

AUTUMN WINTER

**THE
SCHOOL
OF LIFE**

2024



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

100 Questions



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.

October 2023
Carton of 6, SKU: 11357
100 x 90 x 60 mm
Paper / 102 cards
Theme – Sociability

How Ready Are You For Love?



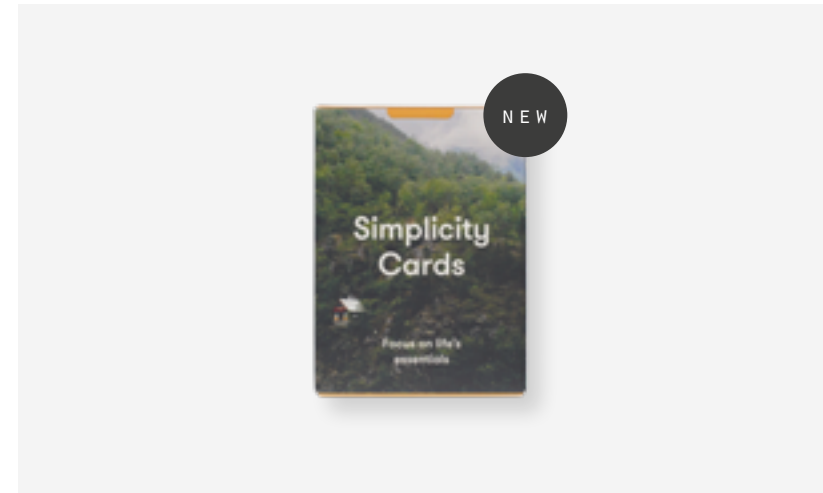
Most questionnaires are just a bit of fun, but this one sets out to be both entertaining and useful. It offers us nothing less than a guide to the comforting and supportive relationships we long for.

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.

February 2024
Carton of 10, ISBN: 9781915087119
176 x 127 mm
Paperback book / 152 pp
Theme – Relationships

Simplicity Cards



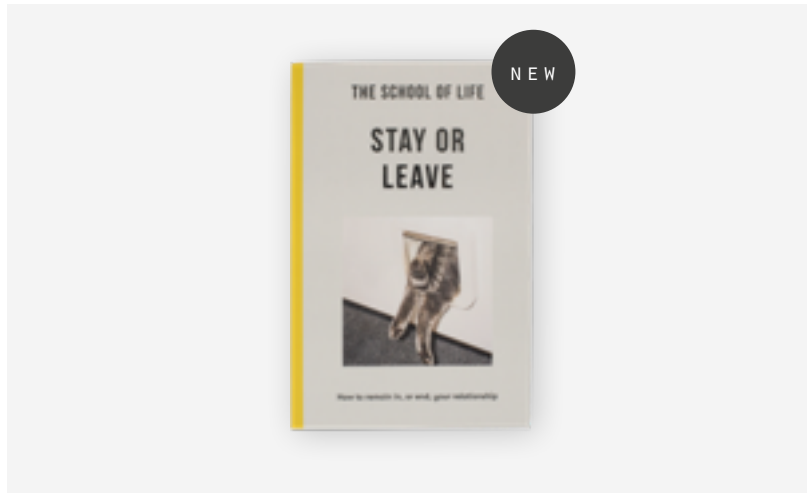
In an overcomplicated world, what many of us crave deep down is greater simplicity: less clutter, fewer commitments, less static and chaos. This ingenious set of cards asks us a range of deceptively simple questions – which we can answer by ourselves or with friends – that focus our minds on what really 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.

March 2024
Carton of 10, SKU: 11378
91 x 67 x 20 mm
Paper / 52 cards
Theme – Calm

Stay or Leave (Paperback)

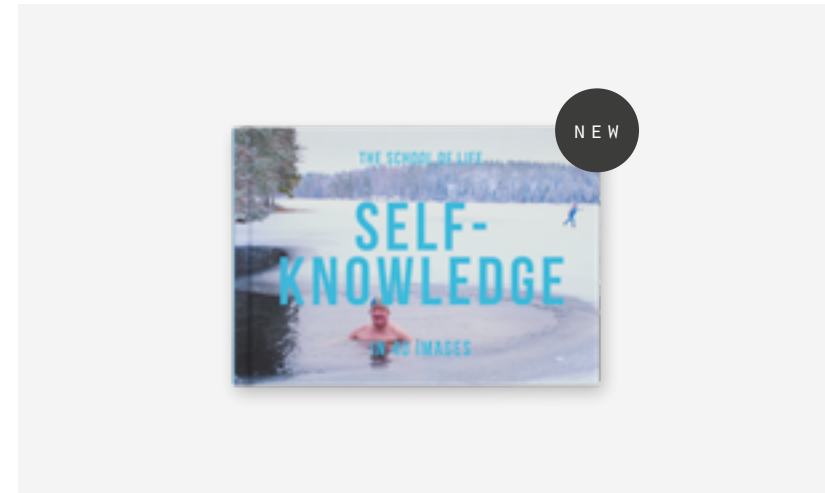


Whether we should stay in or leave a relationship is one of the most consequential and painful decisions we are ever likely to confront. What makes the issue so hard is that there are no fixed rules for judgement. How can we tell whether a relationship is 'good enough' or plain wrong? How do we draw the line between justified longing and naivety? Is sex vital or could it be foregone? Does someone 'better' actually exist? How much should the feelings of children be counted (and what might they be in the long term)? Could one's partner change, perhaps with therapy, or should one assume that who they are now is who they will always be?

This paperback edition walks the reader gently through their options and opens their mind to perspectives they might not have considered. It aims to take the reader towards a time, presently hard to imagine, when the choice will no longer feel so agonising. Using its lessons, we can understand ourselves deeply, consider our options, minimise our regrets and find the way ahead.

March 2024
Carton of 10, ISBN: 9781915087508
198 x 129 mm
Paperback book / 144 pp
Theme – Relationships

Self-Knowledge in 40 Images



When Socrates, apparently the wisest man of antiquity, was asked to define our highest purpose as humans, he responded, 'To know ourselves.' The advice has never been bettered. Without self-knowledge, all other efforts will be in vain.

This is a book to help us on our journey to knowing ourselves better. Made up of 40 images drawn from across different cultures and eras, it takes us on a tour of certain key ideas that we need to befriend our deeper selves. With elegant prose and beautiful art, it helps us to know how our childhoods have shaped us, what difficulties we characteristically experience in relationships and what our purpose should be.

Modern society gives us no shortage of ambitions. We will have landed on the one that can finally bring us peace and freedom when we are ready – with the help of this book – to begin the inward journey.

April 2024
Carton of 10, ISBN: 9781915087423
140 x 203 mm
Hardback book / 96 pp
Theme – Self-Knowledge

On Family



Families are a mystery. Is everyone's as complicated as ours? Is there such a thing as a 'normal' one? We generally only get to see the polished exteriors and are left to imagine what might be going on behind closed doors. Here is a book that takes us on a tour around the reality of families. It provides a rare, privileged glimpse into private realms, allowing us a new, profound understanding of ourselves and others.

Comprised of 60 interviews and portraits captured by five supremely talented photographers – Mark Hobbs, Kate Peters, Marjolaine Ryley, Michelle Sank and Naomi Williams – the book introduces us to an extraordinary array of participants: new parents, stepchildren, siblings, the wealthy and the marginalised, the old and the young.

This is a book for anyone who has ever wondered about their family or fantasised about being part of someone else's – in short, this is a book for us all.

