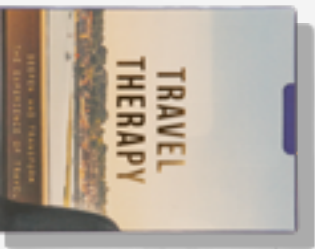


SPRING SUMMER

2024



**THE
SCHOOL
OF LIFE**



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.

NEW

THE SCHOOL OF LIFE

How Ready Are You For Love?



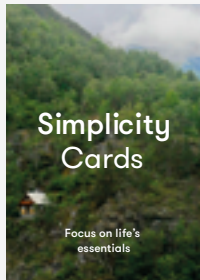
Most questionnaires are just a bit of fun, but this one sets out to be both entertaining and useful. It offers us nothing less than a guide to the comforting and supportive relationships we long for.

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.

CARTON OF 10, SKU: 11376
176 x 127mm
Paperback book / 152 pp
Theme – Relationships

Simplicity Cards



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 prioritise and sift – and, with gentle humour, guide us to the simpler lives we long for and deserve.

CARTON OF 10, SKU: 11378
91 x 67 x 20 mm
Paper / 52 cards
Theme – Self-Knowledge

100 Questions Game

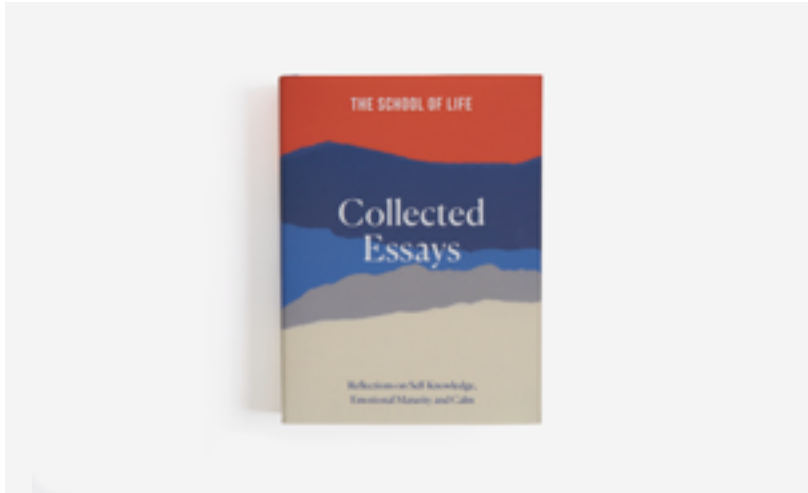


It isn't easy to get into a good conversation. Many of our best ones seem to happen by chance. Far from it! A great conversation starts with someone asking a great question.

Inside, on beautiful cards, you'll find laid out 100 of the very best questions around, carefully designed to get a group of people into exceptionally entertaining and meaningful conversations.

CARTON OF 6, SKU: 11357
100 x 90 x 60mm
Paper / 102 cards
Theme – Sociability

Collected Essays



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

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.

CARTON OF 10, SKU: 11372
197 x 145mm
Hardback book / 480 pp
Theme – Leisure

On Divorce



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 British 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.

CARTON OF 10, SKU: 11359
197 x 145mm
Hardback book / 144 pp
Theme – Leisure

A Therapeutic Library



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. But time is precious, and opportunity is limited.

That's why 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, offer the same essential thing: they will go with us as true friends through the complex, fascinating (and sometimes painfully hard) places of life with kindness and wisdom.

CARTON OF 10, SKU: 11370
246 x 180mm
Hardback book / 246 pp
Theme – Leisure

An Emotional Menagerie (Paperback)



Children experience all sorts of emotions, sometimes going through several very different ones before breakfast. Yet they can struggle to put these feelings into words. An inability to understand and communicate their moods can lead to bad behaviour, deep frustration and a whole host of difficulties further down the line.

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.

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

CARTON OF 10, SKU: 11363
260 x 230 mm
Paperback book / 60 pp
Theme – Children's

What Are You Feeling?



An illustrated guide to emotions that helps children 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.

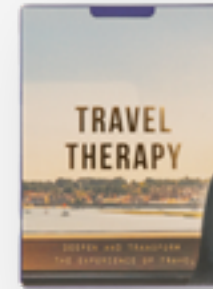
It is a book about finding interesting words for interesting feelings. It explores what lots of feeling words really mean and which words best describe the many feelings a child may have.

The book discusses 20 different feelings from happy to mischievous. The child is 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 in his vivid, colourful and amusing illustrations.

CARTON OF 10, SKU: 11352
260 x 230 mm
Hardback book / 60 pp
Theme – Children's

Travel Therapy Cards



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.

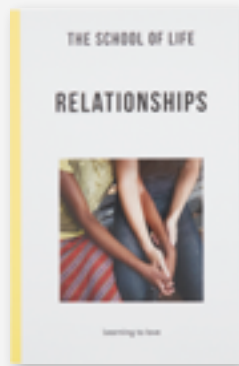
Here is a pack of cards designed to help us get the very best out of travel – and to embed its greatest lessons in our minds.

