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.
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

Writing as Therapy: Memories
Carton of 6, SKU: 10060
Hardback journal / 192 pp
215 × 153 × 17 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

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

Decision Dice
Carton of 6, SKU: 7381
Wood / Die with instruction booklet
100 × 90 × 60 mm

How to Become A Bit Wiser
Carton of 6, SKU: 8459
Paper / 20 cards with wooden stand
220 × 158 × 25 mm

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

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

Emotional Barometer
Carton of 6, SKU: 8991
Paper / 20 cards with movable dial on box
160 × 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

Career Therapy
Carton of 6, SKU: 10252
Paper / 20 cards
114 × 157 × 19 mm

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

Collaboration
Carton of 6, SKU: 10402
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

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

Inspiration
Carton of 6, SKU: 10398
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.
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.
**Leisure**

- **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

- **German Untranslatable Words**
  - Carton of 6, SKU: 6731
  - Paper / 20 cards
  - 159 × 115 × 20 mm

- **Western Philosophy**
  - Carton of 10, SKU: 8132
  - Paper / 20 cards
  - 159 × 115 × 20 mm

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

- **The Psychology of Colour Pencil Set**
  - Carton of 6, SKU: 4698
  - 12 coloured pencils / Definition booklet, buckram finish box
  - 184 × 100 × 12 mm

- **Egg Cup Philosophers’**
  - Carton of 6, SKU: 10281
  - Durable porcelain / 4 egg cups with booklet / 100 × 100 × 93 mm

- **Stamps of Encouragement**
  - Carton of 6, SKU: 10264
  - Wood / Rubber / 5 stamps
  - 100 × 90 × 30 mm

- **Phone Detox**
  - Carton of 10, SKU: 7695
  - Wiro-bound flip book / 62 pp
  - 140 × 70 × 12 mm

- **Keyword Pencil Set: Psychoanalytic**
  - Carton of 12, SKU: 3185
  - Six pencils / Definition booklet, buckram finish box
  - 185 × 53 mm

- **Keyword Pencil Set: Visual Arts**
  - Carton of 12, SKU: 3186
  - Six pencils / Definition booklet, buckram finish box
  - 185 × 53 mm

- **Keyword Pencil Set: Literary Criticism**
  - Carton of 12, SKU: 3187
  - Six pencils / Definition booklet, buckram finish box
  - 185 × 53 mm

- **Keyword Pencil Set: Philosophical**
  - Carton of 12, SKU: 4697
  - Six pencils / Definition booklet, buckram finish box
  - 185 × 53 mm

- **Maslow’s Pyramid of Needs**
  - Carton of 6, SKU: 3023
  - Cloth Bag / Wood Blocks
  - 140 × 120 × 30 mm

- **The Thinker Game**
  - Carton of 6, SKU: 5675
  - Paper / 52 cards
  - 89 × 126 × 23 mm

