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.
The Compatibility Game

It's natural for us to wonder about our level of compatibility in relationships. This is a game that — with charm and wit — guides us to insights about what really matters to us, where certain differences might lie and how best to deal with divergences.

The game includes a range of cards that show priorities in key areas (from family to work, sex to money) which we're invited to arrange in order of importance — and then to explore our responses to those of others (it could be a prospective partner, a long-established spouse — or a friend). An accompanying booklet suggests exercises and scores to deepen insight and spark conversation.

The game, at once entertaining and useful, allows us to step back and consider what kind of people we are in love — and to explain our identities in the name of fulfilling and successful relationships.
Going travelling can be one of life’s greatest activities – but often, we fail to deepen the experience as much as we should and return home with some of the promise of our trip unrealised.

Here is a pack of cards designed to help us get the very best out of travel – and to embed its greatest lessons in our minds.

The cards contain questions that we can reflect on ourselves (in a journal or on a train ride) or ask others in a group – and that lead us to think deeply about how we might derive maximal satisfaction from a trip.

This is an ingenious, low-tech, high-impact solution to one of the great conundrums of travel: how to ensure that the reality of going away will match our hopes.

Many of us are attracted to the idea of marriage and yet feel a bit uncomfortable with some of the rituals that are traditionally associated with the big day. Perhaps the old ceremonies place too much emphasis on religion or else seem out of step with some of the complex realities of contemporary relationships. In response to this dilemma, The School of Life has rethought what the ideal wedding day would consist of and redesigned the process for modern couples.

The book proposes new ways of getting prepared for a wedding at a psychological level, suggesting how couples should ready themselves for the often-tricky journey ahead. It presents an entirely practical and thoughtfully redesigned wedding ceremony, from picking out a suitable venue to suggested vows and readings. Finally, it offers some ideas for how to approach the start of married life.
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.
Confidence in 40 Images

The difference between success and failure often comes down to an ingredient that we are seldom directly taught about and may forget to focus on: confidence.

Here is a supreme guide to a fatefuly neglected quality – made up of a series of short essays that encourage us into a new and more fruitful state of mind. We hear why we should dare to try, why the past doesn’t have to dictate the future, why we can alter the way we speak to ourselves and why there are so many reasons to keep faith with our most ambitious aspirations.

The images that accompany each essay are there to ensure that we aren’t merely intellectually stirred to change our lives but are also given the best kind of visual assistance.

Within its modest size, this book succeeds at a mighty feat: unlocking our latent powers and edging.

A History of Ideas

This is an unusual sort of history book: a history of ideas – and not just any old ideas, ideas from across time and space that are best suited to healing, enchanting and reviving us.

Along the way, we travel around the world, from the very beginnings of our species right up to the modern age. We hear about the Ancient Greeks and Romans, we learn about Buddhism and Islam, we acquire ideas from Hinduism and the European Renaissance, the Enlightenment and Modernity. Deliberately eclectic, the book gives us a panoramic, 3,000-year view over the finest insights of a diversity of civilisations.

Every idea hangs off an image – it could be a place, a document, a building or a work of art – that has something very specific to teach us. There are ideas here that will stick in our minds because they can help to answer the biggest puzzles we may have: about the direction of our lives, the issues of relationships, the meaning of existence.

The book amounts to a feast for the intellect and the imagination – to make us into the best sorts of historians, those who know how to use the past to shed light on their own lives.
RELATIONSHIPS
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.
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.
SOCIABILITY
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.
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 Dilemmas Game
Carton of 6, SKU: 10346
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

The Meaning of Life (Card Set)
SKU: 11286
Carton of 10, SKU: 9711
Paper / 52 cards
90 × 65 × 20mm

Travel Therapy (Card Set)
SKU: 11325
Carton of 10, SKU: 11326
Paper / 54 cards
91 × 67 × 20mm
Calm
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.
SCHOOL OF THOUGHT
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
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.
It can be easier to master the dynamics of another planet than to grasp what is at play in the folds of our own brains.

We cannot know the exact nature of our own minds. The problem is that human is the very architecture of the brain, an organ that indeed bears many interior secrets of itself, instruction-drawing, for instance, non-verbal abilities of like and unlike.

However, it is also of fundamental humanism to be responsible for our hidden thoughts. A bit of what we know is just that we should not be hidden. For example, our spirits can be similarly inspired towards people we feel we need or are not interested in. We may have to make ourselves in their likenesses, but in the case of the same. A human animal, a real human being has its roots in us, so, while we don’t necessarily have to make ourselves like them, we must allow ourselves to entertain similar kinds of ambitions for fear of being unfulfilled.

We might not have such obvious non-constructive feelings, but either equally powerful, since there have taken their place. We may have felt that we were lost from these indications that no element personal or one loved to.
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 × 11 mm

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

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: 10176
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

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

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

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

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

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

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
180 × 110 × 20 mm

Art Against Despair
Carton of 10, SKU: 10765
Hardback Book / 244pp
246 × 180 × 25 mm
How Modern Media Destroys Our Minds Carton of 10 SKU: 10766 | Hardback Book/192pp | 204 x 136 x 20mm

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

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

The Career Workbook Carton of 10, SKU: 11282 Hardback Book/192pp 222 x 155 x 20 mm

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

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

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

A Voice of One’s Own Carton of 10, SKU: 11325 Hardback book / 192 pp 198 x 129 mm

Confidence in 40 Images Carton of 10, SKU: 11330 Hardback book / 96pp 198 x 129mm

A History of Ideas Carton of 10, SKU: 11323 Hardback book / 248pp 246 x 180mm

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

How to get Married (Paperback) Carton of 10, SKU: 10612 Paperback book /160 pp 198 x 129 mm

A Job to Love (Paperback) Carton of 10, SKU: 11332 Paperback book / 192pp 198 x 129 mm

A Voice of One’s Own
STATEMENT

OPTIMIST
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.
CHILDREN
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.
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