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.

CARTON OF 10, SKU: 11326
91 x 67 x 20mm
Paper / 54 cards
Theme – Leisure

Relationships (Paperback)



Few things promise us greater happiness than our relationships – yet few things more reliably deliver misery and frustration. Our error is to suppose that we are born knowing how to love and that managing a relationship might therefore be intuitive and easy.

This book starts from a different premise: that love is a skill to be learnt, rather than just an emotion to be felt. It calmly and charmingly takes us around the key issues of relationships, from arguments to sex, forgiveness to communication, making sure that success in love need never again be just a matter of luck.

CARTON OF 10, SKU: 10770
198 x 129mm
Paperback book / 160 pp
Theme – Relationships

Small Pleasures (Paperback)



So often we exhaust ourselves and the planet in a search for very large pleasures, while all around us lies a wealth of small pleasures, which if only we paid more attention could bring us solace and joy at little cost and effort.

This is a book to guide us to the best of life's small pleasures: the distinctive delight of holding a child's hand, having a warm bath or the joy of the evening sky. It is an intriguing, evocative mix of small pleasures to heighten the senses and return us to the world with new-found excitement and enthusiasm.

Small pleasures are points of access to the great themes of our lives. Every chapter puts one such moment of enjoyment under a magnifying glass to find out what's really going on and why it touches, moves and makes us smile.

CARTON OF 10, SKU: 11266
198 x 129mm
Paperback book / 192pp
Theme – Work

On Being Nice (Paperback)



Many books seek to make us richer or thinner. This book wants to help us to be nicer: less irritable, more patient, readier to listen, warmer and less prickly. Niceness may not have the immediate allure of money or fame, but it is a hugely important quality nevertheless, and one that we neglect at our peril.

On Being Nice gently leads us around the key themes of the often-forgotten quality of being nice. It discusses how to be charitable, how to forgive, how to be natural and how to reassure, as well as the importance of navigating interpersonal relationships with compassion and kindness. Ultimately, the book encourages us to understand that niceness is compatible with strength and is not an indicator of naivety.

CARTON OF 10, SKU: 11265
198 x 129mm
Paperback book / 160 pp
Theme – Relationships

Calm (Paperback)



Nowadays almost all of us wish we could be calmer; it is one of the distinctive longings of the modern age. Across history people have sought adventure and excitement, however a new priority for many of us is a desire to be more tranquil. This is a book designed to support us in our endeavours to remain calm against all the adversities life throws at us.

A calm state of mind is not a divine gift, we can alter our responses to everyday things and educate ourselves in the art of remaining calm, not through slow breathing or special teas, but through thinking.

This is a book that explores the causes of our greatest stresses and anxieties and gives us a succession of highly persuasive, beautiful and sometimes dryly comic arguments with which to defend ourselves against panic and confusion.

CARTON OF 10, SKU: 10769
198 x 129mm
Paperback book / 192pp
Theme – Work

How to Get Married (Paperback)

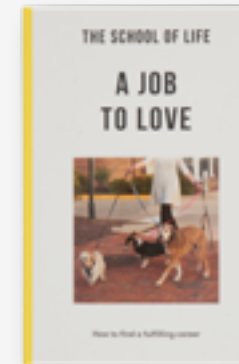


Many of us are attracted to the idea of marriage and yet feel a bit uncomfortable with some of the rituals that are traditionally associated with the big day. Perhaps the old ceremonies place too much emphasis on religion or else seem out of step with some of the complex realities of contemporary relationships. 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.

CARTON OF 10, SKU: 11285
198 x 129mm
Paperback book / 160 pp
Theme – Relationships

A Job to Love (Paperback)



The idea that work might be fulfilling rather than just necessary is a recent invention. These days, in prosperous areas of the world, we don't only expect to get paid, we also expect to find meaning and satisfaction.

A Job to Love is designed to help us better understand ourselves in order to find a job that is right for us. It explores the myths, traps and confusions that get in our way and shows us how to develop new, effective attitudes and habits.

CARTON OF 10, SKU: 11284
198 x 129mm
Paperback book / 192pp
Theme – Work

A Voice of One's Own



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.

CARTON OF 10, SKU: 11332
198 x 129mm
Hardback book / 192 pp
Theme – Self-Knowledge

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.

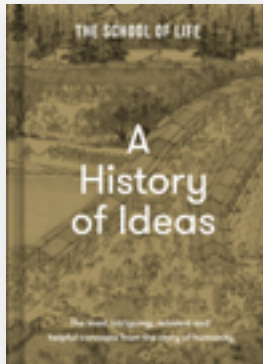
Here is a supreme guide to a fatefully neglected quality – made up of a series of short essays that encourage us into a new and more fruitful state of mind. We hear why we should dare to try, why the past doesn't have to dictate the future, why we can alter the way we speak to ourselves and why there 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.

