



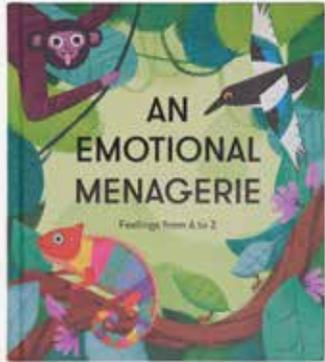
The School  
of Life Press  
— 2021

The School of Life is a global organization helping people lead more fulfilled lives. It is 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. We do this through films, workshops, books, gifts, and community.

We are a rapidly growing global brand, with over 6 million YouTube subscribers. You can find us online, in stores and in welcoming spaces around the globe.

The School of Life Press brings together the thinking and ideas of the School of Life creative team under the direction of series editor, Alain de Botton. Our books share a coherent, curated message that speaks with one voice: calm, reassuring, and sane. Our titles have been translated into 14 languages to date.

## An Emotional Menagerie: Feelings from A to Z



April 2021  
10.0 x 9.0 in  
60 pp  
Hardback  
ISBN: 978-1-912891-24-5  
RRP: \$19.99  
Age range: 5+

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 deep frustration and a host of difficulties further down the line. Like adults, they need help to recognize and verbalize their inner state...

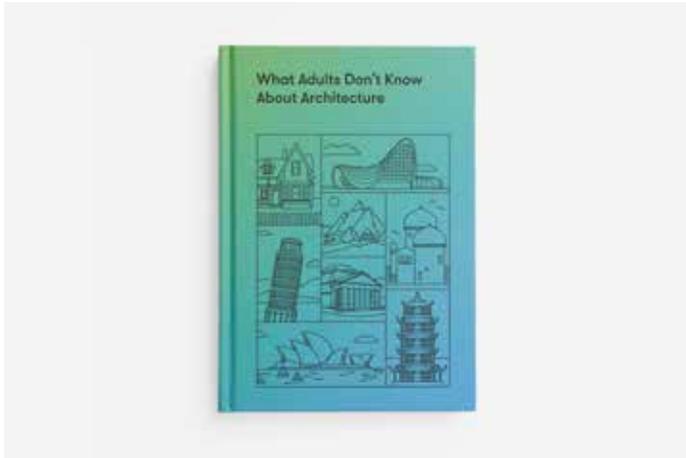
*An Emotional Menagerie* is an emotional glossary for children. A book of 26 rhyming poems, arranged alphabetically, that bring our feelings to life — Anger, Boredom, Curiosity, Dreaminess, and more. The poems transform each emotion into a different animal to provide an engaging illustration of its character: how it arises; how it makes us behave and how we can learn to manage its effects. Boasting a rich vocabulary, the poems give children a variety of options for describing their feelings to others.

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

- A collection of imaginative poems connecting different animals to common emotions, giving young children the vocabulary to communicate how they are feeling.
- Humorous and whimsical color illustrations bring each animal to life to help children understand the different emotions they may experience.
- Beautifully produced picture book format which will make reading together a joy.



## What Adults Don't Know About Architecture: Inspiring young minds to build a more beautiful world



May 2021  
8.8 × 6.2 in  
192 pp  
Hardback  
ISBN: 978-1-912891-30-6  
RRP: \$19.99  
Age range: 9+

Children are rarely introduced properly to architecture, but there are in fact few subjects more important — because the quality of the architecture that surrounds us has such an impact on our mood and sense of well-being.

The bitter truth is that in modern times we've built a world that's far too often ugly or charmless — and we've done so because very few people ever feel they have the right to comment on what gets built around them. This is a chance for the next generation to develop the tools to talk about architecture with confidence and passion. It tells us about what a satisfying building is, why some cities are charming, and others repel us — and how we might build going forward in a way that will reliably delight and uplift us.

This engaging guide is designed to help children understand how buildings work and how we might create the better looking world we all crave and deserve.

