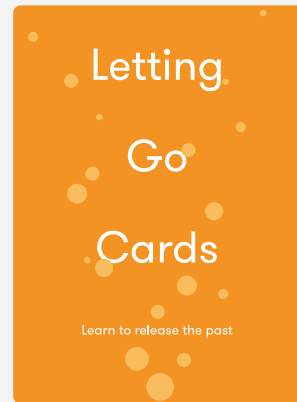




SPRING SUMMER





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

How To Understand Yourself



We spend our lives inside ourselves and yet understanding our inner world remains one of our most complex challenges.

This enlightening and practical book offers a collection of transformative psychological tests designed to illuminate the hidden dimensions of our psyches.

Through a curated selection of 50 psychological exercises, you'll embark on an intimate journey of self-discovery. These tests invite you to look beneath the surface of your conscious thoughts, uncovering the subtle narratives that shape your emotions, relationships and sense of self.

January 2026
Carton of 6, ISBN: 9781916753228
222 x 155 mm
Hardback book / 208pp
Theme – Self-Knowledge

The Couple's Dice



A strong relationship isn't the product of magic or luck. It grows through the small, repeated acts of honesty, vulnerability and humour we are brave enough to share.

The Couple's Dice is a tool to help partners connect. It gently encourages us to say things we long to express but often repress. Each of the six sides prompts a kind of communication we tend to neglect or avoid. Together, these prompts open the door to tenderness, catharsis, laughter and deeper trust. Along the way, the game may reveal truths we hadn't fully grasped – unspoken desires, quiet disappointments or forgotten hopes – giving us a chance to grow closer to our partner and more in touch with ourselves.

January 2026
Carton of 6, ISBN: 9781916753594
Dice and Booklet
106 x 95 x 60 mm
Theme – Relationships

Know Yourself



We may spend years mastering the external world – acquiring degrees, advancing careers, building families – without ever turning inwards to make sense of the person orchestrating it all: ourselves.

This book is a guide to the elusive, essential task of self-knowledge. With clarity, gentleness and depth, it explores why we are often mysteries to ourselves, how our childhoods quietly script our behaviours and why seemingly trivial experiences – an abrupt word, a strange dream, a lingering mood – can hold the keys to profound insight.

April 2026
Carton of 6, ISBN: 9781916753457
180 x 125 mm
Hardback book / 232pp
Theme – Self-Knowledge

The Decision Dice

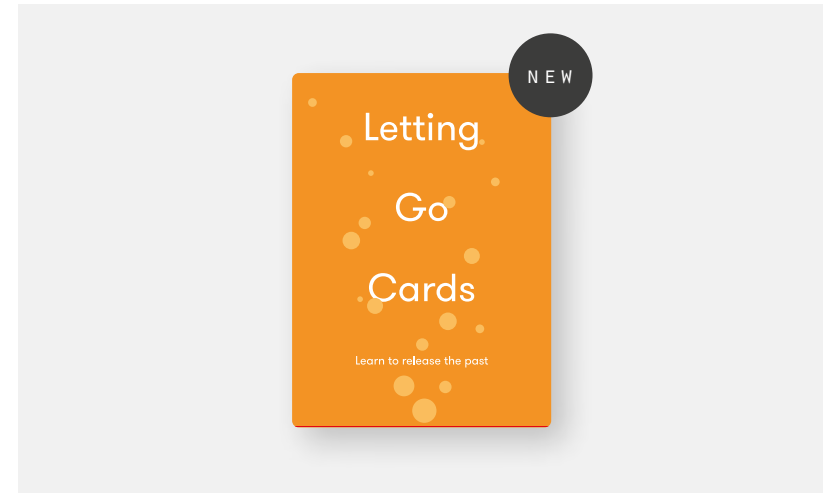


A good life is the result of good decisions. However, we seldom accord the business of decision-making the careful attention it requires.