- **20 Aphorisms**
  - Carton of 6, SKU: 3183
  - Paper / 20 cards
  - 220 × 158 × 25 mm
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 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.
<table>
<thead>
<tr>
<th>Title</th>
<th>Carton of</th>
<th>SKU</th>
<th>Type</th>
<th>Pages</th>
<th>Dimensions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Love Series: Dating</td>
<td>10</td>
<td>10072</td>
<td>Hardback</td>
<td>128</td>
<td>155 × 110 × 10 mm</td>
</tr>
<tr>
<td>Love Series: Heartbreak</td>
<td>10</td>
<td>10070</td>
<td>Hardback</td>
<td>96</td>
<td>155 × 110 × 8 mm</td>
</tr>
<tr>
<td>Love Series: Affairs</td>
<td>10</td>
<td>10074</td>
<td>Hardback</td>
<td>144</td>
<td>155 × 110 × 12 mm</td>
</tr>
<tr>
<td>Love Series: Arguments</td>
<td>10</td>
<td>10076</td>
<td>Hardback</td>
<td>160</td>
<td>155 × 110 × 12 mm</td>
</tr>
<tr>
<td>A Guide to Modern Manners</td>
<td>10</td>
<td>10267</td>
<td>Hardback</td>
<td>112</td>
<td>199 × 139 × 12 mm</td>
</tr>
<tr>
<td>Thinking &amp; Eating</td>
<td>8</td>
<td>10294</td>
<td>Hardback</td>
<td>368</td>
<td>215 × 165 × 32 mm</td>
</tr>
<tr>
<td>How to Think More Effectively</td>
<td>10</td>
<td>9372</td>
<td>Paperback</td>
<td>183</td>
<td>176 × 127 × 15 mm</td>
</tr>
<tr>
<td>How to Get On With Your Colleagues</td>
<td>10</td>
<td>10319</td>
<td>Paperback</td>
<td>144</td>
<td>176 × 127 × 16 mm</td>
</tr>
<tr>
<td>How to Get Married</td>
<td>10</td>
<td>8667</td>
<td>Hardback</td>
<td>132</td>
<td>222 × 155 × 16 mm</td>
</tr>
<tr>
<td>The Emotionally Intelligent Office</td>
<td>10</td>
<td>9709</td>
<td>Hardback</td>
<td>56</td>
<td>170 × 170 × 16 mm</td>
</tr>
<tr>
<td>Insomnia</td>
<td>10</td>
<td>9709</td>
<td>Hardback</td>
<td>56</td>
<td>190 × 160 × 17 mm</td>
</tr>
<tr>
<td>Anxiety</td>
<td>10</td>
<td>10337</td>
<td>Hardback</td>
<td>112</td>
<td>190 × 160 × 17 mm</td>
</tr>
<tr>
<td>The Joys &amp; Sorrows of Parenting</td>
<td>10</td>
<td>8782</td>
<td>Hardback</td>
<td>56</td>
<td>170 × 170 × 16 mm</td>
</tr>
<tr>
<td>How to Travel</td>
<td>8</td>
<td>9137</td>
<td>Paperback</td>
<td>132</td>
<td>192 × 125 × 15 mm</td>
</tr>
<tr>
<td>How to Get Married</td>
<td>10</td>
<td>8667</td>
<td>Hardback</td>
<td>132</td>
<td>222 × 155 × 16 mm</td>
</tr>
<tr>
<td>The School of Life Dictionary</td>
<td>8</td>
<td>7411</td>
<td>Hardback</td>
<td>280</td>
<td>196 × 142 × 27 mm</td>
</tr>
<tr>
<td>Things Never to Tell Children</td>
<td>10</td>
<td>7138</td>
<td>Hardback</td>
<td>32</td>
<td>180 × 180 × 7 mm</td>
</tr>
<tr>
<td>The Meaning of Life</td>
<td>10</td>
<td>9692</td>
<td>Hardback</td>
<td>136</td>
<td>163 × 123 × 15 mm</td>
</tr>
<tr>
<td>A Guide to Modern Manners</td>
<td>10</td>
<td>10267</td>
<td>Hardback</td>
<td>112</td>
<td>199 × 139 × 12 mm</td>
</tr>
<tr>
<td>Thinking &amp; Eating</td>
<td>8</td>
<td>10294</td>
<td>Hardback</td>
<td>368</td>
<td>215 × 165 × 32 mm</td>
</tr>
<tr>
<td>The Emotionally Intelligent Office</td>
<td>10</td>
<td>9372</td>
<td>Paperback</td>
<td>183</td>
<td>176 × 127 × 15 mm</td>