May 2024
Carton of 10, ISBN: 9781915087416
197 x 145 mm
Hardback book / 192 pp
Theme – Relationships

The School of Life: Writing Journals



Journals that seek to honour the act of therapeutic writing containing journaling prompts to find inspiration and encouragement.

The act of writing things down is one of the simplest but most effective ways of seeing what we really want, what's truly at stake – and where we might go next. It's simply the finest route to knowing oneself. This is a journal that honours the act of writing as a road to greater calm, joy and self-awareness.

Use it as a place to capture, tame and explore everything that might otherwise flap restlessly or unfruitfully in the mind; make this a privileged repository of all that you feel, remember, think – and are.

June 2024
Carton of 10, ISBN: 9781915087973 (Sage)
ISBN: 9781915087980 (Burgundy)
210 x 148.5 mm / Softback journal / 192 pp
Theme – Self-Knowledge

Journal Prompt Cards



52 cards to prompt journaling; helping us to better understand ourselves and our priorities.

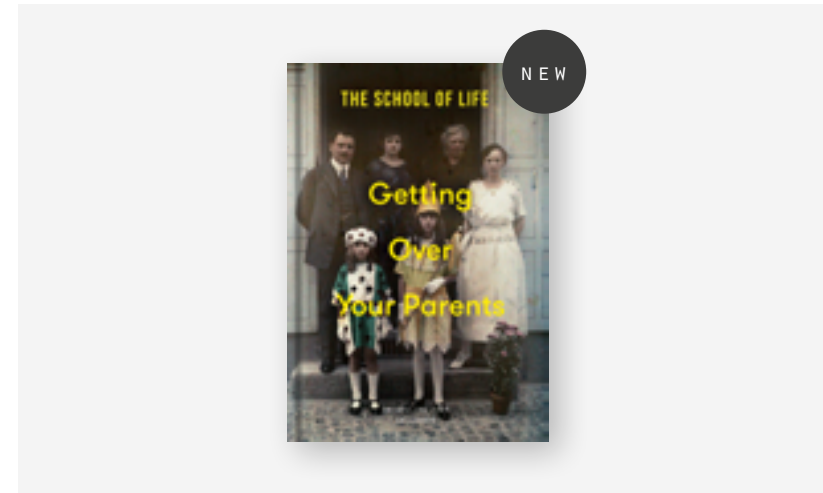
Journaling is one of the most effective ways to regain direction and calm: but what we should ideally be journaling about isn't always clear.

This set of prompt cards directs us to some of the most fruitful topics for reflection and self-exploration. Use them as you journal to find inspiration and encouragement. Each of the prompts engages the mind in some of the things that matter most and helps us to better understand ourselves and our priorities.

The prompts tackle key topics around relationships, careers, emotions and ambitions. They invite us to go on new journeys within ourselves that will leave us more joyful, self-aware and serene.

June 2024
Carton of 10, ISBN: 9781915087997
91 x 67 x 20 mm
Paper / 52 cards
Theme – Self-Knowledge

Getting Over Your Parents



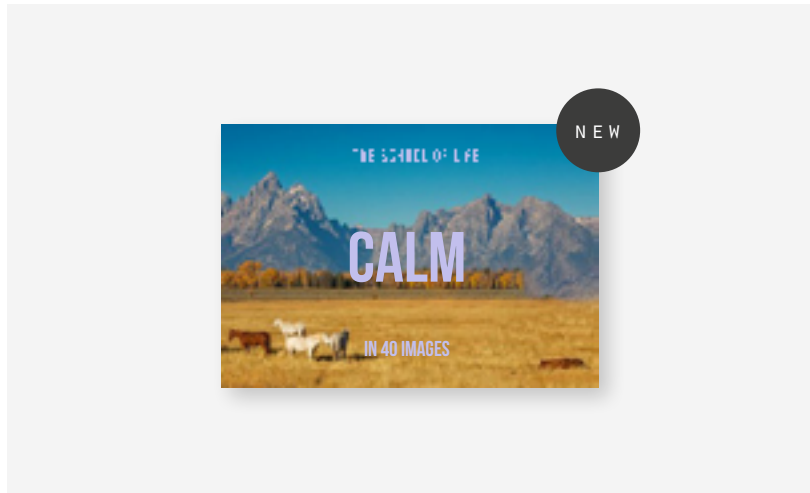
An insightful and illuminating guide on understanding the psychological legacy left to us by our parents.

Our parents are a huge deal: whether we adore them or keep them at a distance, who we are today (what love stories we get into, our attitudes to work, our self esteem) is crucially determined by our relationships with the vastly significant people who put us on the earth.

Getting Over Your Parents is a practical guide on how to navigate the often complex legacies left to us by our parents. It gives us a vocabulary with which to understand certain of the stranger and more difficult things that parents sometimes do to their children – as well as advice on how to move forward from our puzzles or confusions. The emphasis is never on blame, always simply on understanding.

July 2024
Carton of 10, ISBN: 9781915087522
180 x 125 mm
Hardback book / 224 pp
Theme – Relationships

Calm in 40 Images



Knowing how to be calm deserves to be counted as life's greatest skill, for even if we have every other possible advantage, so long as our mind is frantic, we will never taste the happiness we seek.

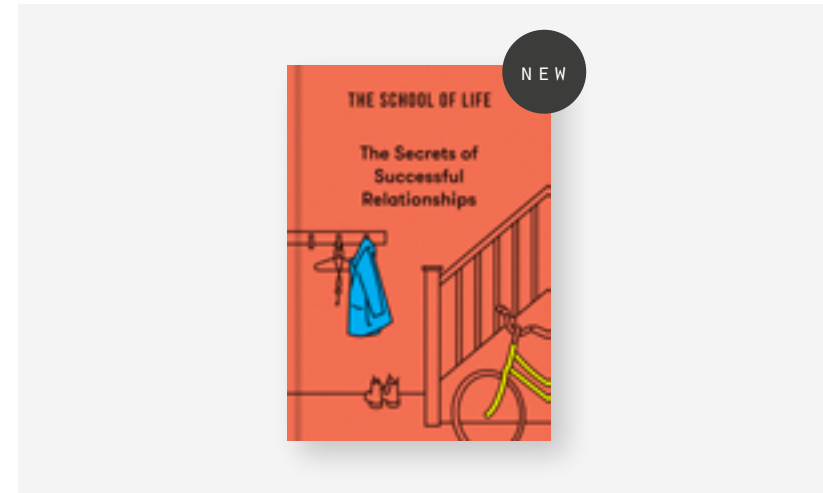
This ingenious small book is nothing less than a comprehensive guide to the art of calm. It takes us systematically through the many things that unsettle us and arrives at a range of solutions to ease our spirits and usher in a less fretful and anguished perspective.

Throughout the book, entries are accompanied by images that invite contemplation and generate small moments of joy. We are invited not just to understand calm but to appreciate it with our eyes and discover it with our senses.

The book amounts to a small museum of calm and a psychological guidebook that can help to quieten our worries and bring on a new mood of serenity and ease.

September 2024
Carton of 10, ISBN: 9781916753006
140 x 203 mm
Hardback book / 96 pp
Theme – Calm

The Secrets of Successful Relationships



The first book in a new series offering advice on the emotional skills required to maintain successful relationships.

It can sometimes seem a mystery why some couples stay together and thrive – while many more split up or drag on scratchily.