The Decision Dice invites us to think through an issue from twelve distinct angles: Enemy, Gut, Death, Caution, Courage, Parent, Friend, Eternity, Child, Success, Billionaire and WTF. As we try out, juggle with and then synthesise these perspectives, our sense of possibility will expand, and a tolerable way forward will gradually emerge from our present confusion.

January 2026
Carton of 6, ISBN: 9781916753556
Dice and Booklet
106 x 95 x 60 mm
Theme – Self-Knowledge

Letting Go Cards



Letting go is among the hardest of all psychological achievements.

This set of 52 prompts offers compassionate and thoughtful guidance to help us begin the quiet, necessary work of release: letting go of past relationships, mistakes, grudges and versions of ourselves that no longer serve us. Whether we are emerging from a breakup, estranged from a loved one or haunted by unresolved guilt, these cards guide us gently toward healing, forgiveness and emotional freedom. They help us create space for what comes next – by first making peace with what has been.

June 2026
Carton of 10, ISBN: 9781916753587
91 x 67 x 20 mm
Paper / 52 cards
Theme – Calm

Everyday Wonder



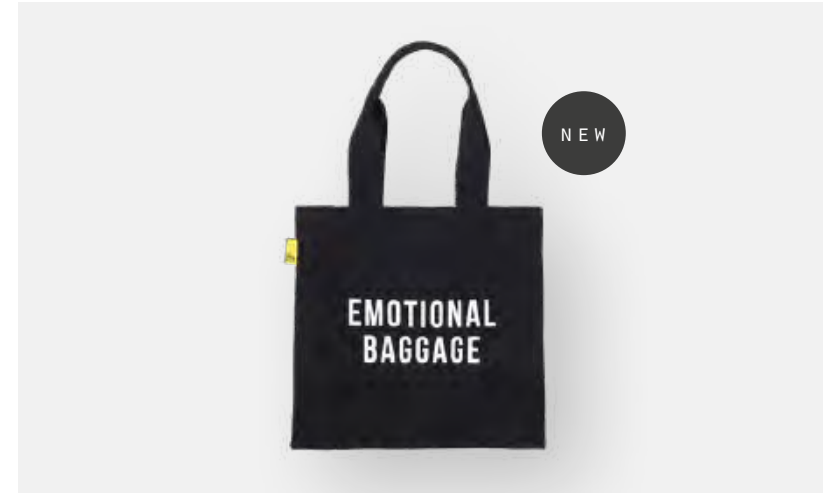
Many of us struggle to feel 'present' – that is, fully in tune with our surroundings. We remain locked inside our own heads, so distracted by stress and anxiety that we fail to take notice of – and pleasure in – the world outside.

What we need are some lessons in the forgotten art of noticing. This card set contains a collection of small yet remarkable things to watch out for as we go about our day, plus instructions for how to make the most of their wisdom. It's a catalogue of everyday wonders; reminding us how, in even the most mundane of settings, there is much to interest, excite, distract and delight us (so long as we know where to look).

By studying these cards and following their suggestions, we stand to rediscover presence and serenity.

September 2025
Carton of 6, ISBN: 9781916753488
100 x 80 x 34 mm
Paper / 60 cards
Theme – Calm

