



## **Book Recommendation**

### The School of Life introduced by Alain de Botton

I love gifting books, and I love being gifted books! This month's book recommendation is one that was gifted to me back in 2020 and has since been greatly enjoyed, shared, and treasured.

As you know, Sue and I are career educators with a passion for supporting people – young and old – to foster meaning and purpose, self-awareness, and resilience. So, a book titled [The School of Life: An Emotional Education](#) was always going to resonate deeply with us.

I was well aware of The School of Life – a collective of psychologists, philosophers, and writers – and have admired Alain de Botton's writing and philosophy for some time. According to The School of Life's website, their mission is to provide "ideas to help you learn, heal, and grow." Their organisation is "devoted to bringing you self-understanding, deeper friendships, better relationships, calm, greater effectiveness at work, and more fulfillment in your leisure time." Now that's exactly the kind of work Sue and I love to support! Opening this book felt like receiving a true gift.

The book is arranged into five key parts, each exploring a vital area of life: Self, Others, Relationships, Work, and Culture. Within these sections is a collection of short essays, each offering profound insights into emotional intelligence. Some of my personal favourites include: "Strangers to Ourselves: The Difficulty of Self-Knowledge," "Kindness: The Charity of Interpretation," and "Good Enough." De Botton's eloquent prose and accessible style make the book a joy to read, even as it delves into deep and sometimes uncomfortable truths about human nature.

What sets this book apart is its practical approach to emotional education. It doesn't just theorise about happiness and fulfilment but provides actionable advice for living a richer, more emotionally literate life. Whether you're grappling with self-doubt, struggling to maintain relationships, or simply seeking greater clarity about your emotions, this book offers thoughtful guidance.

While writing this blog, I revisited the inside front cover and found the lovely, thoughtful message from my gifter – the school principal at Heathmont East Primary School. It was a heartwarming reminder of the book's significance and the connections it has fostered.

It is my pleasure to recommend The School of Life: An Emotional Education to our My Manifesto mates. May it help you "learn, heal, and grow," just as it has for me.

Go well.

