

Catálogo de Produtos e Livros Importados UK

**THE
SCHOOL
OF LIFE**

NOSSOS PRODUTOS



**BOLSA NINGUÉM É
NORMAL**

R\$49.00

COMPRE JÁ

Como esta bolsa celebra, ninguém é totalmente normal. As únicas pessoas que podemos confundir como normais ou comuns são aquelas que ainda não conhecemos muito bem. De perto, somos todos gloriosamente compulsivos, ansiosos, confusos e bizarros e lindamente estranhos. Isso não é motivo para vergonha, apenas confirmação de nossa humanidade essencial e compartilhada. Todos nós somos fascinantemente peculiares - uma verdade da qual esta bolsa é um testemunho público.

Bolsa Ninguém é Normal, na Cor Azul em brin santorine (100% algodão) medidas 37cm de largura x 42cm de altura + alças.



**ESTOJO IMPORTADO
BAGAGEM EMOCIONAL
R\$95.00**

COMPRE JÁ

Todos nós lidamos com desafios de maneiras diversas, teimosas e interessantes: todos já tivemos ansiedades em torno da auto-estima ; ou um dos primeiros empreendimentos comerciais que tentamos terminou em desastre; temos uma tendência rebelde que parecia fofa aos dezesseis anos, mas agora atrapalha o trabalho amigável com os outros. Não é possível passar a vida sem fardos. Mas faz uma enorme diferença se sabemos como reconhecê-los e principalmente como carregá-los.

Este é um presente para nos lembrar que todos temos uma bagagem emocional, e que o que nos diferencia é a forma com que a carregamos.

Estojo Emotional Baggage - Produto importado da TSOL UK, na Cor Laranja, medidas 26cm de largura x 17cm de altura

NOSSOS PRODUTOS



BOOK OF BOOKMARKS
R\$84.00

COMPRE JÁ

20 bookmarks assembled into a small pull-out book, on the theme of reading.

Often, when we need to mark where we've got to in a book, we bend back the page or reach for an old receipt, but there's a particular pleasure in having a robust and elegant bookmark to hand.

Here are twenty bookmarks, unusually assembled into a small pull-out 'book' that simultaneously offers, across its surfaces, an essay on the business of reading: why we do it, what the best books do for us, and how literature might change our lives. This book of bookmarks prompts small, artful occasions when, at the start or end of a reading session, we can pause to consider the power of books and their vital place in our lives.



**KIT COM 3 CADERNOS
DE PENSAMENTOS E
ANOTAÇÕES**

R\$ 125.00



COMPRE JÁ

*Fale conosco caso queira
menor quantidade*



Cada caderno traz uma introdução na primeira página (conforme tema, em inglês) - e seu conteúdo está vazio para preencher com seus próprios projetos e pensamentos. O presente perfeito para quem quer se inspirar nos maiores pensadores que já existiram.



*3 Cadernos, 3 Pensadores -
Produto importado da TSOL UK,
em cores variadas, medidas
125 x 178mm. Papel liso,
quadriculado e pautado (um de
cada) | 64pg*

NOSSOS PRODUTOS



COLOURING AS
THERAPY

R\$84.00

COMPRE JÁ

Colouring is not just an activity for children, but an enjoyable and therapeutic pastime for adults too.

We work hard to juggle the many challenges and complexities of modern life, and we need time to relax and recharge. The simple, meditative act of colouring in lines on a page can help to alleviate anxiety, sharpen our concentration, and cultivate a deep sense of calm.

You don't need to be an artist to create a masterpiece. Our illustrators have designed these posters with collaboration in mind. Using their framework as a guide, we encourage you to exercise your imagination as you select your colours and fill in between – and outside – the lines.

An ideal activity for time spent alone or shared in the company of friends.

A1 Colouring poster | 680 × 990mm | 128gsm art paper

THE PSYCHOLOGY OF
COLOUR PENCIL SET

R\$145.80



COMPRE JÁ

A box of twelve colouring pencils, with an accompanying booklet about the psychology of colour, explaining the association between colours and moods.

Many of us haven't owned a nice box of coloured pencils since we were children. Yet no adult life should be without one, because having a suite of hues at our fingertips provides a route to a wide array of moods and inspirations.

This box knows that colours are connected to the chords of our souls.

The set includes a booklet about the psychology of colour, explaining how particular shades can link us to a range of memories and feelings:

- Hope
- Vitality
- Adventure
- Power
- Ambiguity
- Clarity
- Discipline
- Sanity
- Realism
- Mellowness
- Dignity
- Authority

You don't have to be a designer or an artist to take an interest in the psychology of colour. When decorating at home, choosing a new item of clothing, or even taking notes at work or school – different colours bring out different sides of our personalities. These colouring pencils are a good way to explore the contours of your emotional life whilst making plans and reflecting on your feelings.

NOSSOS PRODUTOS



15 MINUTES

R\$178.50

COMPRE JÁ

An elegant hourglass sand timer which measures 15 minutes precisely from the start of each turn.

In our time-pressed and information-rich world, it can be a challenge to find a moment for ourselves. Our lives are so busy and frenetic; we are always forgetting to make time for what really matters. The result is that anxiety builds and nagging concerns emerge in unhelpful ways.