- An approachable introduction to architecture looking at how our surroundings can influence our moods and emotions.
- Looks at the importance of architectural design with examples from around the world.
- Encourages children to be more aware of their surroundings and think critically about their homes, the buildings around them and the different environments they encounter.

## What Adults Don't Know About Art: Inspiring young minds to love and enjoy art



May 2021  
8.8 × 6.2 in  
160 pp  
Hardback  
ISBN: 978-1-912891-29-0  
RRP: \$19.99  
Age range: 9+

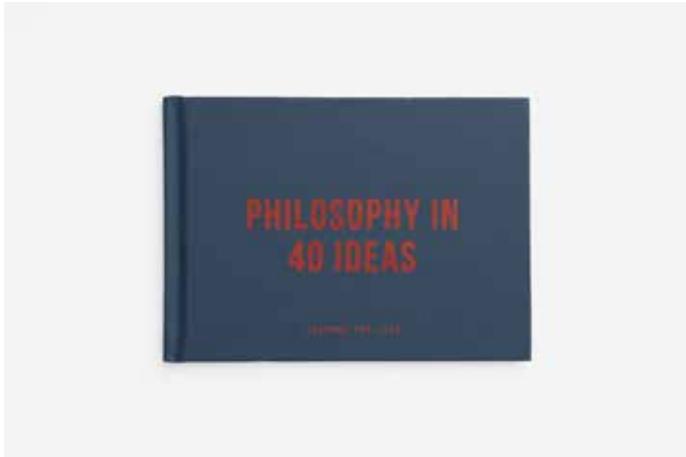
Children are often told that art matters but often it's hard to know why it really does. Museum visits feel like a chore as does having to learn the names of the big artists we're all meant to love (but perhaps don't quite in the way we're supposed to). This is a huge pity because art has a deep capacity 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, 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, and why — without even realizing it — we all become experts in art by decorating our first bedrooms.

This is an innovative guide to the importance of art that will enchant children and teach their favorite adults one or two vital things as well.

- An accessible introduction to art history looking at how an appreciation of the visual arts can enhance our emotional lives.
- Graphic layout and unstuffy language introduce ideas in a clear, easy-to-grasp format.
- Features a selection of over 100 artworks from artists including Picasso, Titian, Agnes Martin, Renoir, Barbara Hepworth and Vincent van Gogh.

## Philosophy in 40 Ideas: Lessons for Life



July 2021  
5.0 x 7.0 in  
88 pp  
Hardback  
ISBN: 978-1-912891-47-4  
RRP: \$14.99

Philosophy is a discipline committed to helping us live wiser and less sorrowful lives. This book artfully draws together 40 of the greatest and most useful ideas found in philosophy, taking us on a journey around key concepts from both Eastern and Western cultures.

We are invited to sample the distinctive wisdom of Eastern philosophy via tea drinking ceremonies, walks in bamboo forests, contemplations of rivers, and ritualized flower arranging sessions. From Western culture we seek the teachings of some of the greatest minds throughout history including Machiavellianism and Stoicism.

This essential guide to philosophy reminds us of the wit, humanity, and relevance of several great philosophers including Nietzsche, Heidegger, Confucius, Lao Tzu, and Buddha. Essential thoughts about love, work, anxiety, self-knowledge, and happiness are examined, highlighted, and inspiringly presented here so they can work their consoling effect where it is most needed: in our daily lives.

- 40 key concepts presented in short, poetic chapters, giving practical insight to how these theories are still relevant to us today.
- Explores ideas from Nietzsche, Heidegger, Confucius, Lao Tzu and Buddha.
- Beautifully produced, high end gift format.

## A More Exciting Life:

A guide to greater freedom, spontaneity,  
and enjoyment



August 2021  
7.0 x 5.0 in  
208 pp  
Hardback  
ISBN: 978-1-912891-25-2  
RRP: \$19.99

One of the things we all deeply crave is a more exciting life. We know that many things are routine, hard and a little boring. But we also sense that, if only we could find a way, our lives could be rendered more joyful, intense, thrilling, and beautiful.

