80 \times 22 \,\mathrm{mm}$



Cards for Perspective Carton of 6, SKU: 7405 Paper / 20 cards $159 \times 115 \times 20 \,\mathrm{mm}$



If the Worst Comes to the Worst Carton of 8, SKU: 9835 Paper flip-book / 42 flip cards $105 \times 166 \times 40 \,\mathrm{mm}$



Small Pleasures Card Set Carton of 10, SKU: 6054 Paper / 60 cards $100 \times 80 \times 22 \,\mathrm{mm}$



15 Minutes Timer Carton of 6, SKU: 3780 Glass / Hourglass, instruction booklet and box / $130 \times 55 \, \text{mm}$



Calming Places Carton of 6, SKU: 10331 Paper / 20 cards $220 \times 158 \times 22 \,\mathrm{mm}$





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.



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



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



Stamps of Encouragement Carton of 6, SKU: 10264 Wood / Rubber / 5 stamps $100 \times 90 \times 30 \,\mathrm{mm}$



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 $89 \times 126 \times 23 \,\mathrm{mm}$



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

SCHOOL OF THOUGHT



THE ENGLISH MODERNISTS

New network Tiller Heiserty Missen, Rathran Stepaneth and Ben Nicholines went starting 1- in the sports and zopen. Toglich Mediermann wewerd like a resemblishme, Eine 2- was find of the stallage, field and destribe the deposed to a statistical English as your went attemed to the advanced forces and advanceinage extension coming from destration in Surper, Act our served like discharations in an action was selected as 20 with Calabra of managenides, notice than a man impossibility in to possible to has charging extension, that and or generated the unit to the a solution of the control of the charging extension that and or generated the unit to the a solution of the control of the c









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 English Modernists
Carton of 4, SKU: 5196 | Paper /
3 notebooks – plain, grid and lined
125 × 178 × 20 mm



The Pop Artists Carton of 4, SKU: 5199 | Paper / 3 notebooks – plain, grid and lined $125 \times 178 \times 20 \,\mathrm{mm}$



The Minimalists
Carton of 4, SKU: 5198 | Paper /
3 notebooks – plain, grid and lined
125 × 178 × 20 mm



The Existentialists Carton of 4, SKU: 3189 | Paper / 3 notebooks – plain, grid and lined $125 \times 178 \times 20 \, \mathrm{mm}$



The Pessimists
Carton of 4, SKU: 3190 | Paper /
3 notebooks – plain, grid and lined
125 × 178 × 20 mm

THE SCHOOL OF LIFE PRESS



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.



Love Series: Dating Carton of 10, SKU: 10072 Hardback book / 128 pp 155 × 110 × 10 mm



Love Series: Heartbreak Carton of 10, SKU: 10070 Hardback book / 96 pp 155 × 110 × 8 mm



Love Series: Affairs Carton of 10, SKU: 10074 Hardback book / 144 pp 155 × 110 × 12 mm



Love Series: Arguments Carton of 10, SKU: 10076 Hardback book / 160 pp 155 × 110 × 12 mm



A Guide to Modern Manners Carton of 10, SKU: 10267 Hardback book / 112 pp 199 x 139 x 12 mm



Thinking & Eating Carton of 8, SKU: 10294 Hardback book / 368 pp 215 × 165 × 32 mm



The Emotionally Intelligent Office Carton of 10, SKU: 9372 Paperback book / 183 pp $176 \times 127 \times 15$ mm



How to Think More Effectively Carton of 10, SKU: 10319 Paperback book / 144 pp 176 × 127 × 16 mm



How to Get On With Your Colleagues | Carton of 10, SKU: 10321 | Paperback book 160 pp | 176 × 127 × 16 mm



The Joys & Sorrows of Parenting Carton of 10, SKU: 8782 Hardback book / 56 pp $170 \times 170 \times 16 \,\mathrm{mm}$



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



Anxiety Carton of 10, SKU: 10337 Hardback book / 112pp 190 × 160 × 17 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 / 192pp $222 \times 155 \times 20 \,\mathrm{mm}$



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

How to Travel | Carton of 8,

 $/132 \text{ pp} | 192 \times 125 \times 15 \text{ mm}$

SKU: 9137 | Paperback book with

bookmark, notepaper and envelope



Things Never to Tell Children Carton of 10, SKU: 7138 Hardback illustrated book / 32 pp $180 \times 180 \times 7 \,\mathrm{mm}$



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



Great Thinkers | Carton of 8, SKU: 6085 | Hardback book, yellow ribbon bookmark / 480 pp $197 \times 145 \times 45 \,\mathrm{mm}$



Calm | Carton of 8, SKU: 6181 | Hardback book, yellow ribbon bookmark / 136 pp $184 \times 154 \times 17 \,\mathrm{mm}$



Small Pleasures | Carton of 8, SKU: 6054 | Hardback book, yellow ribbon bookmark / 247 pp $204 \times 136 \times 25 \,\mathrm{mm}$



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 $190 \times 125 \times 18 \,\mathrm{mm}$



On Being Nice | Carton of 8, SKU: 6693 | Hardback book, yellow ribbon bookmark / 128 pp $178 \times 120 \times 15 \,\text{mm}$