</tr>
<tr>
<td>How to Get On With Your Colleagues</td>
<td>10</td>
<td>10319</td>
<td>Paperback</td>
<td>144</td>
<td>176 × 127 × 16 mm</td>
</tr>
<tr>
<td>How to Get Married</td>
<td>10</td>
<td>8667</td>
<td>Hardback</td>
<td>132</td>
<td>222 × 155 × 16 mm</td>
</tr>
<tr>
<td>The School of Life Dictionary</td>
<td>8</td>
<td>7411</td>
<td>Hardback</td>
<td>280</td>
<td>196 × 142 × 27 mm</td>
</tr>
<tr>
<td>Things Never to Tell Children</td>
<td>10</td>
<td>7138</td>
<td>Hardback</td>
<td>32</td>
<td>180 × 180 × 7 mm</td>
</tr>
<tr>
<td>The Meaning of Life</td>
<td>10</td>
<td>9692</td>
<td>Hardback</td>
<td>136</td>
<td>163 × 123 × 15 mm</td>
</tr>
<tr>
<td>Title</td>
<td>Carton of</td>
<td>SKU</td>
<td>Hardcover book, yellow ribbon bookmark</td>
<td>Pages</td>
<td>Dimensions</td>
</tr>
<tr>
<td>------------------------------</td>
<td>-----------</td>
<td>---------</td>
<td>----------------------------------------</td>
<td>-------</td>
<td>---------------------</td>
</tr>
<tr>
<td><strong>Great Thinkers</strong></td>
<td>8</td>
<td>6085</td>
<td></td>
<td>480 pp</td>
<td>197 x 145 x 45 mm</td>
</tr>
<tr>
<td><strong>Calm</strong></td>
<td>8</td>
<td>6181</td>
<td></td>
<td>136 pp</td>
<td>184 x 145 x 17 mm</td>
</tr>
<tr>
<td><strong>Small Pleasures</strong></td>
<td>8</td>
<td>6654</td>
<td></td>
<td>247 pp</td>
<td>204 x 136 x 25 mm</td>
</tr>
<tr>
<td><strong>Relationships</strong></td>
<td>8</td>
<td>6316</td>
<td></td>
<td>118 pp</td>
<td>186 x 136 x 16 mm</td>
</tr>
<tr>
<td><strong>Sex</strong></td>
<td>8</td>
<td>6519</td>
<td></td>
<td>128 pp</td>
<td>175 x 115 x 15 mm</td>
</tr>
<tr>
<td><strong>A Job to Love</strong></td>
<td>8</td>
<td>6544</td>
<td></td>
<td>192 pp</td>
<td>190 x 125 x 18 mm</td>
</tr>
<tr>
<td><strong>On Being Nice</strong></td>
<td>8</td>
<td>6693</td>
<td></td>
<td>128 pp</td>
<td>178 x 120 x 15 mm</td>
</tr>
<tr>
<td><strong>Essay Book – A Replacement</strong></td>
<td>10</td>
<td>9208</td>
<td></td>
<td>240 pp</td>
<td>181 x 110 x 20 mm</td>
</tr>
<tr>
<td><strong>Essay Book – What is</strong></td>
<td>8</td>
<td>8780</td>
<td></td>
<td>120 pp</td>
<td>181 x 110 x 12 mm</td>
</tr>
<tr>
<td><strong>Essay Book – What is</strong></td>
<td>8</td>
<td>8450</td>
<td></td>
<td>112 pp</td>
<td>181 x 110 x 14 mm</td>
</tr>
<tr>
<td><strong>Essay Book – Self-Knowledge</strong></td>
<td>10</td>
<td>7409</td>
<td></td>
<td>96 pp</td>
<td>181 x 110 x 10 mm</td>
</tr>
<tr>
<td><strong>Essay Book – What is</strong></td>
<td>8</td>
<td>8780</td>
<td></td>
<td>120 pp</td>
<td>181 x 110 x 12 mm</td>
</tr>
<tr>
<td><strong>Essay Book – Why We Hate</strong></td>
<td>10</td>
<td>7383</td>
<td></td>
<td>84 pp</td>
<td>181 x 110 x 7 mm</td>
</tr>
<tr>
<td><strong>Essay Book – How to Find</strong></td>
<td>10</td>
<td>7371</td>
<td></td>
<td>96 pp</td>
<td>181 x 110 x 10 mm</td>
</tr>
</tbody>
</table>
No one is normal.
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.
Contact Us

Joanne Sinclair
Head of Retail Sales

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