CARTON OF 10, SKU: 11330
198 x 129mm
Hardback book / 96pp
Theme – Self-Knowledge

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.

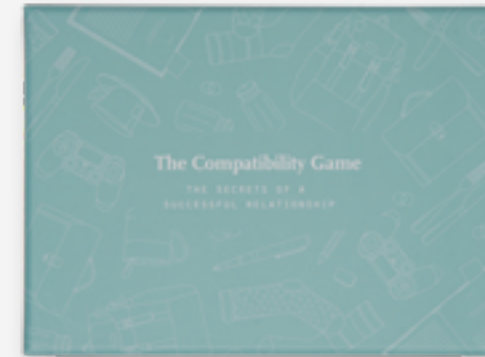
Along the way, we travel around the world, from the very beginnings of our species right up to the modern age. We hear about the Ancient Greeks and Romans, we learn about Buddhism and Islam, we acquire ideas from Hinduism and the European Renaissance, the Enlightenment and Modernity. Deliberately eclectic, 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.

CARTON OF 10, SKU: 11323
246 x 180mm
Hardback book / 248pp
Theme – Leisure

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.

SKU: 11288
CARTON OF 6, SKU: 11289
159 x 118 x 21mm
Paper / 160 cards
Theme – Relationships



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.



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



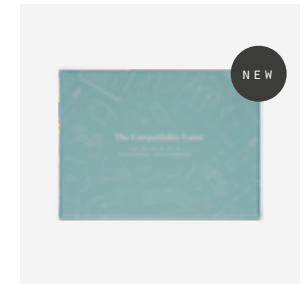
Pillow Talk
Carton of 6, SKU: 8455
Paper / 60 cards
80 × 100 × 32 mm



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

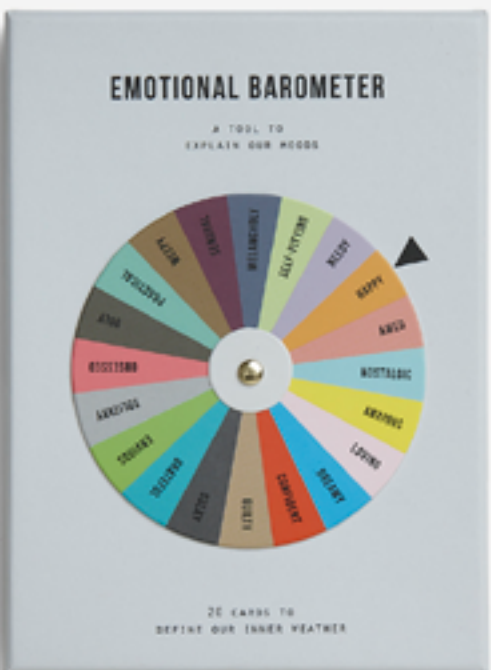


Emotional Conversations
Carton of 6, SKU: 10344
Paper / 20 cards
159 × 115 × 20 mm



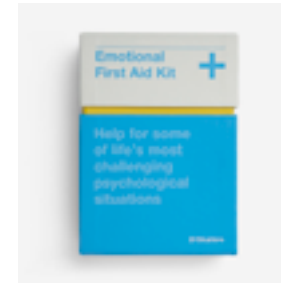
Compatibility Game
Carton of 6, SKU: 11289
Paper / 160 cards
159 × 118 × 21 mm

SELF-KNOWLEDGE

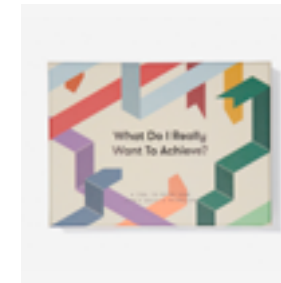


In Ancient Greece, when Socrates was asked to summarise all philosophical commandments, he replied: 'Know yourself'. Self-knowledge matters so much because an accurate sense of who we are helps us to make reliable decisions – particularly around love and work.

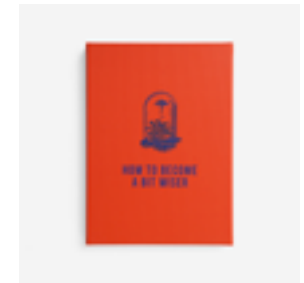
These tools help us to understand the hard-to-access bits of our minds and to know our deep personalities as well as we can.