This hourglass sand timer reminds us to carve out 15 minutes a day for what truly counts. It demarcates a very modest and manageable period to dedicate to the important things we so often let slide - finally writing that letter to an old friend, rationally analysing our career ambitions, or playing in a concentrated way with a child. It's an antidote to wasted days and a counter to the urge to procrastinate, prompting us to do a minimum of what really counts.

**MEMENTO MORI
GLASS PAPERWEIGHT**

R\$101.00

COMPRE JÁ



A beautiful glass paperweight to aid philosophical meditation.

For centuries, artists produced ‘memento mori’, works of art that would remind their viewers of death and usually featured a skull or an hourglass.

The point of these works wasn’t to make people despair, but to help them use the thought of death to focus on the real priorities. Vivid reminders of mortality and the transient nature of life put our prosaic obsessions into question. When measured against the finality of death, the true insignificance of some of our worries is emphasised and we’re given an opportunity to feel a little braver about what we really want and feel.

We have created a collection of glass paperweights to serve as our own, modern versions of a ‘memento mori’. These objects are both pleasing to look at and should serve as daily inspirations to tackle our most important task: to live in accordance with our true talents and interests and to make the most of whatever precious moments we may have left.

NOSSOS LIVROS



ARGUMENTS – THE LOVE SERIES

R\$65.00

COMPRE JÁ

We need a lot of help in order to master the complex art of converting our poisonous argument into effective and compassionate dialogues.

An average couple will have between thirty and fifty significant arguments a year – and yet we're seldom taught very much about why they happen and how they could grow a little less intense. This is a guide to arguments in love: it teaches us why they might occur, what their symptoms are, how we could learn some wiser ways of communicating and how we would ideally patch up after a fight.

Focusing on twenty common arguments – including sex, money, in-laws and the state of the bathroom – we recognise our own antics whilst learning how to skirt certain conflicts going forward. The tragedy of every sorry argument is that it is constructed around a horrific mismatch between the message we so badly want to send and the manner in which we are able to deliver it. A bad argument is a failed endeavour to communicate; this is a definitive guide to how we might argue better.



**AFFAIRS – THE LOVE
SERIES**

R\$65.00

COMPRE JÁ

An affair is a dangerously garbled plea for intimacy – an attempt, however wrongly enacted, to remember what we so desperately want and need from love...

Our societies are remarkably confident on the matter: affairs are terrible things and only fools, monsters and knaves would ever be involved in them. Those who are their victims deserve unending sympathy and access to a good lawyer. This stance may be clear, but it is not especially helpful given that, in reality, one in four of us will be involved in an affair during our lifetime.

This is a book written to increase our understanding of what is really at stake: it looks beyond the caricatures to examine why affairs happen; it delves into the question of what being unfaithful means and why, despite the risks, it happens so often. Most importantly, this book seeks to help us through affairs, offering couples a better understanding of each other's motivations and moods – and, where desirable, a way to save a relationship. We have for too long either openly condemned or secretly lusted after affairs: this, finally, is a chance to understand them.

NOSSOS LIVROS



HEARTBREAK – THE LOVE SERIES

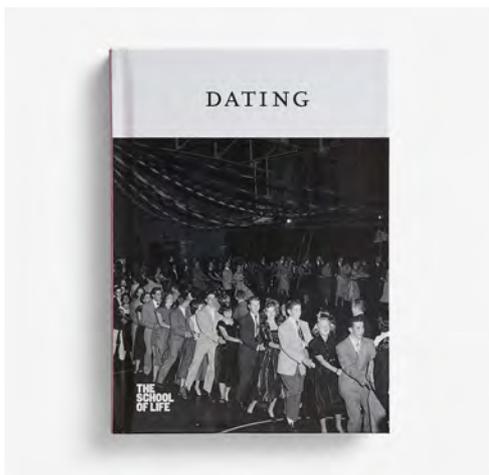
R\$65.00

COMPRE JÁ

Our heartbreak seems to cut us off from the rest of humanity; secretly it brings us closer together.

Almost no one gets through life without having their heart broken. Advice at such a dark moment tends to focus on letting time do the healing. But understanding and perspective also have a vital role. We sometimes make our situation far worse than it needs to be. We start to tell ourselves that we are not good enough, that we fail at everything, that this one rejection means we will always be maltreated ...

This is a book to help us get over heartbreak by offering some context, some history, some psychology and a little philosophy. We learn about how our responses to abandonment are formed, what the best way to think about an ex might be and how to envisage future relationships when we are in despair. We come away gently cheered that we are not alone, consoled that our suffering will have an end – and intrigued by the endless and subtle sorrows and joys of relationships.



**DATING – THE LOVE
SERIES**

R\$65.00

COMPRE JÁ

It is so natural to want our dating days to come to an end, but we should never lose sight of the genuine merits and delights that lie closely entwined with their pains.

Dating might seem like a trivial and relatively inconsequential part of love, but it is in fact key to getting into the kind of relationship that can last and help us flourish. Dating sits on top of some of the largest themes of love: how to know whether or not someone is right for us; how soon to settle and how long to search; how to be at once honest and seductive; how to politely extricate oneself without causing offence.

This indispensable guide teaches us about the history of dating, the reason why our dating days can be so anxious, how to optimise our attempts at dating and how to digest and overcome the so-called ‘bad’ dates. The book is at once heartfelt and perceptive, and never minimises the agony, joys and confusions of our dating days and nights. It provides us with a roadmap to the varied sometimes delightful, sometimes daunting realities of dating.

