

The School of Life

author: The School of Life

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Synopsis

author	The School of Life
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How to live wisely and well in the twenty-first century – an introduction to the modern art of emotional intelligence.

Emotional intelligence affects every aspect of the way we live, from romantic to professional relationships, from our inner resilience to our social success. It is arguably the single most important skill for surviving the twenty-first century. But what does it really mean?

One decade ago, Alain de Botton founded The School of Life, an institute dedicated to understanding and improving our emotional intelligence. Now he presents the gathered wisdom of those ten years in a wide-ranging and innovative compendium of emotional intelligence that forms an introduction to The School of Life. Using his trademark mixture of analysis and anecdote, philosophical insight and practical wisdom, he considers how we interact with each other and with ourselves, and how we can do so better. From the beloved expert of popular philosophy, *The School of Life: An Emotional Education* is an essential look at the skill set that defines our modern lives.

CELEBRATING 10 YEARS OF THE SCHOOL OF LIFE'S WORK developing emotional intelligence around the world.

AN UPDATED ANTHOLOGY of The School of Life's best loved works.

FOREWORD BY ALAIN DE BOTTON, the celebrated author, philosopher, and School of Life founder.

DRAWS ON PHILOSOPHY, PSYCHOLOGY, LITERATURE, AND VISUAL ART to equip listeners with the skills we truly need to thrive.

CHAPTERS INCLUDE SELF, OTHERS, RELATIONSHIPS, WORK, AND CULTURE

Reader's comments

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