Emotional First Aid Kit
Carton of 6, SKU: 9116
Paper / 20 booklets
157 × 115 × 45 mm



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



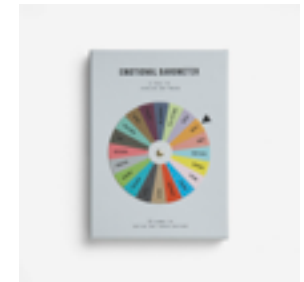
How to Become A Bit Wiser
Carton of 6, SKU: 10247
Paper / 20 cards with wooden stand
220 × 158 × 25 mm



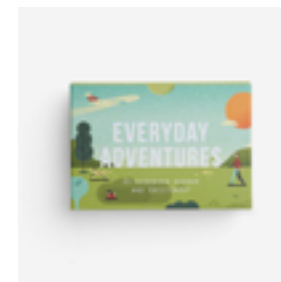
Know Yourself Prompt Cards
Carton of 6, SKU: 6038
Paper / 60 cards
104 × 73 × 36 mm



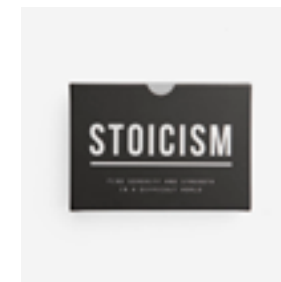
Resilience
Carton of 10, SKU: 8453
Paper / 60 cards
110 × 80 × 22 mm



Emotional Barometer
Carton of 6, SKU: 8991
Paper / 20 cards with movable dial on box | 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
192pp / 210 × 148 × 18 mm

WORK



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



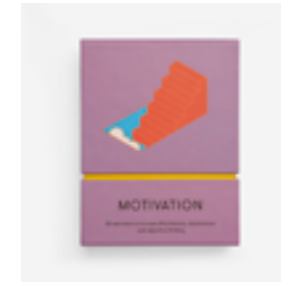
Teamwork
Carton of 6, SKU: 9833
Paper / 100 cards and die
100 × 100 × 60 mm



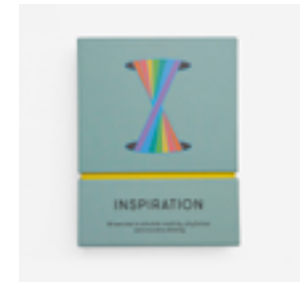
Writing as Therapy Journal: Projects | Carton of 6, SKU: 5535
Paper / A5 linen-bound notebook
192 pp / 210 × 148 × 18 mm



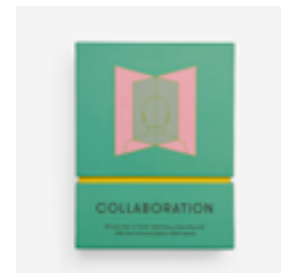
Confidence Prompt Cards
Carton of 6, SKU: 6657
Paper / 60 cards
104 × 73 × 36 mm



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

SOCIALABILITY



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.

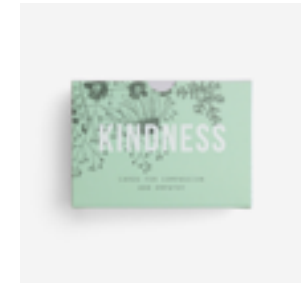
These tools help us to bring out the best in ourselves and others – and ensure that gatherings can be occasions for genuine sharing, discovery and joy.



Conversation Menus
Carton of 6, SKU: 9133
Paper / 20 menus w. wooden stand
220 × 160 × 25 mm



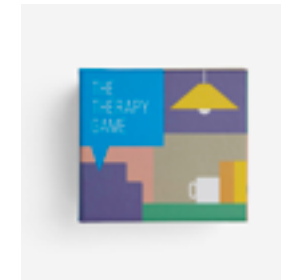
Table Talk
Carton of 6, SKU: 9139
Paper / 40 double-sided placecards
109 × 92 × 27 mm



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



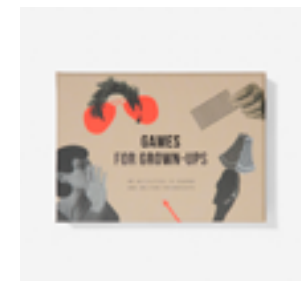
Snakes & Ladders | Carton of 6,
SKU: 10272 | Paper / Gameboard
with 52 cards, 6 counters & 2 dice
197 × 197 × 30 mm



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



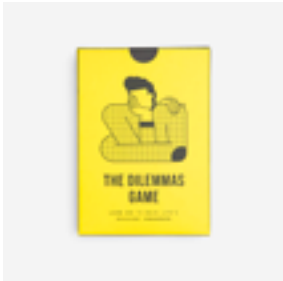
The Friendship Game
Carton of 6, SKU: 10290
Paper / Gameboard / 100 cards
with dice / 6 counters
197 × 197 × 30 mm



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



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



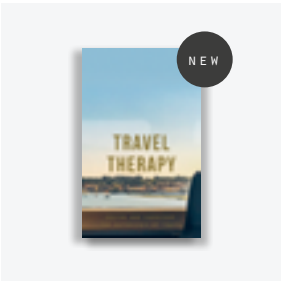
The Dilemmas Game
Carton of 6, SKU: 10346
Paper / 52 cards
89 × 126 × 25 mm