Fortunately, though we might ascribe happy love to chance, there are a range of identifiable secrets that underpin all good relationships and that we can learn and put into practice. This book teaches us the key ingredients of contented love in a tone that's warm, encouraging and often funny: how to communicate effectively, how to manage differences, what to do when sexual problems arise, how to air grievances, the best way to share a home and – when things grow truly problematic – how to judge whether or not we should stay or leave.

This book shows us how to take the necessary, careful, intelligent steps towards the contented love we deserve.

October 2024
Carton of 10, ISBN: 9781916753013
180 x 125 mm
Hardback book / 216 pp
Theme – Relationships

Mood Map



60 cards to help us to better understand ourselves and how we are really feeling.

It can sometimes be very hard to know – let alone tell others – what we actually feel. Here is a pack of 60 cards, each of which puts a finger on an emotion that we might be experiencing without being able to pin it down exactly. The cards range in themes from the happy to the sad, the agitated to the serene.

The cards can be used with a friend, a partner, a therapist, a child or a parent – in any situation where we want to sift through a range of emotional options in order to define what is truly coursing through us.

With charm and ease, we become clearer to ourselves – and a lot more understandable and open to others.

October 2024
Carton of 6, ISBN: 9781916753143
71.5 x 102 x 34 mm
Paper / 60 cards
Theme – Self-Knowledge

Self-Reflection Journal



The first in a new series of guided journals, leading the customer on a journey of self-reflection. This is a journal to help us process our lives; to think more clearly about what we really want, what we are actually feeling and what might be holding us back from our goals.

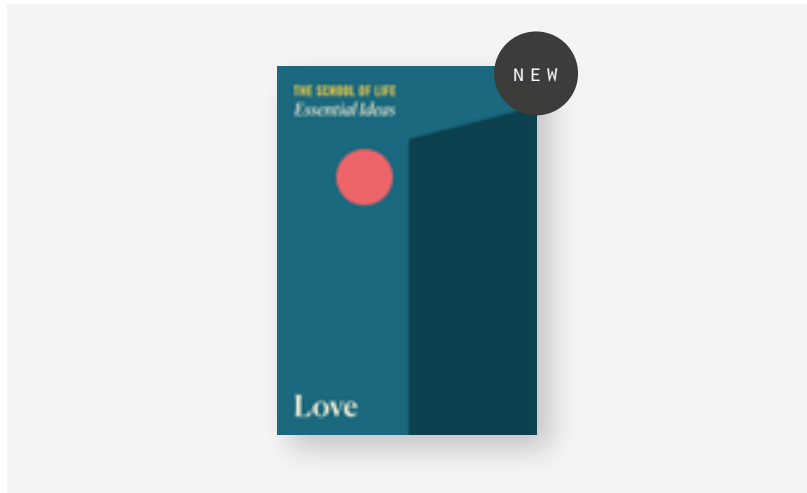
We're given the space to observe what is going on in our minds and the encouragement to regularly analyse our thoughts with clarity and ease. By filling in the journal on a regular basis, we can lessen our anxieties and zero in on our genuine concerns.

The five questions we might all cycle through during a session of examination have been carefully picked to direct our minds to areas that we tend to neglect, and from where trouble can most intensely arise when we do so.

This is a psychological tool to help us digest emotions and events – and over time, to establish the calm, mature and contented lives we deserve.

October 2024
Carton of 10, ISBN: 9781916753112
216 x 135 mm
Hardback book / 192 pp
Theme – Self-Knowledge

Essential Ideas: Love



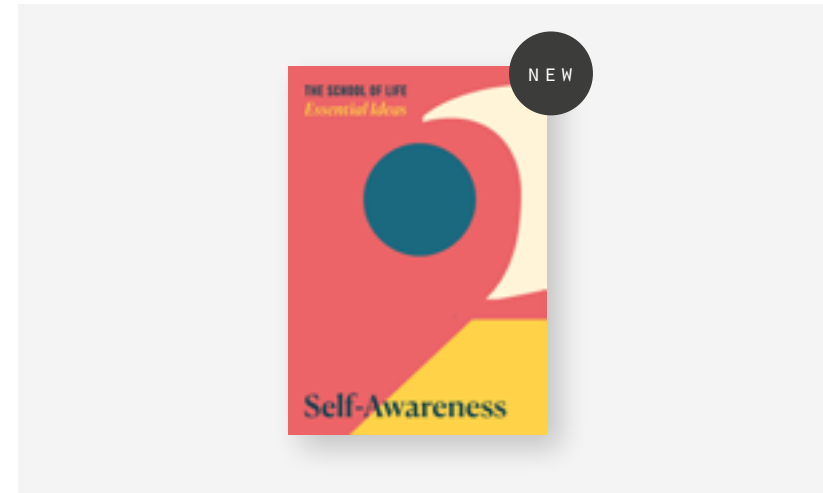
From the new pocket book series, featuring key ideas from The School of Life exploring love.

The School of Life has distilled its most essential lessons on love in order to produce a pocket manual that is at once useful and entertaining. We learn – among other things – how to pick partners more reliably, how to avoid conflict and how to know whether a relationship is really for us.

We should cease to imagine that a satisfied love life is a chance event; with this book in hand, it emerges as something that we can all plot for and achieve. Love is a skill, not an emotion; this is a guide to how we might master it.

November 2024
Carton of 10, ISBN: 9781916753037
157 x 111 mm
Paperback book / 64 pp
Theme – Relationships

Essential Ideas: Self-Awareness



From the new pocket book series, featuring key ideas from The School of Life exploring self-awareness.

Understanding ourselves is the key to unlocking our true potential.

Here is a collection of The School of Life's most penetrating insights into the puzzles of self-awareness. This book teaches us how to look into ourselves, how to make sense of our past and how to overcome anxiety and confusion.

In a highly accessible and entertaining form, The School of Life introduces us to a person we've been in flight from for too long and will benefit hugely from getting to know: our deep selves.

November 2024
Carton of 10, ISBN: 9781916753020
157 x 111 mm
Paperback book / 64 pp
Theme – Self-Knowledge

Guide to Modern Manners (Paperback)

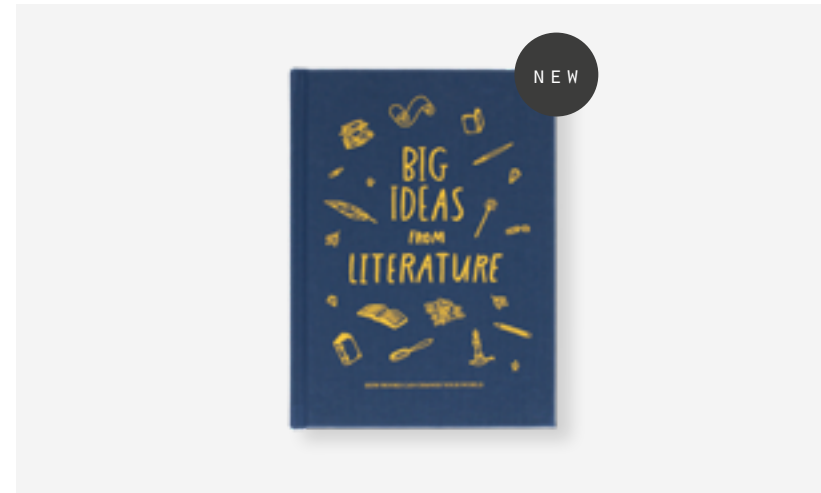


Modern life is full of minor but acute dilemmas: we get stuck at a gathering with someone unusually boring and wonder how to move on without causing offence; in the course of introducing one friend to another, we realise that we have forgotten one of the party's names; we run into an ex while on an early date with a new partner; we spill red wine across a host's sofa...