Emotional Baggage Tote

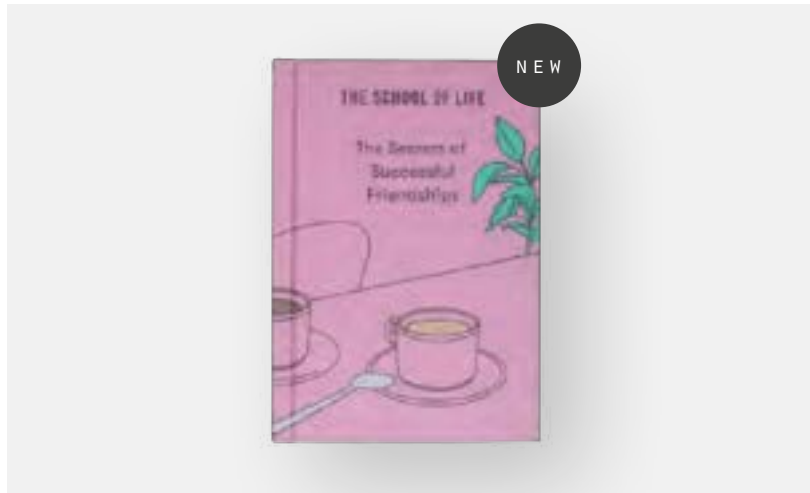


We are all damaged in diverse and interesting ways: we've been humiliated, we can't trust, we're furious or relentlessly anxious. No one has been spared; we're all a little crazy. Yet much depends on how we face up to our difficulties: whether we're bitter and defensive, or self-aware and honest. At The School of Life, we believe in handling our problems with grace and elegance. This tote bag celebrates one of the most exciting projects any of us can undertake: learning how to carry our emotional baggage well.

Our tote bags are produced by the social enterprise re-wrap. Established in 2002, re-wrap empowers rural Indian women to earn a living by handcrafting reusable textile products. They support local farmers in producing 100% organic cotton making their materials fully traceable, ensuring our tote bags are produced to the highest ethical and sustainable standards.

September 2025
Carton of 4, ISBN: 9781916753488
390mm x 370mm x 120mm
100% organic cotton black tote
Theme – Self-Knowledge

The Secrets of Successful Friendships



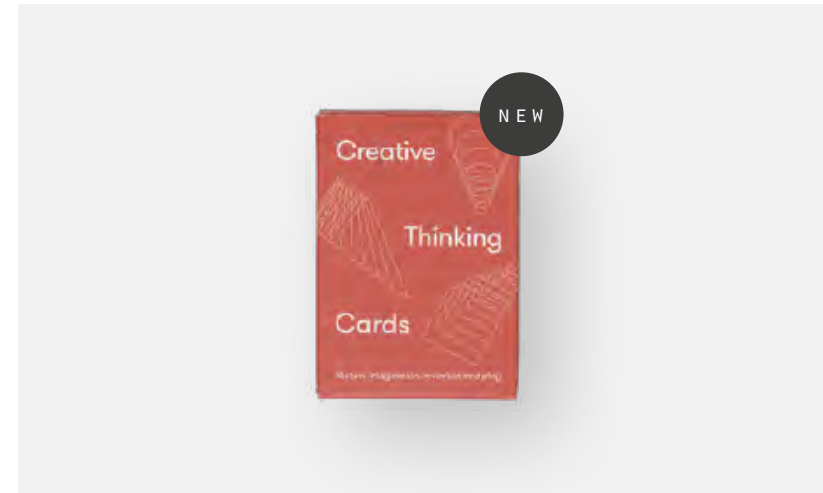
Few things promise as much potential happiness as friendship, yet the challenge of finding and maintaining meaningful connections remains one of life's great struggles.

Drawing on psychology, philosophy and cultural history, *The Secrets of Successful Friendships* offers a thoughtful exploration of why friendship is both more complex and more rewarding than we typically imagine. It examines why we get lonely, what holds us back from deeper connections, and how we might develop the emotional intelligence needed for lasting bonds. With characteristic wisdom and warmth, the book explores different varieties of friendship, from casual acquaintances to profound lifelong connections, while offering practical insights into overcoming common obstacles like shyness, envy and fear of vulnerability.

By explaining friendship's true purpose, the book gives us a chance to build new relationships of genuine depth and meaning.

September 2025
Carton of 10, ISBN: 9781916753235
180 x 125 mm
Hardback book / 168 pp
Theme – Sociability

Creative Thinking Cards



For many of us, one of our strongest – yet vaguest – desires is to be more creative. But how can we achieve this? Creativity isn't reserved for artists – it's about how we think, explore and play. It's a skill we can nurture and gently tease out of ourselves.

This set of cards is a tool to help us awaken the imaginative and original parts of our minds. Each prompt invites us to surprise ourselves, ask unusual questions and rediscover our longing to create something new.