NOSSOS LIVROS



HOW TO OVERCOME YOUR CHILDHOOD

R\$97.20

COMPRE JÁ

A guide to understanding, and liberating ourselves from, our past.

To an extraordinary and humbling extent, who we are as adults is determined by events that happened to us before our fifteenth birthday. The way we express affection, the sort of people we find appealing, our understanding of success and our approach to work are all shaped by events in childhood.

We don't have to remain prisoners of the past, but in order to liberate ourselves from our histories we must first become fully aware of them. This is a book about such a liberation. We learn about how character is developed, the concept of 'emotional inheritance', the formation of our concepts of being 'good' or 'bad' and the impact of parental styles of love on the way we choose adult partners. We learn too about how we might evolve emotionally and, in particular, how we may sometimes need to have a breakdown in order to have a breakthrough.

We are left with a powerful sense that building up an emotionally successful adult life is possible so long as we reflect with sufficient imagination and compassion on what happened to us a long while back.



**THE JOYS AND
SORROWS OF
PARENTING**

R\$97.20

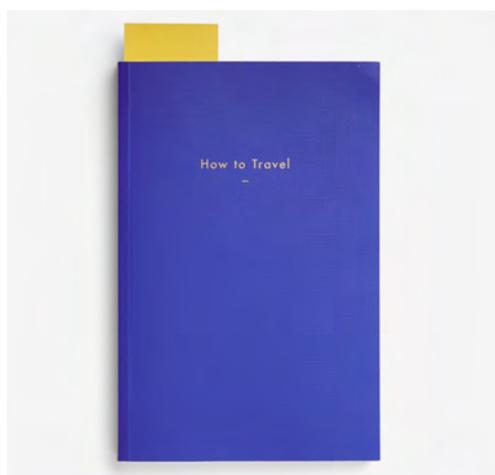
COMPRE JÁ

A Candid Look at Parenting.

Being a parent can be one of the sources of our greatest joys. It is also – intermittently – the cause of some of our deepest sorrows. It is likely that we will spend at least some of the time in despair and confusion, wondering whether it really had to be so hard.

The Joys and Sorrows of Parenting is made up of 26 small essays that aim to provide understanding of and consolation for the trials and pleasures of parenting. They will provoke insight, recognition and a far more forgiving, generous assessment of one's challenges. The Joys and Sorrows of Parenting promises us a gentle way of staying calm around one of the most arduous yet deeply fulfilling jobs in the world.

NOSSOS LIVROS



HOW TO TRAVEL

R\$81.00

COMPRE JÁ

Going travelling is one of the few things we undertake in a direct attempt to make ourselves happy - and frequently, in fascinating ways, we fail. We get bored, cross, anxious or lonely. It isn't surprising our societies act as if going travelling were simple, just a case of handing over the right sum of money. But a satisfying journey isn't something we can simply buy: it's the result of an art that has to be learnt.

This is the guide: not to any one destination but to travel in general. It talks to us, among other things, about how we should choose a place to go, what we might do when we get there, how we should make good moment stick in our minds and why hotel rooms can be such liberating places...

In a succession of genial essays, we become students of an unexpected but vital topic: how to understand and more fully enjoy (what should be) some of the finest experiences of our lives. Included amongst these are a number of quizzes and practical exercises to help us reflect on what we have learnt, as well as room for recording our own thoughts and observations of wherever we find ourselves.

**HOW TO GET MARRIED****R\$145.80****COMPRE JÁ**

A bold rethinking of the wedding ceremony, and what comes before and after it. Part of our Marriage offering; which includes pre-marriage counselling, a bespoke wedding service and couple counselling.

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

In response to this dilemma, we have rethought exactly what the ideal wedding day would consist of and redesigned the entire process for the use of modern couples (including those seeking to renew their vows).

How to Get Married begins by proposing new ways of preparing for a wedding at a psychological level, suggesting how couples should ready themselves for the often tricky journey ahead and how to think through some of the thorniest issues that beset love. The book then presents an entirely practical and thoughtfully redesigned wedding ceremony, from picking out a suitable venue to suggested vows and readings. Finally, the book offers some ideas for how to approach the start of married life.

How to Get Married is a bold rethinking of one of humankind's most important and popular rituals.

The book includes a pull out wedding service booklet and an emotional prenuptial contract.

NOSSOS LIVROS



WHY YOU WILL MARRY THE WRONG PERSON

R\$81.00

COMPRE JÁ

A collection of essays extended from The New York Times' most-read article of 2016.

Anyone we might marry could, of course, be a little bit wrong for us. We don't expect bliss every day. The fault isn't entirely our own; it has to do with the devilish truth that anyone we're liable to meet is going to be rather wrong, in some fascinating way or another, because this is simply what all humans happen to be – including, sadly, ourselves.

This collection of essays proposes that we don't need perfection to be happy. So long as we enter our relationships in the right spirit, we have every chance of coping well enough with, and even delighting in, the inevitable and distinctive wrongness that lies in ourselves and our beloveds.

**ON CONFIDENCE****R\$81.00****COMPRE JÁ***Meditations on the skill of self-belief.*

The difference between success and failure often hangs on a concept that our standard education system never touches: confidence. This book walks us around the key issues that stop us from making more of our potential. We hear about the impostor syndrome, the wisdom of imagining the great in their bathrooms, and what Nietzsche and Montaigne (among others) have to tell us about resilience and courage.