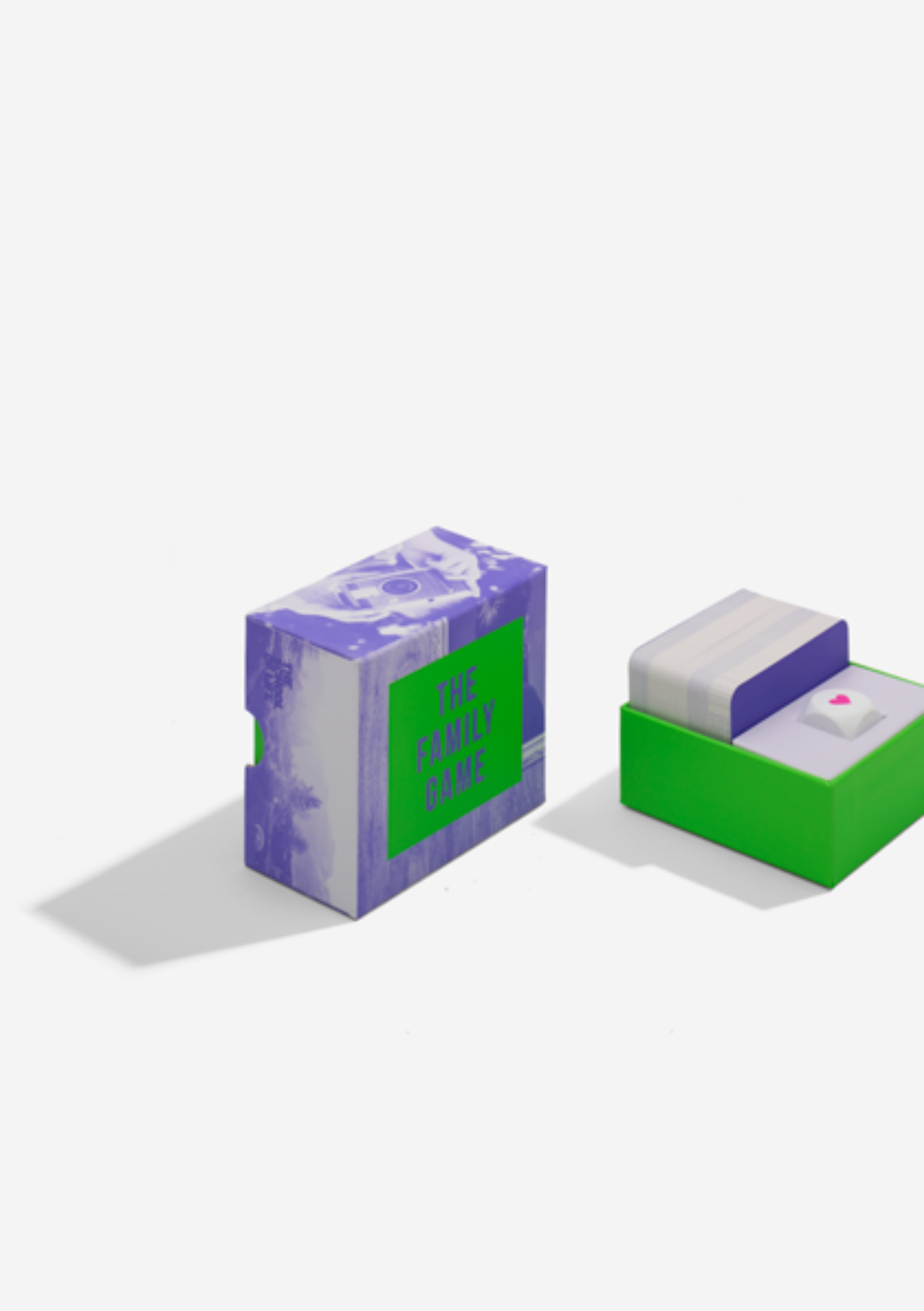
Meeting Friends
Carton of 10, SKU: 10746
Paper / 52 cards
90 × 67 × 20 mm



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 x 67 x 20mm

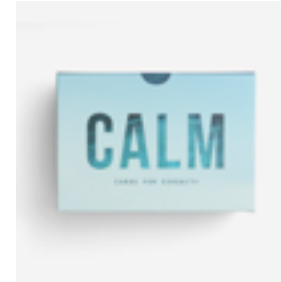


CALM

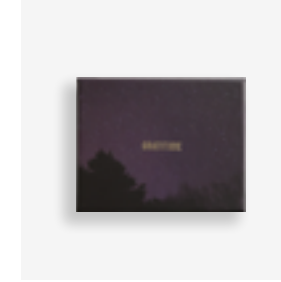


Calm has a deep and natural appeal. Most of us long to be more patient, unruffled, at ease and capable of reacting with quiet good humour to life's setbacks and irritants. But if calm is an ocean, most of us are still in the shallows.