October 2025
Carton of 10, ISBN: 9781916753563
91 x 67 x 20 mm
Paper / 52 cards
Theme – Self-Knowledge

On Loneliness



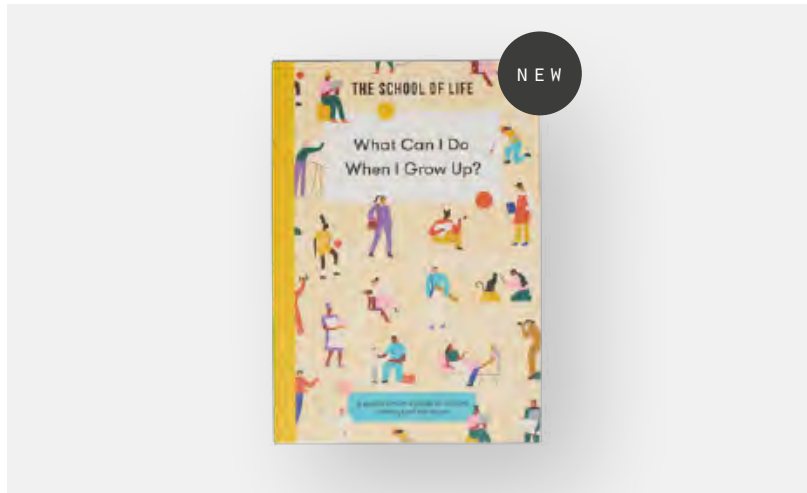
This transformative book examines loneliness through fifty heartfelt interviews and captivating portraits by the talented photographer Julia Hawkins. We hear from a diverse array of individuals whose lives have been shaped by isolation – those who feel invisible, misunderstood and alienated, as well as those who have found unexpected paths to understanding and connection. We are left feeling enlightened and consoled that we are not unique in our solitude; indeed, it's the most universal of emotions.

And so, we have every reason to hold out a hand to our similarly complicated, kind and lonely neighbours. This is a book for anyone who has ever felt alone – that is, for anyone who has ever been human.

November 2025
Carton of 10, ISBN: 9781916753211
197 x 145 mm
Hardback book / 128 pp
Theme – Sociability

NEW CHILDREN'S

What Can I Do When I Grow Up? (Paperback)



A unique, illustrated guide to the world of work, bringing clarity to children's essential questions on potential future careers.

This is a unique book about careers and the world of work written expressly for children. It takes us on a journey around some of the most essential questions within the topic: how can one discover one's passions, what should a 'good' job involve, what is a good amount of money to try to make, how does the economy function – and acknowledges that the job you might do one day probably doesn't even exist now.

The result is a book that should spark some exceptionally fruitful conversations and help children look to their future work life with positivity and anticipation.

June 2025
Carton of 10, ISBN: 9781916753358
222 x 155 mm
Paperback book / 176 pp
Theme – Children's

Big Ideas from Science



Big Ideas from Science introduces children to some of the most influential scientists throughout history, and the amazing scientific breakthroughs that have changed the way we live – from the discovery of bronze to the invention of the microscope. With engaging facts and playful illustrations, children are encouraged to follow their innate curiosity, to look at the world in different ways and to try and make sense of it.

The book shows us how science not only helps us invent incredible new technology, understand the structure of atoms or reach the moon, but can also help us with some of the most important questions in our lives: how can I become a wiser person, a better friend and a kinder, more compassionate human?

October 2025
Carton of 6, ISBN: 9781916753129
246 x 180 mm
Hardback book / 168 pp
Theme – Children's

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 x 65 x 20 mm



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



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



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



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



Compatibility Game
Carton of 6, SKU: 11288
Paper / 160 cards
159 x 118 x 21 mm



The Couple's Dice
Carton of 6, ISBN: 9781916753594
Dice and Booklet
106 x 95 x 60 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.