This is a guide to the more exciting life we know could be ours. It isn't about the outward things we might do: travel, parachute out of airplanes, or learn a foreign language. This is a book of psychology, teaching us to nurture a sense of inner liberation, accept our desires and aspirations, and have the courage to set ourselves free. Perhaps we have resigned ourselves to things that aren't fair or necessary; we have felt too constricted (and perhaps unloved) to communicate well with others, and the proper expansion of our characters has been sacrificed for the sake of compliance.

Now is a chance to recover some of our spirit and become open to the full intensity, beauty, and mystery of life and to the richness of our own possibilities.

- A psychological exploration of how to find a more meaningful existence.
- Addresses with insight topics including: Getting expectations right, learning to be angry, and overcoming the pressure to be exceptional.
- Draws on the teachings of The School of Life to encourage acceptance and fulfilment.

## Drawing As Therapy: Self-expression through art



September 2021  
9.7 x 7.1 in  
144 pp  
Hardback  
ISBN: 978-1-912891-59-7  
RRP: \$19.99

When we're young, all of us draw; as we grow older, most of us stop. We come to see drawing not as a type of play, but as a skill; one that we can do either well or (more usually) badly. But to see drawing in this way is to deny ourselves one of life's great pleasures, and to miss out on its profound psychological benefits. By expressing ourselves creatively, and capturing our thoughts and ideas on paper, drawing can be a form of therapy.

*Drawing as Therapy* is a collection of playful, creative prompts and exercises that introduce us to the curative powers of drawing. Divided into eight chapters, they invite us to reflect on different aspects of our life and psyche — our personality, moods, memories, and passions — by attempting to render them through art. In so doing, they can help us to discover hidden byways of our minds, summon a state of calm, and begin a process of self-recovery and healing.

The exercises won't teach you how to draw. Instead, they will teach you a new way of thinking about drawing, where there is no such thing as failure or success, only self-discovery and, in the best sense, play.

- This inspirational guide prompts us to express ourselves creatively and use artistic expression as a form of emotional release.
- The point is not to draw well, but to draw with authenticity, no matter your level of artistic ability.
- 80 drawing exercises across 8 unique themes: Self, Mood, Memory, Play, Love, Calm, Perspective & Re-enchantment.

## Screen-Free Fun: 80 amazing activities from sock sliding to raindrop racing



September 2021  
5.5 x 8.0 in  
160 pp  
Hardback  
ISBN: 978-1-912891-57-3  
RRP: \$16.99  
AGE RANGE: 8+

Whether we're big or small, it can be hard to get away from our screens. Most children spend between five and seven hours a day looking at some form of screen — and most grown-ups spend twice as much time. Screens promise endless entertainment, but the more time we spend with them, the more we lose sight of all that is strange, fascinating, and delightful in the world around us. Even when we're stuck indoors, there are infinite possibilities for banishing boredom and having fun using our imagination. All we need are a few helpful suggestions....

No-tech Fun contains 80 of the weirdest and most wonderful activities children can do at home, all without using a screen. Rather than scrolling or tapping, you'll be invited to draw, make, write, invent, dress up, and discover. You can paint like Picasso or meditate like Buddha; become an indoor entomologist or a home Olympian; make up a new language or a mythical creature.

Inventive and irreverent, this book is the perfect companion for humdrum days and wet weekends. It is a compendium of the world's strangest, silliest, and most stimulating activities.

- Fun and inventive activities to help develop children's creativity and keep them entertained without a screen.
- No special equipment required — these games can be played using only items from around your home.
- Encourages children's natural curiosity through learning new facts and practicing new skills.

## What They Forgot to Teach You at School: Essential emotional lessons we need in order to thrive



October 2021  
6.7 × 4.9 in  
144 pp  
Hardback  
ISBN: 978-1-912891-39-9  
RRP: \$19.99

We probably went to school for what felt like a very long time. We probably took care with our homework. Along the way we surely learnt intriguing things about equations, the erosion of glaciers, the history of the Founding Fathers, and the tenses of foreign languages.