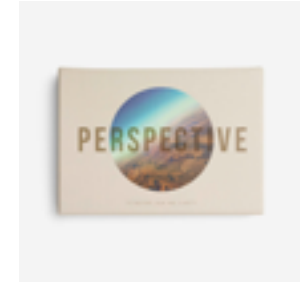
These hugely effective tools help us to secure calm on a regular basis and to grow into the serene people we have always longed to be.



Calm Prompt Cards
Carton of 6, SKU: 5706
Paper / 60 cards
104 × 73 × 36 mm



Gratitude Card Set
Carton of 10, SKU: 6692
Paper / 60 cards
100 × 80 × 22 mm



Cards for Perspective
Carton of 6, SKU: 7405
Paper / 20 cards
159 × 115 × 20 mm



If the Worst Comes to the Worst
Carton of 8, SKU: 9835
Paper flip-book / 42 flip cards
105 × 166 × 40 mm



Small Pleasures Card Set
Carton of 10, SKU: 6054
Paper / 60 cards
100 × 80 × 22 mm



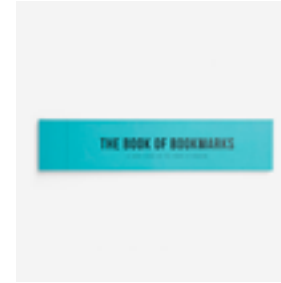
15 Minutes Timer
Carton of 6, SKU: 3780
Glass / Hourglass, instruction booklet and box / 130 × 55 mm

LEISURE

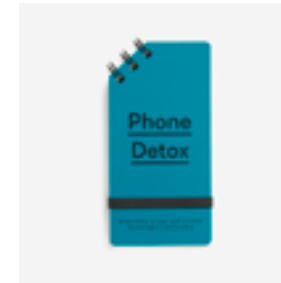


The School of Life is hugely interested in art, literature, psychology and philosophy – and draws upon these disciplines for its many ideas. It proposes that works of culture were all made, in one way or another, with the idea of improving how we live.

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.



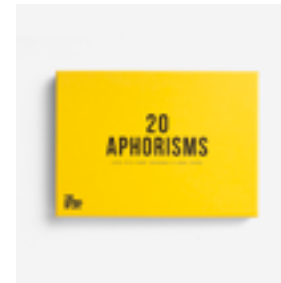
The Book of Bookmarks
Carton of 10, SKU: 9715
Paper / 20 bookmarks
205 × 44 × 9 mm



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



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 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.



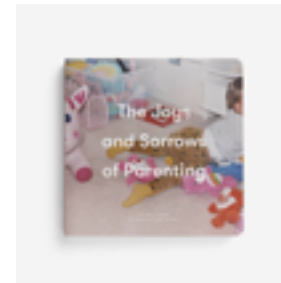
Love Series: Dating
Carton of 10, SKU: 10072
Hardback book / 128 pp
155 × 110 × 10 mm



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



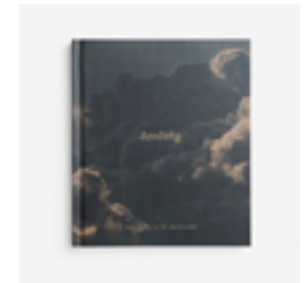
How to Think More Effectively
Carton of 10, SKU: 10319
Paperback book / 144 pp
176 × 127 × 16 mm



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 / 112pp
190 × 160 × 17 mm



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



Couple's Workbook
Carton of 10, SKU: 10333
Hardback book / 192pp
222 × 155 × 20 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: 7138
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



Calm | Carton of 8,
SKU: 6181 | Hardback book, yellow
ribbon bookmark / 136 pp
184 × 154 × 17 mm



Essay Book – The Sorrows of Work
Carton of 10, SKU: 7415
Hardback book / 104 pp
181 × 110 × 12 mm



Essay Book – On Confidence
Carton of 10, SKU: 10650
Hardback book / 95 pp
181 × 110 × 10 mm



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



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



**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



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



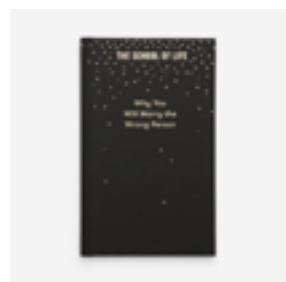
The Calm Workbook
Carton of 10, SKU: 10388
Hardback Book/ 192pp
222 × 155 × 20 mm



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



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



Mind & 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



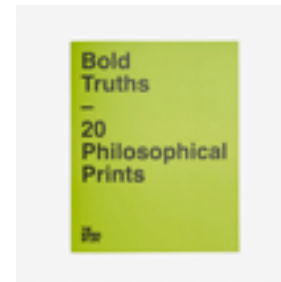
A Therapeutic Atlas
Carton of 10, SKU: 10768
Hardback Book/ 160pp
246 × 180 × 24mm