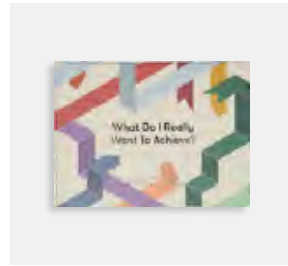
These tools help us to understand the hard-to-access bits of our minds and to know our deep personalities as well as we can.



Journal Prompt Cards
Carton of 10, ISBN: 9781915087997
Paper / 52 cards
91 x 67 x 20 mm



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



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



The School of Life: Writing Journals - Burgundy
Carton of 10, ISBN: 9781915087980
Softback journal / 192 pp
210 x 148.5 mm



The School of Life: Writing Journals - Sage
Carton of 10, ISBN: 9781915087973
Softback journal / 192 pp
210 x 148.5 mm



Mood Map
Carton of 6, ISBN: 9781916753143
Paper / 60 cards
71.5 x 102 x 34 mm



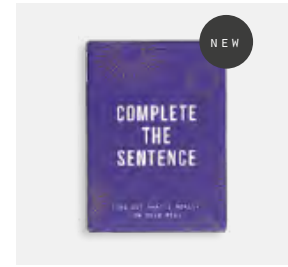
Know Yourself Prompt Cards
Carton of 6, SKU: 6038
Paper / 60 cards
104 x 73 x 36 mm



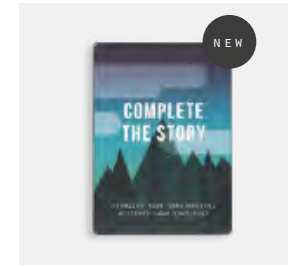
Resilience
Carton of 10, SKU: 8453
Paper / 60 cards
110 x 80 x 22 mm



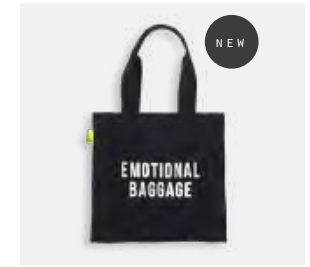
Emotional Barometer
Carton of 6, SKU: 8991
Paper / 20 cards with movable dial on box | 160 x 115 x 20 mm



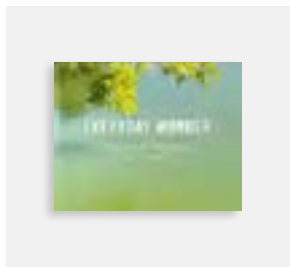
Complete The Sentence
Carton of 10, ISBN: 9781916753389
Paper / 52 cards
91 x 67 x 20 mm



Complete The Story
Carton of 10, ISBN: 9781916753396
Paper / 52 cards
91 x 67 x 20 mm



Emotional Baggage Tote
Carton of 4, ISBN: 9781916753488
100% organic cotton black tote
390mm x 370mm x 120mm



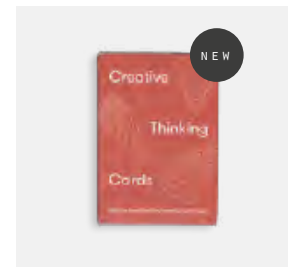
Everyday Adventures
Carton of 6, SKU: 10310
Paper / 60 cards
104 x 73 x 36 mm



Stoicism
Carton of 6, SKU: 10417
Paper / 52 cards
70 x 100 x 25 mm



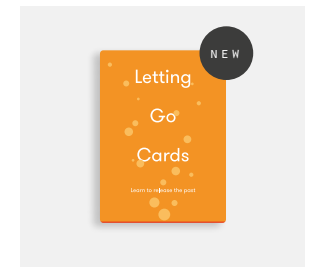
Writing as Therapy Journal: Journeys | Carton of 6, SKU: 5538
Paper / A5 linen-bound notebook
192 pp / 210 x 148 x 18 mm



Creative Thinking Cards
Carton of 10, ISBN: 9781916753563
Paper / 52 cards
91 x 67 x 20 mm