We often stay stuck with the level of confidence we have because we regard being confident as a matter of good luck. In fact, the opposite is true: confidence is a skill based on ideas about our place in the world, and its secrets can be learnt.

NOSSOS LIVROS



**WHAT IS CULTURE
FOR?**

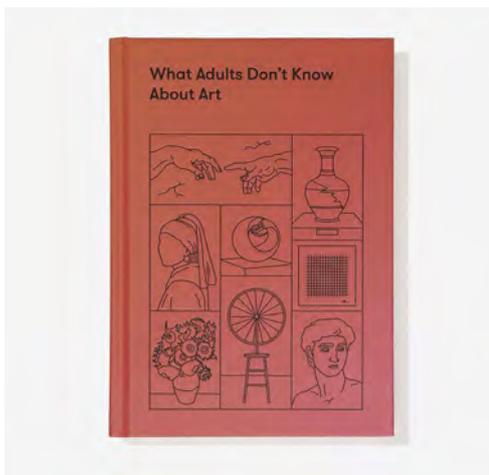
R\$ 101.00

COMPRE JÁ

How to find compassion, hope and perspective in the arts.

Our societies frequently proclaim their enormous esteem for culture. Music, film, literature and the visual arts enjoy high prestige and are viewed by many as getting close to the meaning of life. But what is culture really for?

This book proposes that works of culture were all made, in one way or another, with the idea of improving the way we live. This book connects a range of cultural masterpieces with our own dilemmas and pains around love, work and society, and invites us to see culture as a resource with which to address the complex agonies of being human. It provides us with enduring keys to unlocking culture as a way of transforming our lives.



**WHAT ADULTS DON'T
KNOW ABOUT ART**

R\$126.00

COMPRE JÁ

Inspiring Young Minds to Love and Enjoy Art

Everyone tells children that art matters—but the truth is that very often it's hard to know why it really does. Museum visits can feel like a chore as does having to learn the names of the big artists we're meant to love, but perhaps don't quite in the way we're supposed to. This is a huge pity because, grasped the right way, art has a deep capacity to improve our lives and offer us a sense of joy and mental well-being.

Here is a guide to art for children with a difference. In a tone that's kindly, informative, unstuffy and at times rightly irreverent, this book explains how art can fit into our lives. We learn where the impulse to make art comes from, what art to look at in certain moods, how to visit a museum without getting bored and why — without even realising it — we become experts in art by decorating our first bedrooms.

This is the ultimate guide to the importance of art, told in a way that will enchant children and teach their favourite adults one or two vital things as well.

NOSSOS LIVROS



PHILOSOPHY IN 40 IDEAS

R\$84.00

COMPRE JÁ

Lessons for Life

Philosophy is a practical discipline committed to helping us live wiser and less sorrowful lives. This book draws together forty of the greatest ideas found in both Eastern and Western philosophy, spanning the history of thought from Socrates to the Buddha, Jean-Paul Sartre to Lao Tzu. We are reminded of the wit, humanity and relevance of the great thinkers – who have hugely helpful things to say to us about falling in love, making friends, finding serenity, discovering our purpose and enjoying what remains of our lives.

The word ‘philosophy’ hints to us why the subject matters. In Ancient Greek, ‘philo’ (love) and ‘sophia’ (wisdom) indicate that philosophy is quite literally a discipline for those who ‘love wisdom’. Here are its most essential ideas rescued, highlighted and inspiringly presented so that they can work their helpful effects where it is most needed: in our daily lives.

**BIG IDEAS FOR
CURIOUS MINDS****R\$ 146.00****COMPRE JÁ***An Introduction to Philosophy for Curious Young Minds.*

Children are, in many ways, born philosophers. Without prompting, they ask some of the largest questions: about time, mortality, happiness and the meaning of it all.

Yet sadly, too often, this inborn curiosity is not developed and, as they grow up, the questions fall away.

Big Ideas for Curious Minds is designed to harness children's spontaneous philosophical instinct and to develop it through introductions to some of the most vibrant and essential philosophical ideas from history. The book takes us to meet leading figures of philosophy from around the world and from all eras – and shows us how their ideas continue to matter.

The book is filled with exercises and beautiful illustrations to bring the ideas of great thinkers vibrantly to life. Suggested for curious minds aged 9+.

NOSSOS LIVROS



AN EMOTIONAL MENAGERIE

R\$ 126.00

COMPRE JÁ

A Glossary of Feelings from A-Z

Emotions are like animals:
No two are quite the same.
Some are gentle; others, fierce;

And some are hard to tame. 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.



HAPPY, HEALTH MINDS

R\$ 151.00

COMPRE JÁ

A Children's Guide to Emotional Wellbeing

Our minds are beautifully complicated and brilliant machines. For much of our lives, these machines run efficiently with minimal maintenance. However, just like our other organs, they do require some proper attention every now and then and recognising this at an early age can help as children progress into adulthood.