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



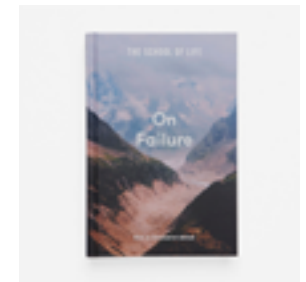
How to Survive The Modern World
Carton of 10, SKU: 10392
Hardback Book/ 208pp
285 × 210 × 20 mm



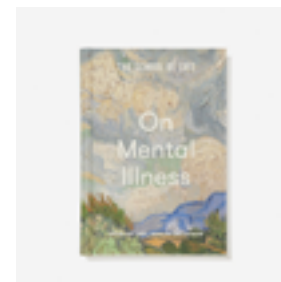
Bold Truths
Carton of 10, SKU: 10380
Paperback Book / 42pp and 20
colour posters | 300 × 240 × 20 mm



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



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



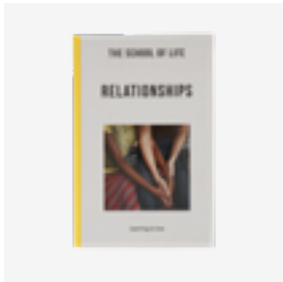
Art Against Despair
Carton of 10, SKU: 10765
Hardback Book/ 224pp
246 × 180 × 25mm



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



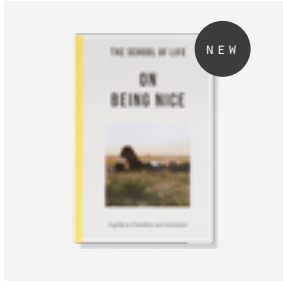
On Self Hatred
Carton of 10, SKU: 10767
Hardback Book/ 160pp
181×110×15mm



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



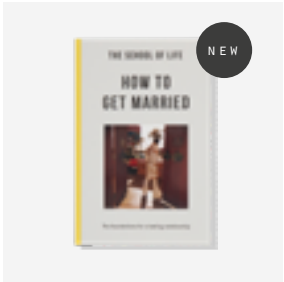
Calm
Carton of 10, SKU: 10769
Paperback Book/ 176pp
198×129×12 mm



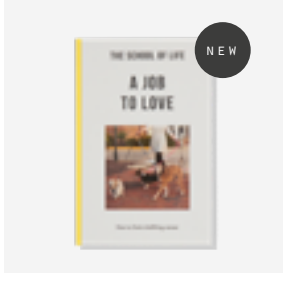
On Being Nice (Paperback)
Carton of 10, SKU: 11269
Paperback book / 144pp
198 x 129 x 10 mm



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



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



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

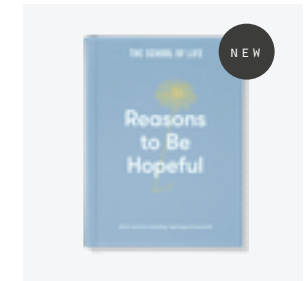




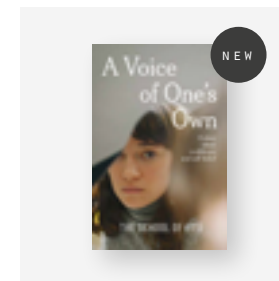
The Career Workbook
Carton of 10, SKU: 11282
Hardback book / 192pp
222 x 155 x 20 mm



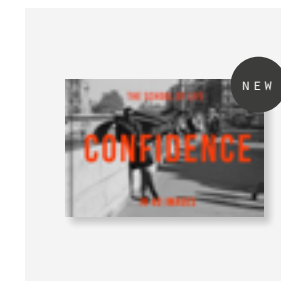
Quotes To Live By
Carton of 10, SKU: 11277
Hardback book / 192pp
163 x 123 x 20mm



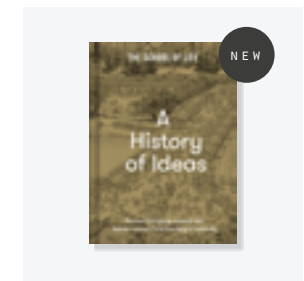
Reasons To Be Hopeful
Carton of 10, SKU: 11280
Hardback book / 228pp
197 x 145 x 20mm



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



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

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.

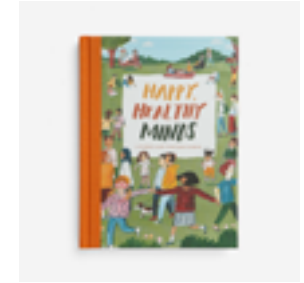
Our Children's range is designed to harness children's spontaneous philosophical instinct, introducing them to great thinkers and transformative ideas to carry with them throughout their lives.



