



How to Stay Sane (The School of Life)

By Philippa Perry



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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

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Donna Barragan:

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Chester Hassel:

Reading a guide can be one of a lot of exercise that everyone in the world likes. Do you like reading book consequently. There are a lot of reasons why people enjoy it. First reading a e-book will give you a lot of new info. When you read a e-book you will get new information since book is one of many ways to share the information or their idea. Second, reading a book will make a person more imaginative. When you examining a book especially tale fantasy book the author will bring that you imagine the story how the characters do it anything. Third, you are able to share your knowledge to other folks. When you read this How to Stay Sane (The School of Life), you are able to tells your family, friends in addition to soon about yours reserve. Your knowledge can inspire others, make them reading a reserve.

Natalie Renz:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their down time with their family, or all their friends. Usually they accomplishing activity like watching television, gonna beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could be reading a book could be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to attempt look for book, may be the reserve untitled How to Stay Sane (The School of Life) can be very good book to read. May be it is usually best activity to you.

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