This is a guide designed to help children become more aware of their emotional needs and examines a range of topics that might give their minds difficulties, for example:

- When parents don't seem to understand us
- When we are finding it hard to make friends
- When we feel angry, anxious or lack confidence
- When school feels boring or difficult

We explore a range of common scenarios encountered by children and talk about some of the very best ideas to help deal with them. By offering a sympathetic and supportive framework, Happy, Healthy Minds encourages children to open up, explore their feelings and face the dilemmas of growing up armed with emotional intelligence.

NOSSOS LIVROS



**WHAT CAN I DO WHEN
I GROW UP**

R\$ 121.50

COMPRE JÁ

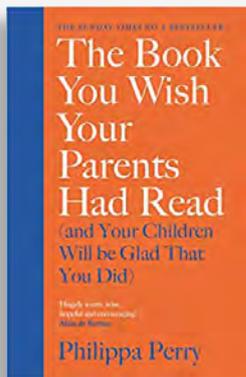
A Young Person's Guide to Careers, Money - and the Future

Have you ever felt confused, scared or even a little annoyed when an adult has asked, as if it were the most normal thing in the world: What do you want to do when you grow up? If so, you are not alone. Knowing what you want to do with your life is one of the hardest questions you will ever have to answer and it's one that most adults are still grappling with...

What Can I Do When I Grow Up is a book about the world of work written expressly for young people. It takes us on a journey around the most essential questions within the topic, such as:

- How can I discover my passions?
- What should a 'good' job involve?
- How much money should I make?
- How does the economy work?

The result is a book that will spark exceptionally fruitful conversations and help you look forward to your work life with positivity and anticipation.



**THE BOOK YOU WISH
YOUR PARENTS HAD
READ**

R\$ 160.00

COMPRE JÁ

The most influential relationships are between parents and children. Yet for so many families, these relationships go can wrong and it may be difficult to get back on track.

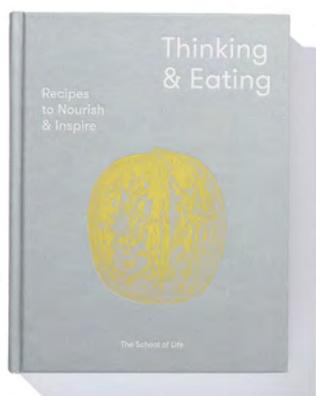
In *The Book You Wish Your Parents Had Read (and Your Children Will Be Glad that You Did)*, renowned psychotherapist Philippa Perry shows how strong and loving bonds are made with your children and how such attachments give a better chance of good mental health, in childhood and beyond.

She'll help you to:

- Understand how your own upbringing may be impacting upon your parenting style
- Contain, express, accept and validate your own and your child's feelings
- Understand that all behaviour is communication
- Break negative cycles and patterns
- Accept that you will make mistakes and what to do about them

Almost every parent loves their children, but by following the refreshing, sage and sane advice and steps in this book you will also find yourselves liking one another too.

NOSSOS LIVROS



THINKING & EATING

R\$ 179.00

COMPRE JÁ

Recipes to Nourish & Inspire

We know well enough that the right sort of foods can help us to be healthy. But, with equal importance, the right foods are also capable of altering our moods: they can be crucial sources of inspiration, playfulness, generosity and optimism.

This is a unique kind of recipe book about what we should eat in order to feel like our best selves - an inspired marriage of psychology and cooking, and a guide to just the sort of foods to put on our plates in order to grow a little calmer and more relaxed in ourselves, kinder to others and readier to face everyday challenges.

Written by a team of philosophers, chefs and psychologists from the School of Life, the book teaches us how to administer sugar and salt, carbohydrates and proteins, spices and marinades in order to regulate and soothe our spirits - and give our minds a much-needed uplift.

The book suggests the very best recipes drawn from around the world that we might prepare at any time of day, from stews to soups, curries to cakes. The approach turns cooking into an ideally therapeutic activity - by which we can recover faith in ourselves and hope in our lives.



THE EMOTIONALLY INTELLIGENT OFFICE

R\$84.00

COMPRE JÁ

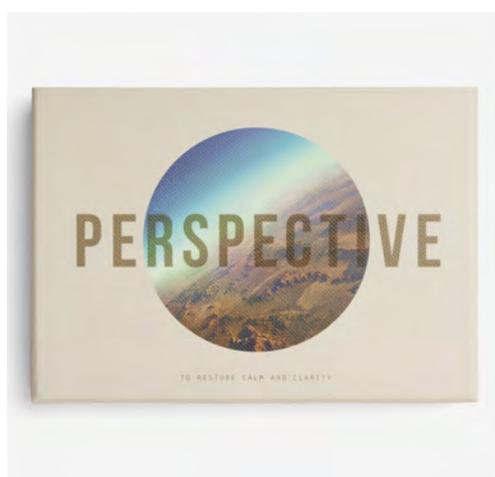
A book outlining 20 key emotional skills for the workplace created by The School of Life for Business.

Modern businesses place huge emphasis on technical training, yet a lot of what determines the success or failure of an organisation has nothing to do with the traditional ‘hard’ skills taught at business school, but rather the sophisticated ‘soft’ skills that are key to emotional maturity.

The Emotionally Intelligent Office introduces us to twenty core emotional skills that can help businesses and individuals to flourish. They range from giving and receiving honest feedback and accepting that it’s OK to fail, to addressing jealousies and insecurities within teams. We learn about how our childhoods continue to have an often unhelpful impact on how we deal with colleagues and the best ways we might speak so that others will listen.