But why, despite all the lessons we sat through, were we never taught the really important things that dominate and trouble our lives: who to start a relationship with, how to trust people, how to understand one's psyche, and how to cope with anxiety and shame?

The School of Life is an organization dedicated to teaching a range of emotional lessons that we need in order to lead fulfilled and happy lives — and that schools routinely forget to teach us. This book is a collection of our most essential lessons, delivered with directness and humanity, covering topics from love to career, childhood trauma to loneliness. To read this book is to be invited to lead kinder, richer, and more authentic lives — and to complete an education we began but still badly need to finish. This is homework to help us make the most of the rest of our lives.

- Explores how to study what we need to find our own potential and happiness.
- Draws on philosophy, psychology, and art to deliver fundamental life lessons that were sadly missing from the education we received at school.
- Chapters include: You Don't Need Permission; Aim for Emotional Maturity and There Is No Destination.

## How to Find the Right Words: A guide to delivering life's most awkward messages



October 2021  
7.1 × 4.3 in  
96 pp  
Hardback  
ISBN: 978-1-912891-51-1  
RRP: \$14.99

Life constantly requires us to give other people some hugely awkward messages: that we don't love them anymore; that we do love them (though we're not meant to); that they smell a bit; that they're fired, or that their music is too loud...

Often, out of embarrassment, we just stay quiet. Occasionally we explode. And typically, we stumble about, looking for the right words — dreading that we didn't find them and thereby causing more hurt than we should.

This is a book to help us locate the best possible words to get across a range of life's most difficult messages. With twenty case studies drawn from relationships, friendships, work, our families, and social situations, we are gently shown what we might — in an ideal world — find ourselves saying to make our intentions known while causing minimal harm. We are guided, among other topics, on how best to end a relationship, how to make it up with a child, and how gently to let down a friend who wants more.

We laugh, we recognize our troubles — and we're introduced to a range of deeply empathetic ways to navigate some of our most acute social dilemmas.

- With a warm and empathetic tone, this book offers advice on dealing with a range of awkward social situations, from the everyday to the unforeseen.
- Twenty key case studies from: relationships, friendships, work, family, and strangers.
- Humorous illustrations alongside pragmatic advice.

## Mind & Body:

Physical exercises for mental wellbeing;  
mental exercises for physical wellbeing



November 2021  
8.0 × 5.4 in  
192 pp  
Hardback  
ISBN: 978-1-912891-46-7  
RRP: \$19.99

The modern world can present the body as a machine that just needs to be regularly exercised. However, it is a remarkably sensitive organ that we need to interpret and handle with subtlety. The impact of our body upon our mind is something which needs to be explored as it is easy to ignore the crucial balance between the two.

This is a book filled with reflections and exercises designed to help us live more harmoniously and maturely within both mind and body. It gives guidance on how to calm our minds with bodily exercises that work on the real sources of our anxieties. It suggests how to be less rigid in, and timid about, our bodies and how to relax into them. It offers ideas on how to accept the way we look, and how to treat the body so it can assist the mind in yielding its very best ideas.

This is a book that will improve our relationship between our physical and mental selves and allow us a route to a life of greater self-assurance, wisdom, and freedom to be ourselves.

- Interesting reflections and unconventional exercises designed to encourage our mind and body to thrive in harmony.
- Explores how losing physical inhibitions can free the unconscious mind.
- Includes guidance on how to calm our minds with bodily exercises that work on the real sources of our anxieties.

## The Calm Workbook:

A guide to greater serenity



December 2021  
8.7 × 6.1 in  
192 pp  
Hardback  
ISBN: 978-1-912891-49-8  
RRP: \$19.99

Most of us long to be a little calmer: too many of our days are lost to agitation and worry, stress, and discord. Yet we know that we are at our best when we can manage not to panic and take challenges in our stride.