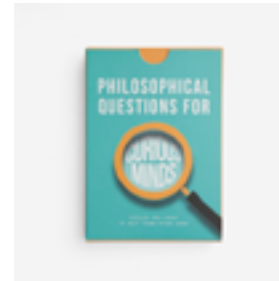
What Can I Do When I Grow Up?
Carton of 10, SKU: 10296
Hardback Book/ 176pp
222 x 155 x 21mm



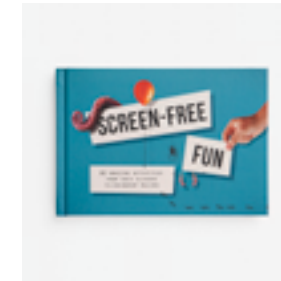
Big Ideas for Curious Minds
Carton of 6, SKU: 9111 | Fully
illustrated hardback book / 160 pp
246 x 180 x 13 mm



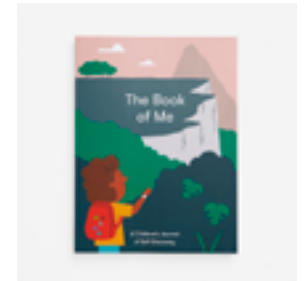
Happy, Healthy Minds
Carton of 10, SKU: 10339
Hardback book / 176pp
246 x 180 x 21mm



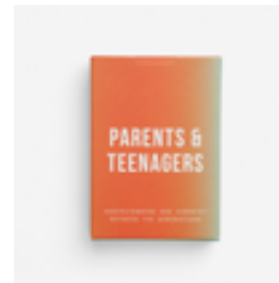
**Philosophical Questions For
Curious Minds**
Carton of 6, SKU: 10348 | Paper
52 cards | 89 x 126 x 25 mm



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



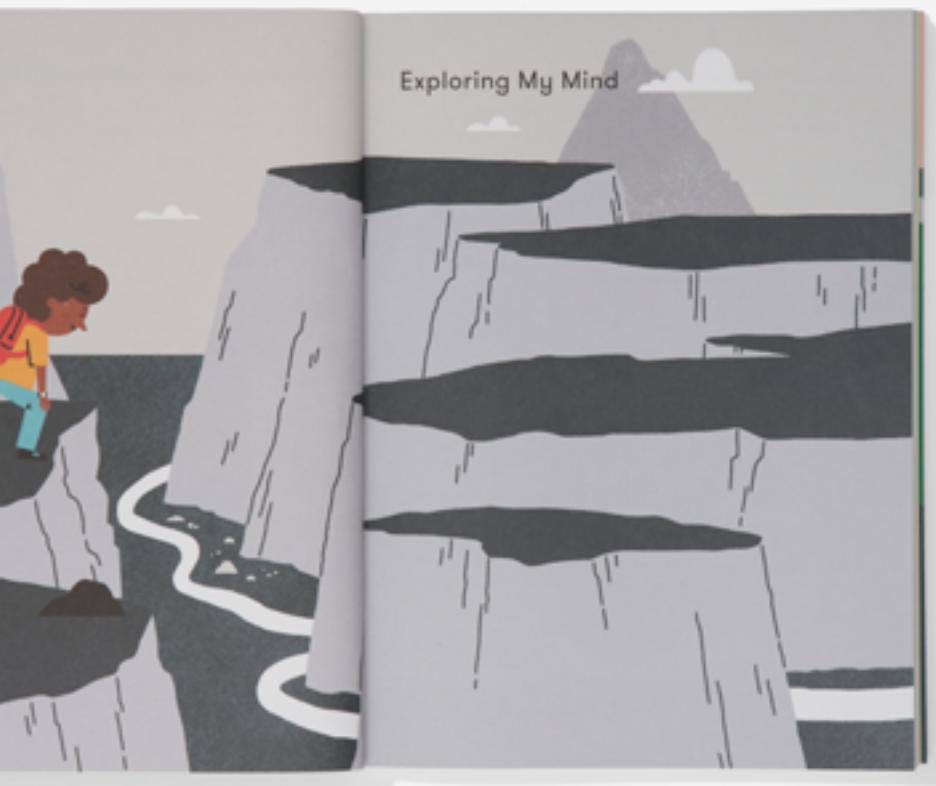
The Book of Me
Carton of 10, SKU: 10434
Paperback Book/ 192pp
255 x 188 x 20 mm



Parents & Teenagers
Carton of 10, SKU: 10771
Paper / 52 cards
90 x 65 x 20mm



Big Ideas from History
Carton of 6, SKU: 11258
Hardback book / 320pp
246 x 180 x 25mm



Contact Us

William Harrald
National Account Manager

+44 (0) 7833 206 830
william.h@theschooloflife.com

Marta Gisbert
International Account Manager

+44 (0) 7741 573 325
marta.g@theschooloflife.com

General Wholesale Enquiries
orders@theschooloflife.com