This book is informed by the practical work that the Business division of The School of Life carries out, endeavouring to change the culture within organisations around the world by teaching teams the art of emotional intelligence. feelings and face the dilemmas of growing up armed with emotional intelligence.

CARDS E GAMES



PERSPECTIVE CARDS

R\$ 121.50

COMPRE JÁ

A set of 20 cards featuring fresh perspectives through which to look at life. Perspectives to restore calm and clarity.

We are constantly at risk of losing perspective around the challenges we face. We mistake what is manageable for a catastrophe; we despair of ourselves too soon; we alienate others by over-reacting; we don't notice and appreciate what there is still to be grateful for; we forget we're going to die and that a lot of today's headache will soon be forgotten. These cards provide eloquent invitations to recover a wiser, calmer, redemptive perspective on our lives.

Each card identifies a fresh perspective we might take on problems – perspectives coloured by time, space, history, culture and travel among others – nudging us gently and compassionately towards a more liveable relationship with our difficulties.

**CALM CARDS****R\$97.30****COMPRE JÁ**

60 prompt cards designed to help you find perspective on life's sorrows and regrets.

Every day brings with it temptations to lose our tempers: the behaviour of partners, colleagues, children – and computers. Distractions, worries and fears arise which leave us feeling stressed and unsettled.

These Calm Prompt Cards contain ideas and observations to help us handle these frustrations. Through ironic humour, consoling cultural references, and a small amount of pessimistic wisdom, they help to summon up our best and calmest selves.

CARDS E GAMES



GRATITUDE CARD SET
R\$121.50

COMPRE JÁ

A set of 60 cards to remind us of the many reasons we have to be thankful.

We are experts at focusing on what is missing from our lives. Our dissatisfaction often serves us well; it keeps us from complacency and boredom. But we are also dragged down by a pernicious inability to stop, take stock and recognise what isn't imperfect and appalling.

In our haste to secure the future, we omit to notice what is already very good. This pack of cards is designed to help us pause in our striving and, for a few moments, take on board some of what we have to be grateful for - a consoling, inspiring corrective to the lessons in cynicism and sourness that the world teaches every day.

**RESILIENCE CARDS****R\$121.50****COMPRE JÁ**

A set of double-sided cards designed to help us become more confident in the face of adversity; short prompts on one side are accompanied by illustrative photographs on the reverse.

We often overestimate how fragile we are. In our nightmares, we assume that life would become impossible for us far earlier than it actually would. In reality, we could manage perfectly well with a lot less than we currently have. Not that we should want this to happen, of course: it's simply that we could bear it. We forget our resilience in the face of risk and become unnecessarily timid. Our lives become dominated by a fear of losing things that we could in fact do without. This set of cards is designed to gently remind us that we are far stronger than we imagine.

CARDS E GAMES



THE WISDOM OF NATURE

R\$ 125.50

COMPRE JÁ

20 beautifully presented picture cards, across varying themes of nature - a reminder to us all of the consolation and redemption we can take from the natural world.

We are always being told that nature is good for us - and that we should spend more time in its company for the sake of our health. What is less well flagged up is that nature is as important to us as a source of nourishment for our souls. Nature is a kind of book, and when we open our eyes to it, we find its pages filled with distinctive lessons about wonder and serenity.

In a set of alpine flowers growing on a hillside, we can read a defence of the value and beauty of the everyday; an evening sky can lend legitimacy and dignity to our melancholy states; there are invitations to calm in the unhurried motions of a Friesian cow; the sight of the distant stars can settle our anxieties by evoking our insignificance in the wider scheme.

This set of cards highlights, with images and accompanying essays, some of the most psychologically nourishing landscapes, flora and fauna of the planet. It functions as a reminder of all the consolation and redemption available to us in the natural world.



PSYCHOTHERAPY CARDS

R\$ 125.50

COMPRE JÁ

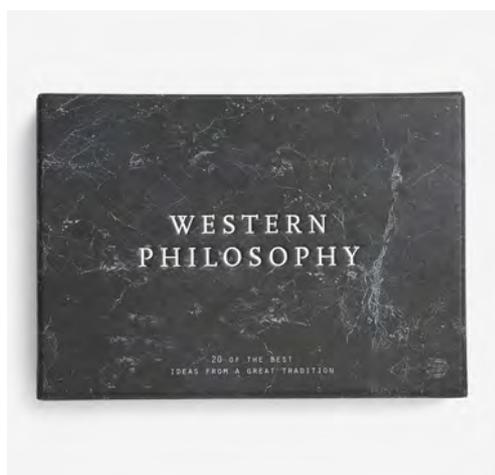
*20 beautifully presented picture cards,
across key concepts of Psychotherapy*

Psychotherapy is one of the most valuable inventions of the last hundred years. It has an exceptional power to raise our levels of emotional well-being, improve our relationships, redeem the atmosphere in our families and assist us in mining our professional potential.

However, psychotherapy is also profoundly misunderstood. It is the subject of a host of unhelpful fantasies, hopes and suspicions. Its logic is rarely explained and its voice seldom heard with sufficient directness.

This is a set of twenty beautiful cards, each containing a short essay on a key concept in psychotherapy, creating a pack that offers a perfect introduction to the subject. We will learn about the unconscious, the superego, the meaning of slips of the tongue, transference, and many other classic and essential ideas from the history of therapy.