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 $181 \times 110 \times 15 \,\mathrm{mm}$

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Essay Book – What is Psychotherapy? | Carton of 8, SKU: 8780 | Hardback book / 120 pp 181 × 110 × 12 mm



Essay Book – What is Culture For? Carton of 8, SKU: 8450 Hardback book / 112 pp 181 × 110 × 14 mm



Essay Book – Self-Knowledge Carton of 10, SKU: 7409 Hardback book / 96 pp 181 × 110 × 10 mm



 Sorrows Slipcase
 Essay Book – The Sorrows of Work

 Carton of 14, SKU: 8138
 Carton of 10, SKU: 7413

 Two hardback books / 104 & 80 pp
 Hardback book / 104 pp

 195 × 115 × 25 mm
 181 × 110 × 12 mm



Essay Book – The Sorrows of Love Carton of 10, SKU: 7415 Hardback book / 80 pp 181 × 110 × 10 mm



Essay Book – Why We Hate Cheap Things | Carton of 10, SKU: 7383 Hardback book / 84 pp 181 × 110 × 7 mm



Essay Book – How to Find Love Carton of 10, SKU: 7371 Hardback book / 96 pp 181 × 110 × 10 mm



Essay Book – Why You Will Marry the Wrong Person | Carton of 10, SKU: 6707 | Hardback book / 72 pp 181 × 110 × 7 mm



Procrastination Carton of 8, SKU: 9249 Wiro-bound book / 62 pp 140 × 120 × 13 mm



Who Am I? Guided Journal Carton of 6, SKU: 9142 Hardback journal / 160 pp 228 × 160 × 15 mm



Philosophy in 40 Ideas Carton of 10, SKU: 10258 Hardback book / 88pp 126 × 178 × 10 mm



A More Exciting Life Carton of 10, SKU: 10372 Hardback book / 192pp 170 × 125 × 13 mm



Stay or Leave Carton of 10, SKU: 10374 Hardback Book/ 160pp 178 × 120 × 20 mm



How to Find the Right Words Carton of 10, SKU: 10376 Hardback Book/ 96pp 181 × 110 × 5 mm



What They Forgot to Teach You At School | Carton of 10, SKU: 10378 | Hardback Book/ 160pp 170 × 125 × 20 mm



The Calm Workbook Carton of 10, SKU: 10388 Hardback Book/ 192pp 222 × 155 × 20 mm

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Capitalism | Carton of 10,

181 × 110 × 14 mm

SKU: 7417 | Hardback book / 112 pp



Drawing as Therapy Carton of 10, SKU: 10404 Hardback Book/ 160pp 246 × 180 × 20 mm



Mind and Body Carton of 10, SKU: 10384 Hardback Book/ 248pp 204 × 136 × 20 mm



Varieties of Melancholy Carton of 10, SKU: 10441 Hardback Book/ 256pp 180 × 125 × 20 mm



The School of Life: Relationships Carton of 10, SKU: 10770 Paperback Book/ 144pp 198×129×12 mm



On Mental Illness Carton of 10, SKU: 10764 Hardback Book/ 192pp 180×125×22 mm



A More Loving World Carton of 10, SKU: 10763 Hardback Book/ 160pp 181×110×20 mm



The Good Enough Parent Carton of 10, SKU: 10390 Hardback Book/ 196pp 180 × 125 × 20 mm



How to Survive The Modern World Carton of 10, SKU: 10392 Hardback Book/ 208pp 285 × 210 × 20 mm



Bold Truths
Carton of 10, SKU: 10380
Paperback Book / 42pp and 20
colour posters | 300 × 240 × 20 mm



Art Against Despair Carton of 10, SKU: 10765 Hardback Book/ 224pp 246×180×25mm



How Modern Media Destroys Our Minds Carton of 10 SKU: 10766 | Hardback Book/ 192pp | 204×136×20mm



On Self Hatred Carton of 10, SKU: 10767 Hardback Book/ 160pp 181×110×15mm



A Simpler Life Carton of 10, SKU: 10536 Hard Book/ 192pp 180 × 120 × 22mm



On Failure Carton of 10, SKU: 10748 Hard Book/ 232pp 204 × 136 × 22 mm



The School of Life: Calm Carton of 10, SKU: 10769 Paperback Book/ 176pp 198×129×12 mm



A Therapeutic Atlas Carton of 10, SKU: 10768 Hardback Book/ 160pp 246×180×24mm

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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.



Optimist/Pessimist Tote Carton of 4, SKU: 9949 | 100 % cotton / Heavy-duty canvas with inner zip pocket | 375 × 400 mm



The School of Life Pin Badge Carton of 10, SKU: 6246 Gold-plated iron $32 \times 28 \,\mathrm{mm}$



Emotional Baggage Tote: Navy Carton of 4, SKU: 7132 Heavy-duty canvas with inner zip pocket \mid 375 \times 400 mm



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 × 21mm



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



What Adults Don't Know About Art

Carton of 10, SKU: 10366

Hardback Book / 160pp

 $222 \times 155 \times 20 \,\mathrm{mm}$

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

Contact Us

Joanne Sinclair Head of Retail Sales +44 (0)7789 956 690

orders@theschooloflife.com