EVERYDAY ADVENTURES
RE-DISCOVER WONDER AND EXCITEMENT

Connect
REMEMBER WHY YOU MATTER TO ONE ANOTHER

KNOW YOURSELF
CARDS FOR SELF-EXPLORATION

THE DILEMMAS GAME
LEARN HOW TO SOLVE LIFE'S TRICKIEST CONUNDRUMS

THE SCHOOL OF LIFE

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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.
Relationships

THE SCHOOL OF LIFE
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.
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: 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 × 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 | 159 × 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
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

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

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

100 Questions: Family Edition
Carton of 6, SKU: 5122
Paper / 100 cards
150 × 315 × 50 mm

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

The Confessions Game
Carton of 6, SKU: 6203
Paper / 100 cards with dice
100 × 90 × 60 mm

The Dilemmas Game
Carton of 6, SKU: 10346
Paper / 52 cards
89 × 126 × 25 mm

The Loser 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

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

The Meaning of Life (Card Set)
Carton of 10, SKU: 11286
Paper / 52 cards
90 × 65 × 20 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.
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

Great Thinkers
Calm
Small Pleasures
Relationships
A Job to Love
On Being Nice
Why You Will Marry the Wrong Person
On Confidence
How to Find Love
Self-Knowledge
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.
Art Against Despair
Carton of 10, SKU: 10765
Hardback Book / 224pp
246 x 180 x 25 mm

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

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

Reasons To Be Hopeful
Carton of 10, SKU: 11280
Hardback book / 228pp
197 x 145 x 20 mm

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

Relationships
Carton of 10, SKU: 10770
Paperback Book / 144pp
198 x 129 x 12 mm

Calm
Carton of 10, SKU: 10769
Paperback Book / 176pp
198 x 129 x 12 mm

On Being Nice (Paperback)
Carton of 10, SKU: 11269
Paperback book / 144pp
198 x 129 x 10 mm

Small Pleasures (Paperback)
Carton of 10, SKU: 11266
Paperback book / 208 pp
198 x 129 x 10 mm

Quotes To Live By
Carton of 10, SKU: 11277
Hardback book / 192pp
163 x 123 x 20 mm

Reasons To Be Hopeful
Carton of 10, SKU: 11282
Hardback book / 192pp
222 x 155 x 20 mm

The Career Workbook
Carton of 10, SKU: 11282
Hardback book / 192pp
222 x 155 x 20 mm
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.
THE MODERN WORLD
Contact Us

Joanne Sinclair
Head of Retail Sales

+44 (0)7789 956 690
orders@theschooloflife.com