Such dilemmas might – at one level – seem desperately insignificant. But they actually belong to some of the largest and most serious themes in social existence: how can you pursue our own agenda for happiness while at the same time honouring the sensitivities and wishes of others; how can you convey goodwill with sincerity; how can you be kind without being supine or sentimental? It is often confusing to know how to act around others and navigate social situations. This book features twenty case-studies on common social dilemmas and our possible responses to them, contributing to a new and original philosophy of graceful conduct.

November 2024
Carton of 10, ISBN: 9781916753044
198 x 129 mm
Paperback book / 144 pp
Theme – Sociability

Big Ideas from Literature



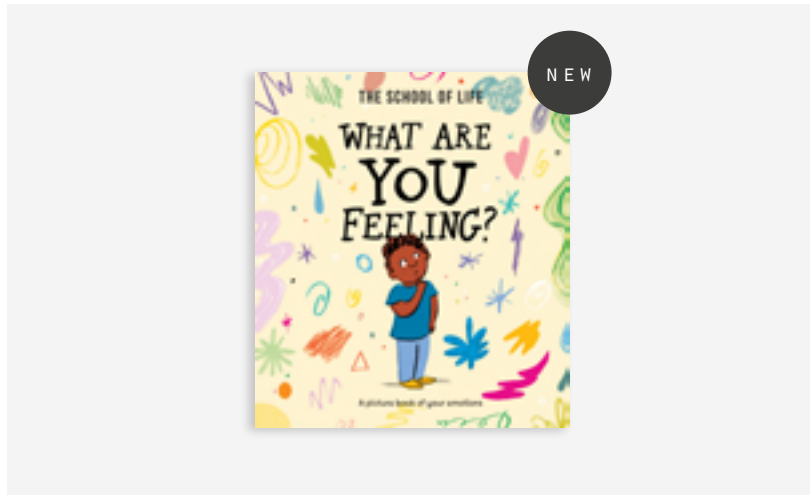
An exploration of the wise ideas that books are trying to teach children through the stories that they tell. Great stories are often universal: our very souls shine with new ideas when we read them.

Books can be so powerful, helping us through tricky times, offering us wisdom we haven't learnt yet, showing us that there are people like us, or showing us the opposite, that other people live very different lives. Books can be a friend when you need one the most and you can use them to help and inspire others, too.

Big Ideas from Literature helps the child discover key ideas that lots of different books are trying to teach through the stories they tell – and helps the growing child develop empathy and resilience.

March 2024
Carton of 10, ISBN: 9781915087485
246 x 180 mm
Hardback book / 168 pp
Theme – Children's

What Are You Feeling? (Paperback)



An illustrated guide helping children to 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.

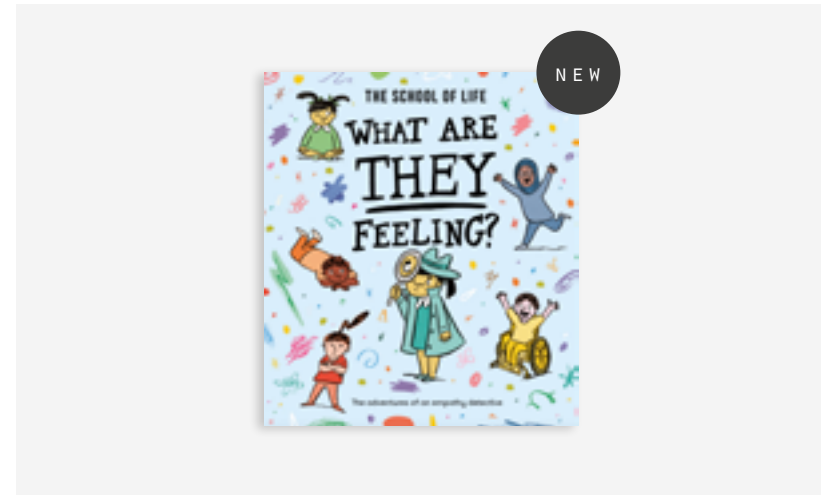
It is a book about finding interesting words for interesting feelings. It explores what lots of feeling words really mean and which words best describe the many feelings a child may have.

The book discusses 20 different feelings from happy to mischievous. Children are 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 with his vivid, colourful and amusing illustrations.

September 2024
Carton of 10, ISBN: 9781916753181
260 x 230 mm
Paperback book / 60 pp
Theme – Children's

What Are They Feeling?



An illustrated guide to the feelings of others, helping children to recognise and understand empathy.

What Are They Feeling? takes children on an exploration of the feelings of others. We follow Detective Feelings as they look for clues about how someone is feeling through their expression, body language and the situation. Are they smiling or frowning? What is happening around them? Has someone else been telling a joke or saying something a bit mean?

We discover why empathy and sympathy are important, and how you can feel empathy for someone when you may not share the same experiences or problems as them, such as having to move to another country, or starting a new school.

Vibrant and amusing illustrations by award-winning illustrator Daniel Gray-Barnett bring the adventures of Detective Feelings to life.

September 2024
Carton of 10, ISBN: 9781915087287
260 x 230 mm
Hardback book / 60 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



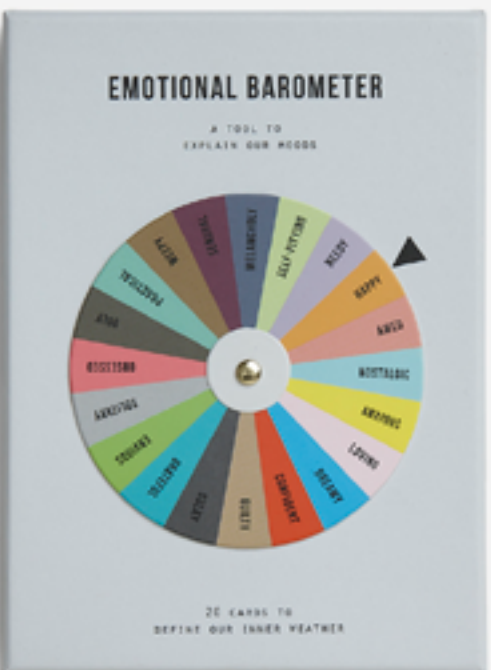
The Marriage Box
Carton of 6, SKU: 8457
Paper / 20 cards
220 x 158 x 22 mm



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



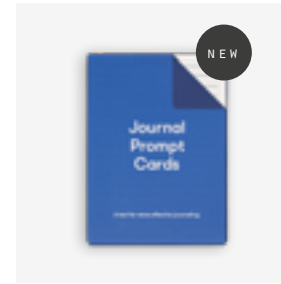
Compatibility Game
Carton of 6, SKU: 11288
Paper / 160 cards
159 x 118 x 21 mm



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.

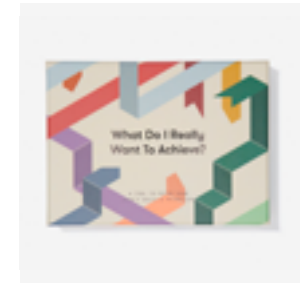
These tools help us to understand the hard-to-access bits of our minds and to know our deep personalities as well as we can.



