



## How to Stay Sane (The School of Life)

By Philippa Perry



**How to Stay Sane (The School of Life)** By Philippa Perry

THE SCHOOL OF LIFE IS DEDICATED TO EXPLORING LIFE'S BIG QUESTIONS IN HIGHLY-PORTABLE PAPERBACKS, FEATURING FRENCH FLAPS AND DECKLE EDGES, THAT THE NEW YORK TIMES CALLS "DAMNABLY CUTE." WE DON'T HAVE ALL THE ANSWERS, BUT WE WILL DIRECT YOU TOWARDS A VARIETY OF USEFUL IDEAS THAT ARE GUARANTEED TO STIMULATE, PROVOKE, AND CONSOLE.

**An *Economist* Best Book of the Year**

**Everyone accepts the importance of physical health; isn't it just as important to aim for the mental equivalent? Philippa Perry has come to the rescue with *How to Stay Sane* -- a maintenance manual for the mind.**

Years of working as a psychotherapist showed Philippa Perry what approaches produced positive change in her clients and how best to maintain good mental health. In *How to Stay Sane*, she has taken these principles and applied them to self-help. Using ideas from neuroscience and sound psychological theory, she shows us how to better understand ourselves. Her idea is that if we know how our minds form and develop, we are less at the mercy of unknown unconscious processes. In this way, we can learn to be the master of our feelings and not their slave.

This is a smart, pithy, readable book that everyone with even a passing interest in their psychological health will find useful.

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### Editorial Review

From [Booklist](#)

It's a crazy world out there. Keeping it together is hard. Pressure, confusion, and conflicts abound, so one should find ways to not only cope but also thrive. In her pithy contribution to the School of Life series, Perry explores the components of a rational lifestyle on many levels. She suggests ways to enact objective and accurate self-assessments, hone healthy interpersonal skills, learn how to appreciate good stress and recognize bad, and, finally, create empowering self-narratives. Throughout her comprehensive analysis of the human psyche, Perry emphasizes behaviors and outlines conditions that work to one's benefit. Conscious self-observation, she advises, helps one escape emotional ruts, develop nurturing relationships, and reinvent mindsets. Concluding that there is no single "right" approach for every person or lifestyle, Perry helpfully supports her recommendations with practical exercises that, she posits, may preclude the need for external psychotherapeutic intervention. Throughout, Perry offers guidance that is both revelatory and achievable. -- Carol Haggas

### Review

"Self-Help Books for the Rest of Us." *?The New York Times*

"Sanity, Philippa Perry shows in this brilliant little book, is not about normality, but about how to maintain a flexible position between rigidity and chaos." *?The Economist, Books of the Year*

"[Perry's] inviting tone (complimented by lighthearted illustrations throughout) and friendly prose make this an accessible addition to the School of Life publications." *?Publishers Weekly*

"Using stories from her therapy practice to illustrate her points as well as numerous exercises to conduct alone, with a loved one or within a group, Perry brings new light to a well-visited subject." *?Kirkus Reviews*

"Perry offers guidance that is both revelatory and achievable." *?Booklist*

"In an age of moral and practical confusions, the self-help book is crying out to be redesigned and rehabilitated. The School of Life announces a rebirth with a series that examines the great issues of life, including money, sanity, work, technology, and the desire to alter the world for the better." *?Alain de Botton, The School of Life Series Editor*

"The School of Life offers radical ways to help us raid the treasure trove of human knowledge." *?The Independent on Sunday (London)*

### About the Author

**PHILIPPA PERRY** is a psychotherapist and writer who has written pieces for *The Guardian*, *The Observer*, *Time Out*, and *Healthy Living* magazine and has a column in *Psychologies Magazine*. In 2010, she wrote the graphic novel *Couch Fiction*, in an attempt to demystify psychotherapy. She lives in London and Sussex with her husband, the artist Grayson Perry, and enjoys gardening, cooking, parties, walking, tweeting, and watching telly.

## Users Review

### From reader reviews:

#### Julius Montanez:

The book How to Stay Sane (The School of Life) gives you the sense of being enjoy for your spare time. You may use to make your capable much more increase. Book can being your best friend when you getting pressure or having big problem with the subject. If you can make reading through a book How to Stay Sane (The School of Life) to get your habit, you can get much more advantages, like add your current capable, increase your knowledge about a few or all subjects. You could know everything if you like wide open and read a e-book How to Stay Sane (The School of Life). Kinds of book are several. It means that, science guide or encyclopedia or other individuals. So , how do you think about this guide?

#### Veronica Roberts:

Hey guys, do you would like to finds a new book you just read? May be the book with the headline How to Stay Sane (The School of Life) suitable to you? The particular book was written by well-known writer in this era. The actual book untitled How to Stay Sane (The School of Life)is the one of several books in which everyone read now. This specific book was inspired many men and women in the world. When you read this e-book you will enter the new dimension that you ever know prior to. The author explained their thought in the simple way, so all of people can easily to recognise the core of this guide. This book will give you a large amount of information about this world now. To help you to see the represented of the world on this book.

#### Richard Cary:

As a scholar exactly feel bored in order to reading. If their teacher inquired them to go to the library or even make summary for some e-book, they are complained. Just small students that has reading's internal or real their pastime. They just do what the trainer want, like asked to the library. They go to there but nothing reading really. Any students feel that reading through is not important, boring and can't see colorful images on there. Yeah, it is for being complicated. Book is very important for you. As we know that on this time, many ways to get whatever we would like. Likewise word says, many ways to reach Chinese's country. Therefore , this How to Stay Sane (The School of Life) can make you really feel more interested to read.

#### Agatha Draper:

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