Fortunately, a calm state of mind is not a divine gift. Even those of us starting from a more agitated position can systematically understand and lay claim to it. Too many books on this subject simply explain what it would be like to be calm. This is a workbook that takes us through the practical steps required to actually become calm. It is filled with exercises and prompts that deliver the self-understanding and self-compassion on which true serenity depends. Furthermore, the book invites us to build calming routines into our daily lives so that what we learn can stick with us and change us for the long term.

Based on years of The School of Life's work in the area of anxiety and calm, this is a landmark workbook guaranteed to bring about the calmer state of mind we long for and deserve.

- A guided journal with over 65 exercises to encourage self-understanding, self-compassion and a state of calm.
- Designed as a tool to keep close to hand, with mindful exercises that can be completed in any order.
- Thoughtful and interesting design, including space to complete the activities, and illustrations throughout.

## Stay or Leave:

How to remain in, or end, your relationship



January 2022  
7.0 x 4.7 in  
160 pp  
Hardback  
ISBN: 978-1-912891-40-5  
RRP: \$19.99

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? Does someone 'better' actually exist? Could one's partner change, perhaps with therapy, or should one assume that who they are now is who they will always be?

All these questions typically haunt our minds as we weigh up whether to stay or go. With no axe to grind or ideology to promote, *Stay or Leave* walks us gently through our options, opening our minds to perspectives we might not have considered.

This book aims to take the reader towards a time, presently hard to imagine, when the choice will no longer feel so agonizing. Using its lessons, we can understand ourselves deeply, consider our options, minimize our regrets, and find the way ahead.

- This book is a tool for working through your fears and anxieties, helping you to reach a resolution about whether to remain in your relationship.
- Refreshingly pragmatic relationship advice that embraces romantic realism.
- Draws upon research from The School of Life's Therapy department and their experience providing couples therapy.

## Nature & Me:

Discovering the joy of the world around us



February 2022  
10.2 x 9.0 in  
72 pp  
Hardback  
ISBN: 978-1-912891-31-3  
RRP: \$19.99  
Age range: 5+

Children are used to hearing about how important it is to protect nature, but they may not fully understand how the natural world can positively impact their emotional wellbeing. With that in mind, this book looks to enhance this time spent outside and show children how nature can be fun, uplifting, consoling, and even offer companionship.

This is a book about how nature can touch us all and help us with our lives (especially when we might be feeling bored, sad, or lonely). Children learn about the ways in which they can be comforted, inspired, and uplifted by examples of nature such as:

- a flowing river
- a cow in a field
- rabbits in their burrows
- stars at night
- or a cuddle with a favorite puppy.

This is an inspirational book, not just educating children about the natural world, but teaching them to love and connect with it. Beautiful illustrations and a tone that is encouraging, warm, and accessible makes it easy for children, and their favorite adults, to relate to.

- Full of educational and fun facts, this essential guide encourages children to discover what's amazing, fun, and interesting about nature.
- Explores how nature can inspire us and influence our emotional wellbeing.
- Encourages children to expand their emotional literacy by exploring how their environment makes them feel.

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Good thinking requires good tools. To complement our classes, events, books and therapies, The School of Life also offers a range of stationery, games and gifts that are elegant, surprising, often witty and above all useful. These are all tools to help us make relationships work, build fulfilling careers, understand ourselves, nurture friendships, get the most out of culture and find calm.

If you're interested in stocking any of our products please contact:

[orders@theschooloflife.com](mailto:orders@theschooloflife.com)

We hold virtual classes, workshops and intensive courses to enable a truly global audience. Our range of 12 carefully curated classes address the great challenges of life, following four broad themes: Work, Love, Self-Knowledge, and Culture.

During the course of any our classes, you will be challenged to think deeply about the issues that matter most, and provided with a space to share your thoughts with other open-minded individuals. Our classes are designed and taught by experts, and include a mix of lecture, conversation and group activity.

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[theschooloflife.com](http://theschooloflife.com)



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