The Decision Dice
Carton of 6, ISBN: 9781916753556
Dice and Booklet
106 x 95 x 60 mm



Letting Go Cards
Carton of 10, ISBN: 9781916753587
Paper / 52 cards
91 x 67 x 20 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 x 148 x 18 mm



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



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



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



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



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



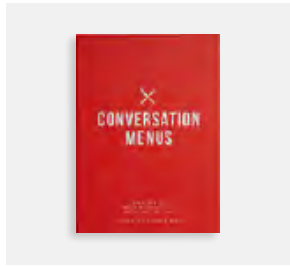
Collaboration
Carton of 6, SKU: 10402
Paper / 20 booklets
155 x 115 x 35 mm

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 x 160 x 25 mm



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



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



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



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



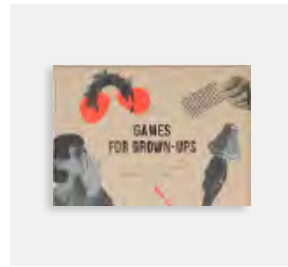
Meeting Friends
Carton of 10, SKU: 10746
Paper / 52 cards
90 x 67 x 20 mm



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



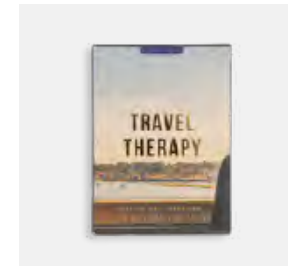
The Therapy Game | Carton of 6,
SKU: 10254 | Paper / 100 cards w.
sand timer & booklet
100 x 90 x 60 mm



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



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



Travel Therapy (Card Set)
SKU: 11325
Carton of 10, SKU: 11326
Paper / 54 cards
91 x 67 x 20 mm

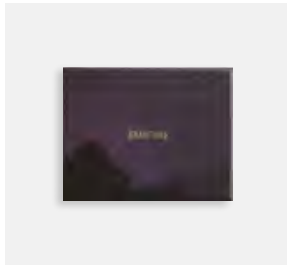
CALM

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.



Simplicity Card Set
Carton of 10, SKU: 11378
Paper / 52 cards
91 x 67 x 20 mm



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



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



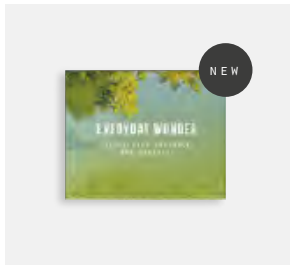
Small Pleasures Card Set
Carton of 10, SKU: 6054
Paper / 60 cards
100 x 80 x 22 mm



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



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



Everyday Wonder
Carton of 6, ISBN: 9781916753488
Paper / 60 cards
100 x 80 x 34 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.



How To Get On With Your Colleagues | Carton of 10,
ISBN: 9781912891153 | Paperback
book / 160 pp | 176 x 127 mm



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



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



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



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



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



The Calm Workbook
Carton of 10, SKU: 10388
Hardback book / 192 pp
222 x 155 mm



Couple's Workbook
Carton of 10, SKU: 10333
Hardback book / 192 pp
222 x 155 mm



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



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



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



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



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



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



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



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



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



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



The Good Enough Parent
Carton of 10, SKU: 10390
Hardback book / 196 pp
180 x 125 mm



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



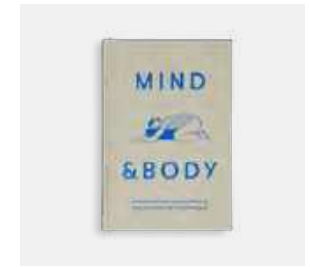
What They Forgot to Teach You At School | Carton of 10, SKU: 10378
| Hardback book / 160 pp
170 x 125 mm



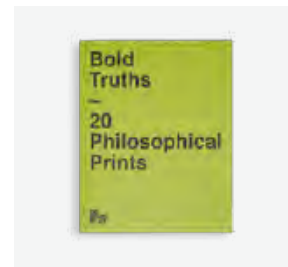
Varieties of Melancholy
Carton of 10, SKU: 10441
Hardback book / 256 pp
180 x 125 mm