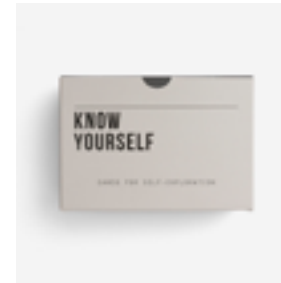
Journal Prompt Cards
Carton of 10, ISBN: 9781915087997
Paper / 52 cards
91 x 67 x 20 mm



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



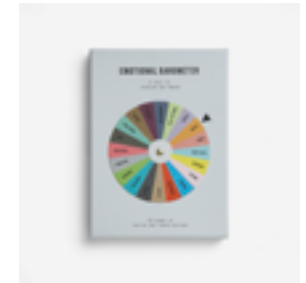
What Do I Really Want To Achieve?
Carton of 6, SKU: 10453
Paper / 160 cards + booklet
159 x 115 x 20 mm



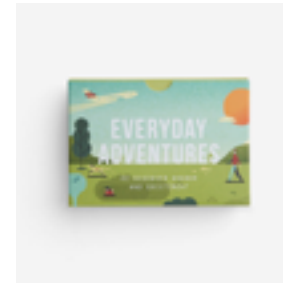
Know Yourself Prompt Cards
Carton of 6, SKU: 6038
Paper / 60 cards
104 x 73 x 36 mm



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



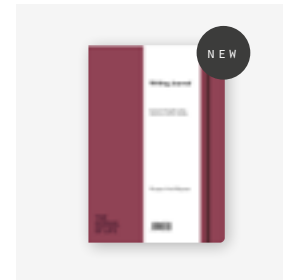
Everyday Adventures
Carton of 6, SKU: 10310
Paper / 60 cards
104 x 73 x 36 mm



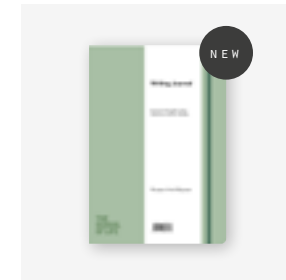
Stoicism
Carton of 6, SKU: 10417
Paper / 53 cards
70 x 100 x 25 mm



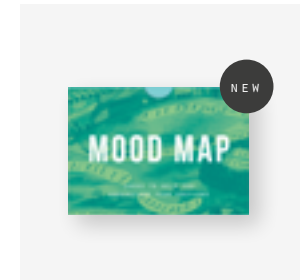
**Writing as Therapy Journal:
Journeys** | Carton of 6, SKU: 5538
Paper / A5 linen-bound notebook
192 pp / 210 x 148 x 18 mm



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



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



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



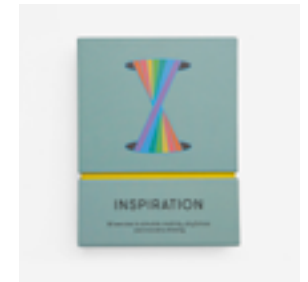
Writing as Therapy Journal: Projects | Carton of 6, SKU: 5535
Paper / A5 linen-bound notebook
192 pp / 210 x 148 x 18 mm



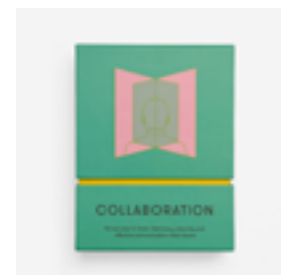
Confidence Prompt Cards
Carton of 6, SKU: 6657
Paper / 60 cards
104 x 73 x 36 mm



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

SOCIABILITY



We all long for warm and close connections with our families and friends – but too often our social lives end up feeling superficial and unsatisfying.

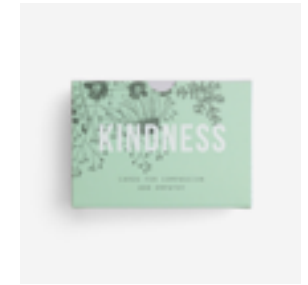
These tools help us to bring out the best in ourselves and others – and ensure that gatherings can be occasions for genuine sharing, discovery and joy.



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



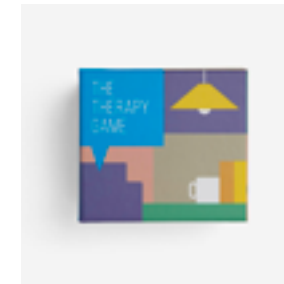
Table Talk
Carton of 6, SKU: 9139
Paper / 40 double-sided placecards
109 x 92 x 27 mm



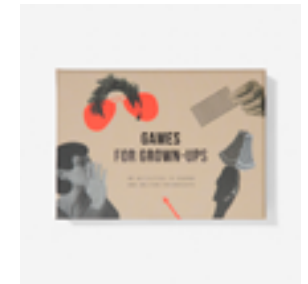
Kindness Prompt Cards
Carton of 6, SKU: 7399
Paper / 60 cards
104 x 73 x 36 mm



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



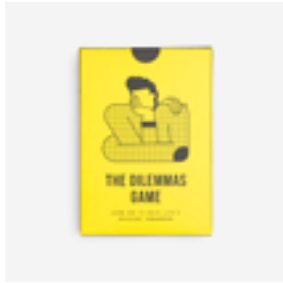
The Therapy Game | Carton of 6,
SKU: 10254 | Paper / 100 cards w.
sand timer & booklet
100 x 90 x 60 mm



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



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



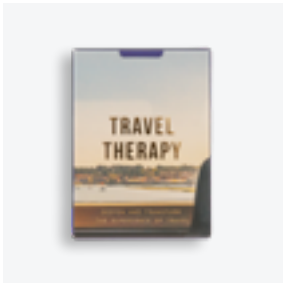
The Dilemmas Game
Carton of 6, SKU: 10346
Paper / 52 cards
89 x 126 x 25 mm