CARDS E GAMES



WESTERN PHILOSOPHY CARD SET

R\$97.20

COMPRE JÁ

A card set featuring 20 of the greatest ideas from Western Philosophy.

Philosophy is a discipline committed to helping us live wiser and less sorrowful lives. This card set draws together twenty of the greatest ideas found in Western philosophy, spanning the history of thought from Socrates to Jean-Paul Sartre. Each is displayed on a beautiful illustrated card. We are reminded of the wit, humanity and relevance of a number of philosophes including Nietzsche and Heidegger, Kant and Camus, Machiavelli and Kierkegaard. Essential thoughts about love, work, anxiety, self-knowledge and happiness are rescued, highlighted and inspiringly presented here so they can work their consoling effect where it is more needed: in our daily lives.



**EASTERN PHILOSOPHY
CARD SET**

R\$97.30

COMPRE JÁ

A card set featuring 20 of the greatest ideas from Eastern philosophy.

Eastern philosophy has always had a very similar goal to Western philosophy: that of making us wiser, less agitated, more thoughtful and readier to appreciate our lives. However, the way it has gone about this has been intriguingly different. In the East, philosophy has taught its lessons via tea-drinking ceremonies, walks in bamboo forests, contemplations of rivers and ritualised flower arranging sessions. These cards take us on a journey around the key concepts of the great Eastern thinkers – Confucius, Lao Tzu and the Buddha – as well as the art and practices of many of their followers. We are invited to sample the distinctive wisdom of a continent and enrich our notions of what philosophy might really be.

CARDS E GAMES



WHO SHOULD I BE WITH? CARD GAME

R\$97.30

COMPRE JÁ

A set of cards designed to help you answer that essential question: 'who should I spend my life with?'

When we try to imagine who we should ideally be with, we're often a bit vague: we might say we long for someone 'fun', 'nice' or 'cute'. But it can help to focus the picture a little, because the more we know about who we in particular really want and need, the better we can be at setting out to find them.

Who Should I Be With? is a game designed to sharpen our sense of what we should be looking for in love. It comprises a number of cards which describe some leading habits and character traits in people. Each card has a character trait on one side and the opposite trait on the reverse; listing the pros and cons of each to help guide you to more successful choices in love. It's a realistic, insightful and often funny tool to help us form better relationships.



**STAY OR LEAVE?
CARD GAME**

R\$97.30

COMPRE JÁ

A tool to decide whether your relationship has a future.

The decision whether we should stay or leave a tricky relationship is among the most challenging any of us has to make. It is difficult principally because every relationship, even a highly workable one, is at many points somewhat tricky.

So we must assess whether our difficulties are worth enduring or are an obstacle that we should and must - when we feel brave - sidestep. Is our relationship essentially normal in its frustrations, or is it beset by unusually pathological patterns that should impel us to get out as soon as we can? Are we in danger of compromising too much? Or too little?

This box contains a set of reflections and questions to help us clarify some of the core issues we should work through before quitting or committing. It reminds us that the answers we need are within us already, waiting for the correct tool to extract them.

CARDS E GAMES



AM I NORMAL?

R\$101.00

COMPRE JÁ

A set of 52 cards to find out just how weird (or not) you might be.

No matter how much we celebrate individualism and praise the unique, we are, at heart, deeply collective creatures committed to the idea of 'being normal'. And yet almost all of us feel, in private, that we're really quite odd, by which we mean: not like anyone else we know. But our picture of what is normal is in fact - very often - way out of line with what is actually true and widespread. Many thoughts, fears and desires that we might assume to be uniquely and disconcertingly strange - and that make us feel painfully ashamed - are in fact completely average.

These cards are a tool of self-assessment and reassurance. They ask us to compare ourselves with a range of statements, many of them dark, in order to find out just how weird (or not) we and our loved ones really are. They encourage us not to be ashamed of our uncomfortable thoughts and recognise the sheer normality of our madness, waywardness and alarm.



THE CONFESSIONS GAME

R\$184.00

COMPRE JÁ

A simple game of cards and dice which opens up daring conversations.

From adolescence onwards, one of the great struggles we face is how to reconcile our own desires with those we find socially acceptable. The best encounters with friends are those where we can talk honestly about what's going on in our lives, sharing triumphs, joys, fears and longings - without the usual shyness or reserve.

This game guarantees that the warmest, most fascinating conversations won't have to be left to chance. With the help of a dice and some cards, the game asks participants to answer a series of questions around career, sex, money, relationships, family, gently inviting everyone to share important bits of themselves in an intimate and playful atmosphere. By thinking of confessions as a game - as a sociable and exploratory activity, as opposed to a risky affair - the cards prompt us to open ourselves up to interesting and exhilarating conversations, allow us to be a little more honest around the most intimate aspects of ourselves.

CARDS E GAMES



THE THINKER GAME

R\$97.30

COMPRE JÁ

A card game designed to test your knowledge of history's great thinkers. Each card provides the essential information – a summary of their work, life and historical timeline – to help other players guess which great mind you hold in your hand.

I think... therefore I am...? This 'guess who' game features 52 great thinkers drawn from The School of Life's curriculum. From da Vinci to Freud, Machiavelli to Woolf, players take on the personas of leading figures from the worlds of anthropology, architecture, art, design, literature, philosophy, political theory, psychology, science and sociology.