Drawing as Therapy
Carton of 10, SKU: 10404
Hardback book / 160 pp
246 x 180 mm



Mind & Body
Carton of 10, SKU: 10384
Hardback book / 248 pp
204 x 136 mm



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



A More Loving World
Carton of 10, SKU: 10763
Hardback book / 160 pp
181 x 110 mm



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



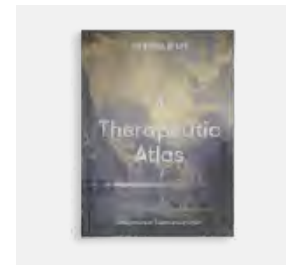
Reasons To Be Hopeful
Carton of 10, SKU: 11280
Hardback book / 228 pp
197 x 145 mm



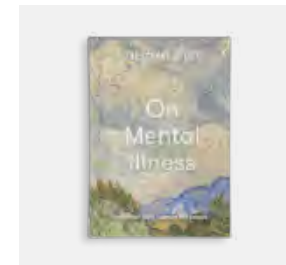
A Simpler Life
Carton of 10, SKU: 10536
Hardback book / 192 pp
180 x 120 mm



On Failure
Carton of 10, SKU: 10748
Hardback book / 232 pp
204 x 136 mm



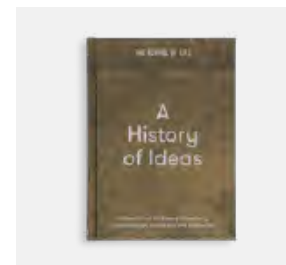
A Therapeutic Atlas
Carton of 10, SKU: 10768
Hardback book / 160 pp
246 x 180 mm



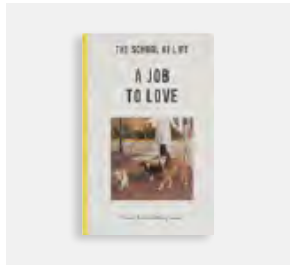
On Mental Illness
Carton of 10, SKU: 10764
Hardback book / 192 pp
180 x 125 mm



Art Against Despair
Carton of 10, SKU: 10765
Hardback book / 224 pp
246 x 180 mm



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



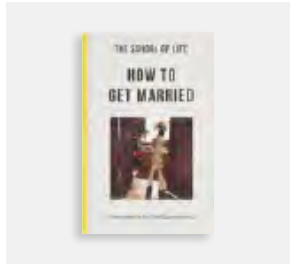
A Job to Love (Paperback)
Carton of 10, SKU: 11332
Paperback book / 192 pp
198 x 129 mm



Calm (Paperback)
Carton of 10, SKU: 10769
Paperback book / 176 pp
198 x 129 mm



Guide to Modern Manners (Paperback) | Carton of 10
ISBN: 9781916753044 | Paperback book / 144 pp | 198 x 129 mm



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



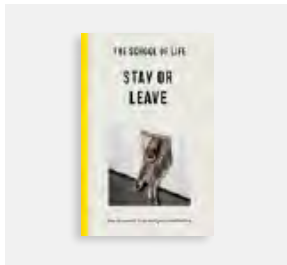
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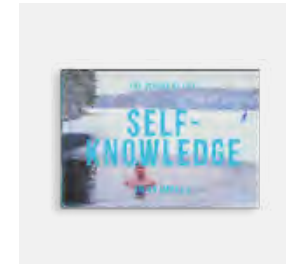


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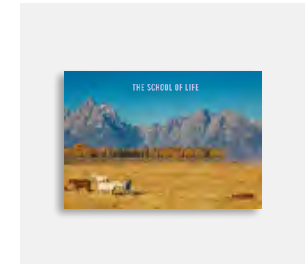