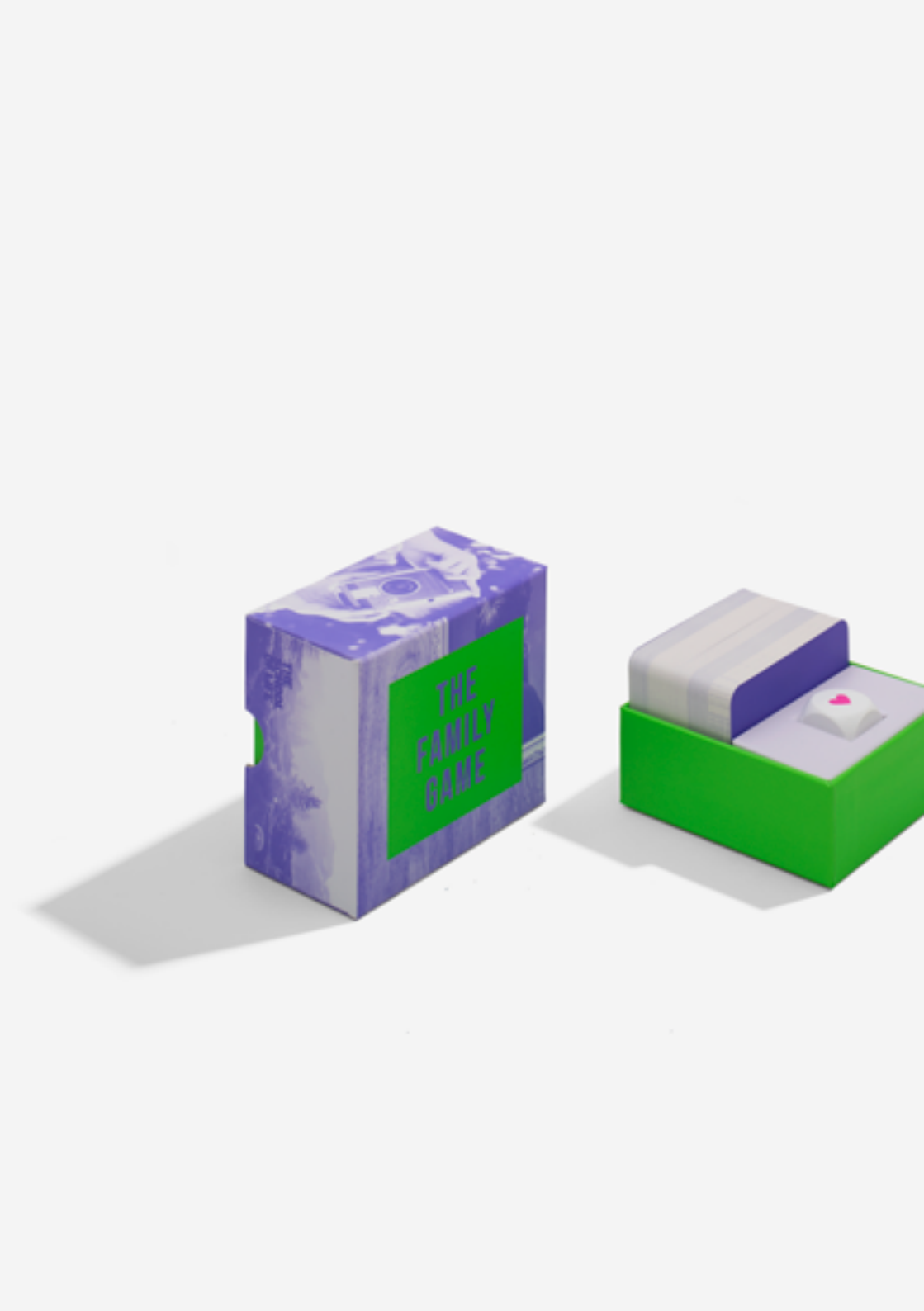
Meeting Friends
Carton of 10, SKU: 10746
Paper / 52 cards
90 x 67 x 20 mm



The 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

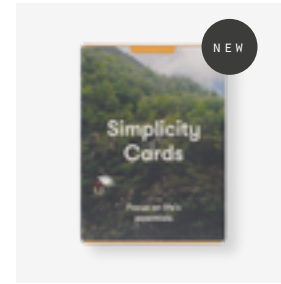


CALM

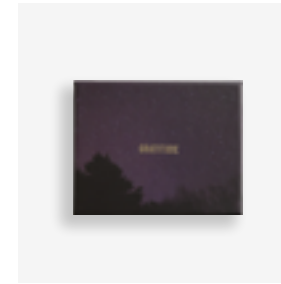


Calm has a deep and natural appeal. Most of us long to be more patient, unruffled, at ease and capable of reacting with quiet good humour to life's setbacks and irritants. But if calm is an ocean, most of us are still in the shallows.

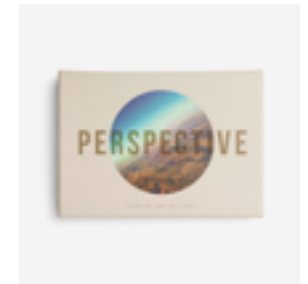
These hugely effective tools help us to secure calm on a regular basis and to grow into the serene people we have always longed to be.



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



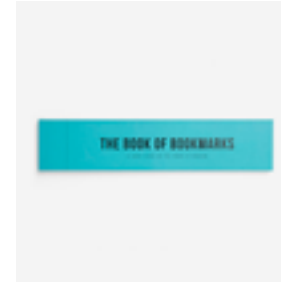
15 Minutes Timer
 Carton of 6, SKU: 3780
 Glass / Hourglass, instruction
 booklet and box / 130 x 55 mm

LEISURE

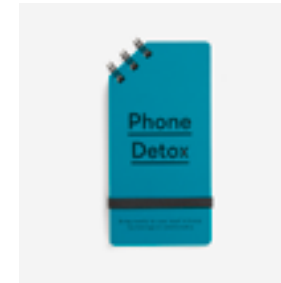


The School of Life is hugely interested in art, literature, psychology and philosophy – and draws upon these disciplines for its many ideas. It proposes that works of culture were all made, in one way or another, with the idea of improving how we live.

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 x 44 x 9 mm



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



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



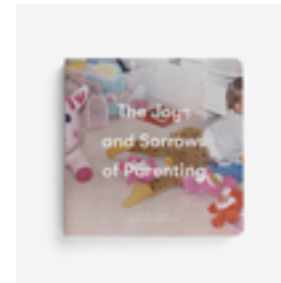
How To Get On With Your Colleagues | Carton of 10, ISBN: 9781912891153 | Paperback book / 160pp | 176 x 127 mm



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



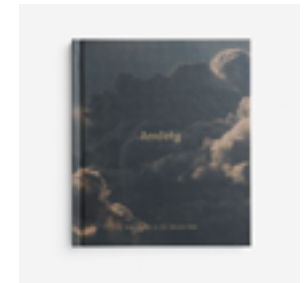
How to Think More Effectively | Carton of 10, SKU: 10319 | Paperback book / 144 pp | 176 x 127 mm



The Joys & Sorrows of Parenting | Carton of 10, SKU: 8782 | Hardback book / 56 pp | 170 x 170 mm



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



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



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



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



The School of Life Dictionary | Carton of 8, SKU: 7411 | Hardback book / 280 pp | 196 x 142 mm



Things Never to Tell Children
Carton of 10, SKU: 7138
Hardback illustrated book / 32 pp
181 x 180 mm



On Self Hatred
Carton of 10, SKU: 10767
Hardback book / 160pp
181x110x15mm



How Modern Media Destroys Our Minds Carton of 10
SKU: 10766 | Hardback book / 192pp | 204x136x20mm



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



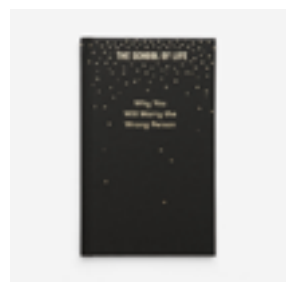
Essay Book – What is Culture For?
Carton of 8, SKU: 8450
Hardback book / 112 pp
181 x 110 mm



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



Essay Book – The Sorrows of Work
Carton of 10, SKU: 7415
Hardback book / 104 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



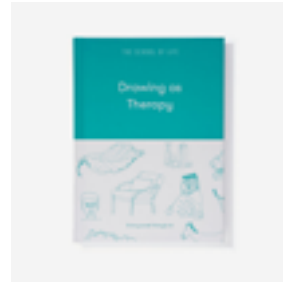
How to Find the Right Words
Carton of 10, SKU: 10376
Hardback book / 96pp
181 x 110 mm



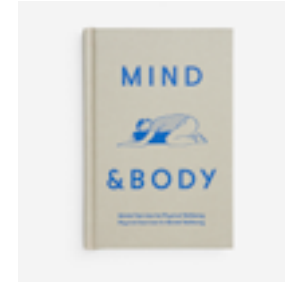
What They Forgot to Teach You At School | Carton of 10, SKU: 10378 | Hardback book / 160pp
170 x 125 mm