Your opponent tries to guess who you are by asking 'yes/ no' questions or – if stumped – by requesting hints. A brilliant way for players of all ages to learn interesting facts about humanity's brightest minds.



**WHAT SHOULD I
DO WITH MY LIFE?
CARD GAME**

R\$97.30

COMPRE JÁ

A simple card game which helps to illuminate the many options we have when trying to decide: 'What should I do with my life?'

There are some 600,000 different jobs in the world. Inevitably, it can be hard to know which one might be best suited to our talents and temperament.

This card game is designed to help us determine what occupation might be most relevant to us. Each of the 52 cards details a highly distinctive and often fascinating profession with ratings for key factors to bring our ambitions into focus. The cards work together as a fun and competitive trump game that tries to help us with one of the most serious tasks we face: knowing what we might usefully do with the rest of our lives.

CARDS E GAMES



RELATIONSHIP REBOOT (EMOTIONAL CONVERSATIONS)

R\$ 121.50

COMPRE JÁ

Discussions to Keep Love True

Relationships usually go wrong not because we are 'bored' or 'with the wrong person' but because we have failed to make ourselves understood and haven't managed to properly understand our partner. Occasionally, relationships need to be restarted. These cards reopen channels of emotional communication that have, very understandably, become clogged up over time. The questions, and the supporting micro-essays, invite candour, confession and radical openness. While using them, it is centrally important to maintain an atmosphere of extreme kindness and calm, without any hint of moralising or bitterness.

We often give up on each other too soon. Relationships that, with the right assistance, might have been good enough (or even more than that) come unstuck because we don't work out how to speak about, and listen to, what is really on our minds. This box is a tool with which to save love.



DATING CARDS

R\$97.30

COMPRE JÁ

A set of 52 question cards to spark insightful and playful encounters

Great dates are made up of great conversations: ones where we find out more about one another, discover what makes us both tick, share some of what we like and reveal how we see the world. This is a collection of cards that can be used on a date to help provoke the best kinds of discussion.

This pack includes 52 cards, each one posing an intriguing question or setting a challenge, designed to provoke, entertain and stimulate.

As a bonus, the cards are graded according to how probing they are (Easy, Medium and Hard) so that you can playfully match the discussion with the flow of an evening.

CARDS E GAMES



DIGITAL CONNECTIONS

R\$101.00

COMPRE JÁ

Foster Closeness at a Distance

Connecting with someone is not a question of being in the same space as them; it depends on sharing the right parts of each other's imaginations and deeper selves. The best kinds of conversations can make people on opposite sides of the world feel closer than ever before.

Digital Connections contains exercises, questions and prompts designed to coax people into the richest sorts of interactions. The tone is a mixture of humorous, kind, vulnerable and touching. These cards can help us to communicate online at the authentic and emotional level we long for and deserve.

CARDS E GAMES



TEAMWORK

R\$184.00

COMPRE JÁ

Exercises to build better team dynamics

In order to work well together, people need more than just technical skills; they need to get to know and understand each other. We suspect this intuitively; which is why fortunes are spent on team-building exercises. But because costly excursions aren't always possible, we've designed a game that requires nothing more than a room and a little free time.

Teamwork contains 100 questions that playfully and sensitively introduce us to our colleagues by setting up the best kinds of conversation about everything from our childhoods to our values. Played as a group, we'll end up in profound, eye-opening and meaningful chats that humanise colleagues in each other's eyes and help to create an atmosphere of forgiving and kind collegiality around the office: this is the best and easiest way to turn individuals into a team.



THE THERAPY GAME

R\$ 178.30

COMPRE JÁ

Learn to Talk. Learn to Listen.

When we end up in a really good conversation with a friend, we sometimes pay them a slightly unusual but sincere compliment: we say that chatting to them feels like talking to a good therapist.

What we tend to mean is that they're giving us space to talk, they're not interrupting us or pushing their own advice aggressively forward: they're properly listening.

This game cannot turn us into real therapists (that would take years of training). But like many good games (ones about flying or being a detective for example), it gives us a chance to try out, entertainingly but safely, one of the most interesting sides of a great profession. The Therapy Game offers us a rare opportunity to listen and speak to one another at truly fulfilling length and depth.

CARDS E GAMES



**100 QUESTIONS:
LOVE EDITION**

R\$178.30

COMPRE JÁ

A set of 100 question cards to spark meaningful conversations around love and relationships.

We often suffer in relationships because we don't know how to talk. We feel there is no good excuse to raise certain questions – and so we miss out on conversations that might have rescued us.

Inside this box you will find 100 carefully composed questions, designed by leading experts, on how to get lovers talking to one another and their friends about who they are, who they hope to become, some of the things they secretly want, and the pleasures and sorrows of love.

CARDS E GAMES



100 QUESTIONS: WORK EDITION

R\$178.30

COMPRE JÁ

A set of 100 question cards to spark meaningful conversations around work and careers.

Inside this box you will find 100 carefully composed questions designed to help you start a conversation about you and your working life. Use them to sharpen your understanding of who you are and what you should be asking of the world of work.

These question cards can be brought out at family gatherings or dinner parties to initiate discussion about work and why we do it. A lovely gift for anyone who'd like to rethink their careers or reassess their talents in the company of friends and family.

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