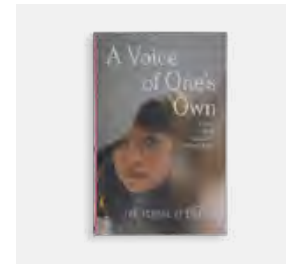
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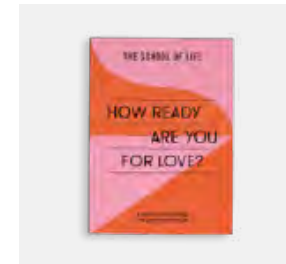
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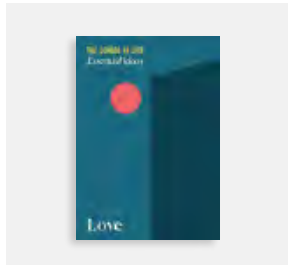


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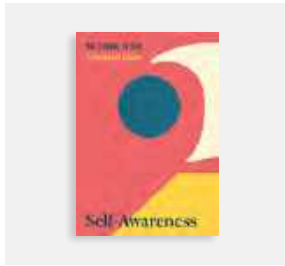


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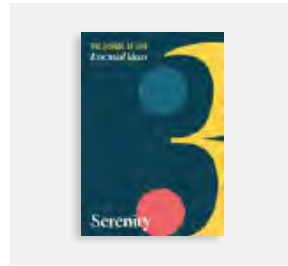




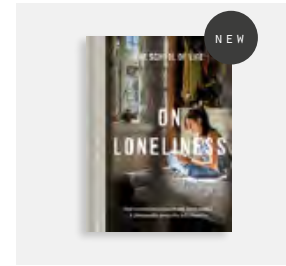
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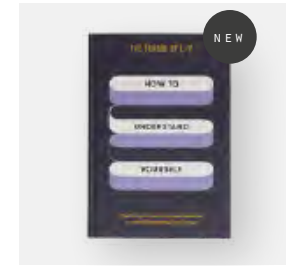
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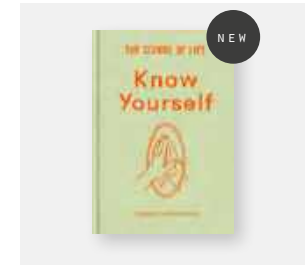
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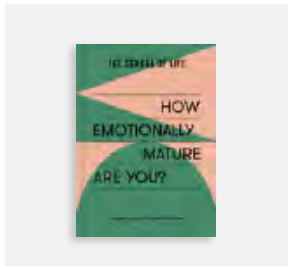
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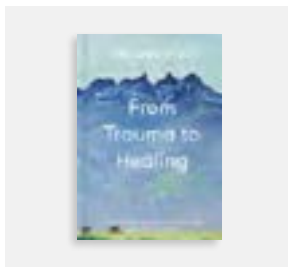
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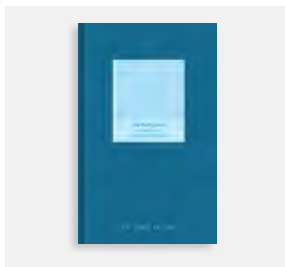
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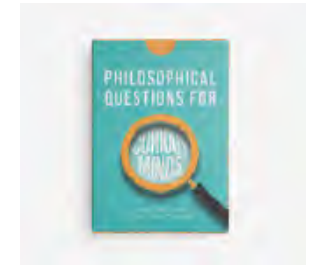
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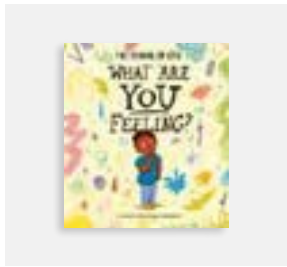
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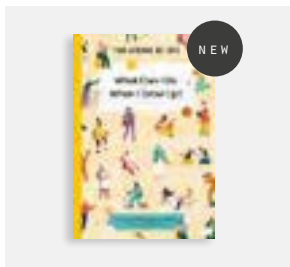
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Contact Us

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