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



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



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



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



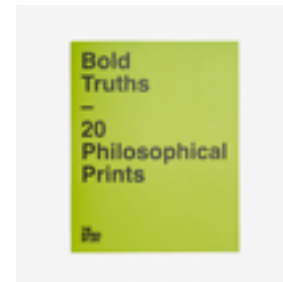
A Therapeutic Atlas
Carton of 10, SKU: 10768
Hardback book / 160pp
246 x 180 mm



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



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



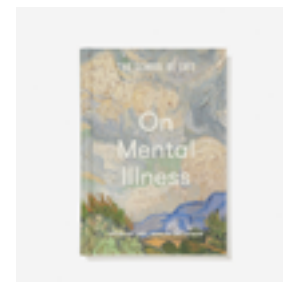
Bold Truths
Carton of 10, SKU: 10380
Paperback book / 42pp and 20
colour posters | 300 x 240 mm



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



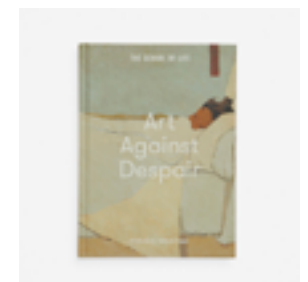
On Failure
Carton of 10, SKU: 10748
Hardback book / 232pp
204 x 136 mm



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



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



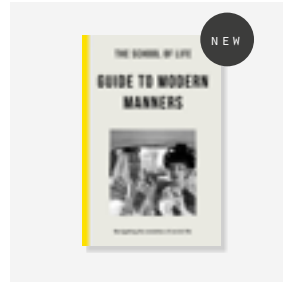
Art Against Despair
Carton of 10, SKU: 10765
Hardback book / 224pp
246 x 180 mm



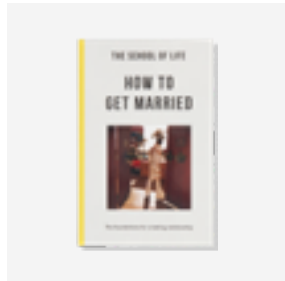
A Job to Love (Paperback)
Carton of 10, SKU: 11332
Paperback book / 192pp
198 x 129 mm



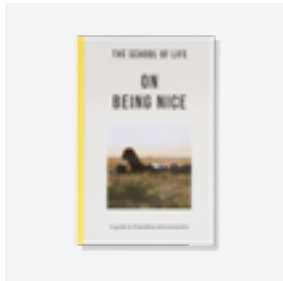
Calm (Paperback)
Carton of 10, SKU: 10769
Paperback book / 176pp
198 x 129 mm



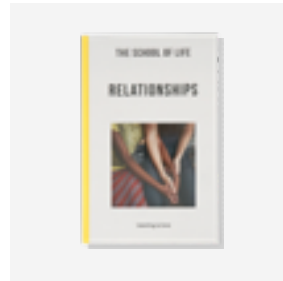
Guide to Modern Manners (Paperback) | Carton of 10
ISBN: 9781916753044 | Paperback book / 144pp | 198 x 129 mm



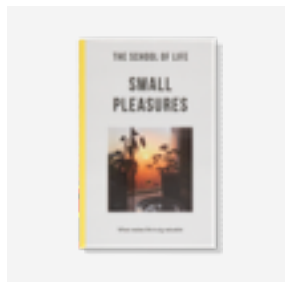
How to Get Married (Paperback)
Carton of 10, SKU: 10612
Paperback book / 160 pp
198 x 129 mm



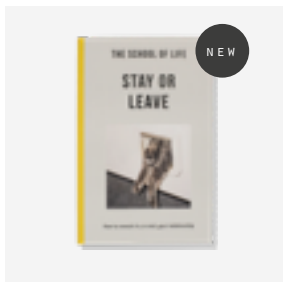
On Being Nice (Paperback)
Carton of 10, SKU: 11269
Paperback book / 144pp
198 x 129 mm



Relationships (Paperback)
Carton of 10, SKU: 10770
Paperback book / 144pp
198 x 129 mm



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



Stay or Leave (Paperback)
Carton of 10, ISBN: 9781915087508
Paperback book / 144 pp
198 x 129 mm

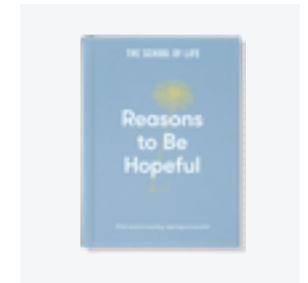




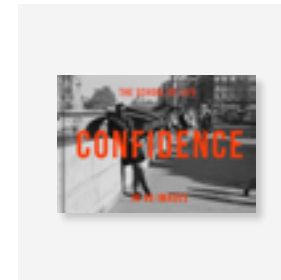
The Career Workbook
Carton of 10, SKU: 11282
Hardback book / 192pp
222 x 155 mm



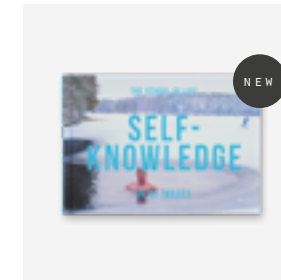
Quotes To Live By
Carton of 10, SKU: 11277
Hardback book / 192pp
163 x 123 mm



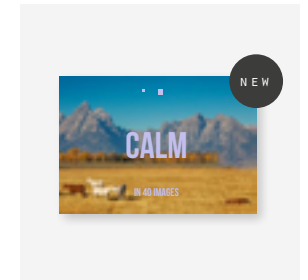
Reasons To Be Hopeful
Carton of 10, SKU: 11280
Hardback book / 228pp
197 x 145 mm



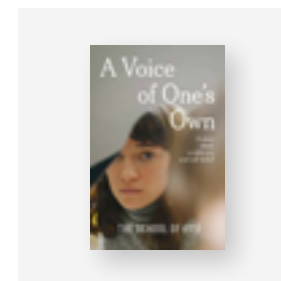
Confidence in 40 Images
Carton of 10, SKU: 11330
Hardback book / 96pp
140 x 203 mm



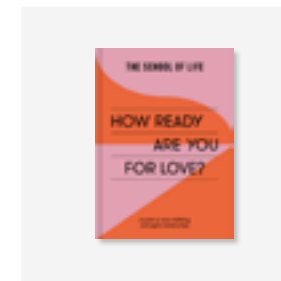
Self-Knowledge in 40 Images
Carton of 10, ISBN: 978191508742
Hardback book / 96pp
140 x 203 mm



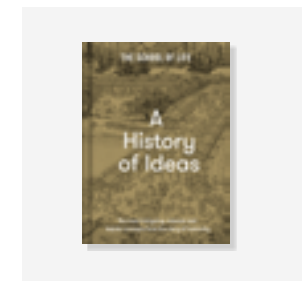
Calm in 40 Images
Carton of 10, SKU: 9781916753006
Hardback book / 96pp
198 x 129 mm



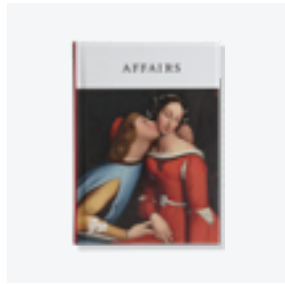
A Voice of One's Own
Carton of 10, SKU: 11325
Hardback book / 192 pp
198 x 129 mm



How Ready Are You For Love?
Carton of 10, SKU: 9781915087119
Paperback book / 152pp
176 x 127 mm



