

# The School of Life: An Emotional Education by Alain de Botton

“The School of Life” by Alain de Botton is a book about everything you were never taught at school. It's about how to understand your emotions, find and sustain love, succeed in your career, fail well and overcome shame and guilt. It's also about letting go of the myth of a perfect life in order to achieve genuine emotional maturity.

## **Insights for Change Makers**

The book discusses how to expand on emotional intelligence, which is an essential skill for changemakers.

It delves into self-understanding, navigating relationships, and finding purpose. By improving emotional literacy, changemakers can better understand themselves, connect with others, and navigate the challenges inherent in creating positive change.

## **Reviews and Criticism**

The book makes complex ideas accessible through clear writing. It tackles a wide range of challenges we all face, from love and work to anxiety and self-acceptance.

However, some readers might find it covers too much ground without going into enough detail and lacks specific problem-solving strategies.

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