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



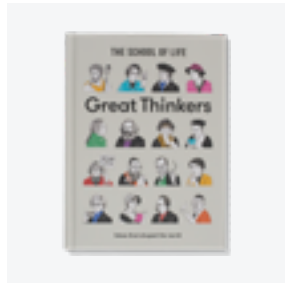
Affairs
 Carton of 10, ISBN: 9781912891054
 Hardback book / 144pp
 155x110 mm



Heartbreak
 Carton of 10, ISBN: 9781912891016
 Hardback book / 96pp
 155x110 mm



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



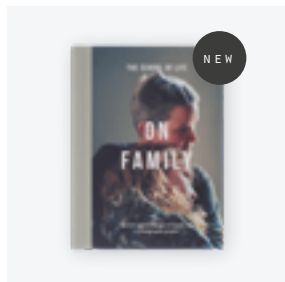
Great Thinkers
 Carton of 10, ISBN: 9780993538704
 Hardback book / 480pp
 197 x 145 mm



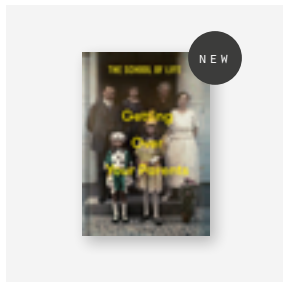
A More Exciting Life
 Carton of 10, ISBN: 9781912891252
 Hardback book / 270 pp
 170 x 125 mm



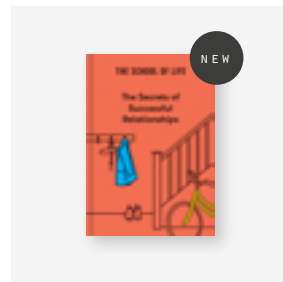
A Replacement for Religion
 Carton of 10, ISBN: 9781912891030
 Hardback book / 240 pp
 181 x 110 mm



On Family
 Carton of 10, ISBN: 9781915087416
 Hardback book / 192pp
 197 x 145 mm

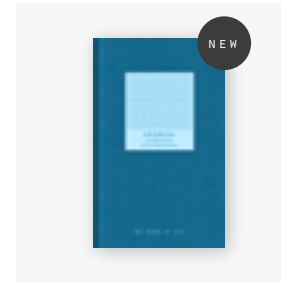


Getting Over Your Parents
 Carton of 10, ISBN: 9781915087522
 Hardback book / 224 pp
 180 x 125 mm

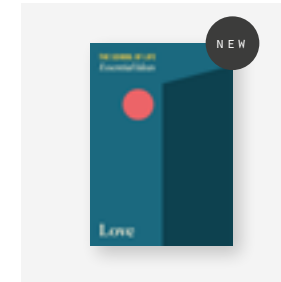


The Secrets of Successful Relationships
 Carton of 10, ISBN: 9781916753013
 Hardback book / 216 pp
 180 x 125 mm

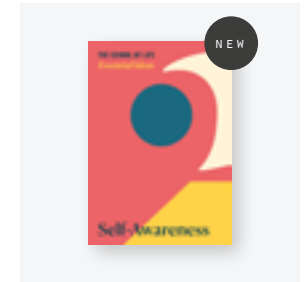




Self-Reflection Journal
Carton of 10, ISBN: 9781916753112
Hardback journal / 192pp
216 x 135 mm



Essential Ideas: Love
Carton of 10, ISBN: 9781916753037
Hardback book / 64pp
157 x 111 mm



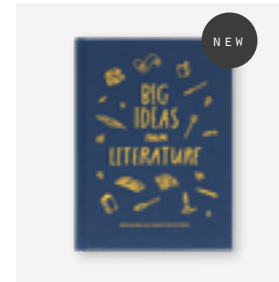
Essential Ideas: Self-Awareness
Carton of 10, ISBN: 9781916753020
Hardback book / 64pp
157 x 111 mm

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.

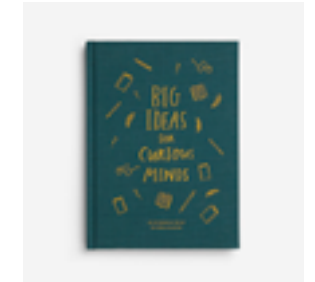
Our Children's range is designed to harness children's spontaneous philosophical instinct, introducing them to great thinkers and transformative ideas to carry with them throughout their lives.



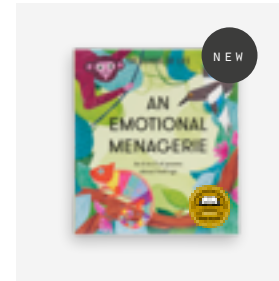
Big Ideas from Literature
Carton of 10, ISBN: 9781915087485
Hardback book / 168pp
246 x 180 mm



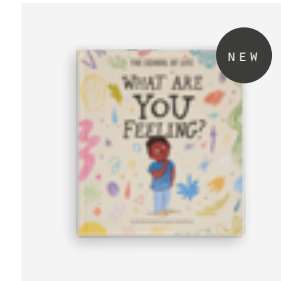
Big Ideas from History
Carton of 6, SKU: 11258
Hardback book / 320pp
246 x 180 mm



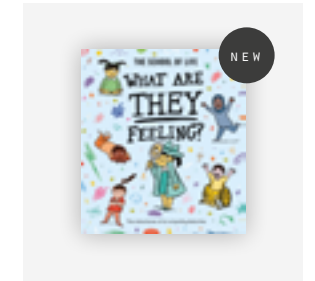
Big Ideas for Curious Minds
Carton of 6, SKU: 9111 | Fully
illustrated hardback book / 160 pp
246 x 180 mm



An Emotional Menagerie
(Paperback)
Carton of 10, ISBN: 9781915087195
Paperback book / 60 pp
260 x 230 mm



What Are You Feeling?
(Paperback)
Carton of 10, ISBN: 9781916753181
Paperback book / 60 pp
260 x 230 mm



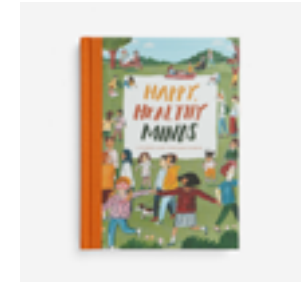
What Are They Feeling?
Carton of 10, ISBN: 9781915087287
Hardback book / 60 pp
260 x 230 mm



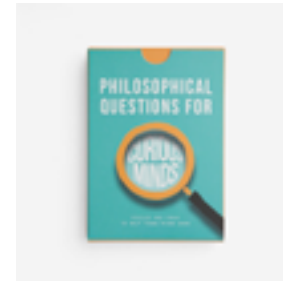
What Can I Do When I Grow Up?
 Carton of 10, SKU: 10296
 Hardback book / 176pp
 222 x 155 mm



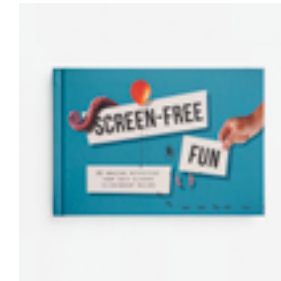
Parents & Teenagers
 Carton of 10, SKU: 10771
 Paper / 52 cards
 90 x 65 x 20 mm



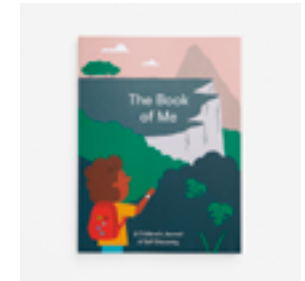
Happy, Healthy Minds
 Carton of 10, SKU: 10339
 Hardback book / 176pp
 246 x 180 mm



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 mm



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



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