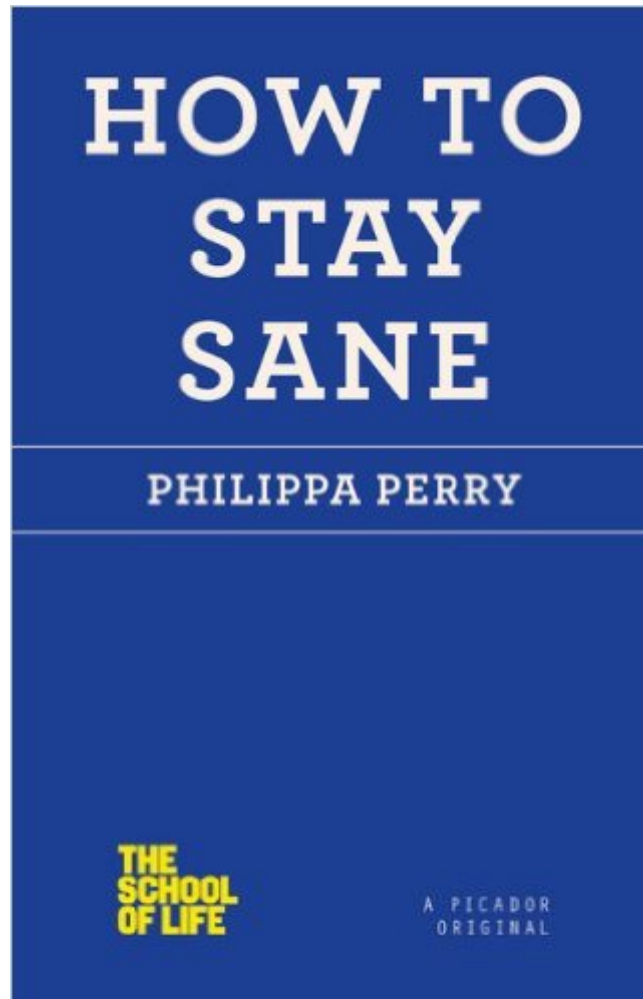


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# How To Stay Sane (The School Of Life)



## Synopsis

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.

## Book Information

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## Customer Reviews

I found this slender volume to be a very positive guide and surprisingly helpful to short circuiting

negative thinking, particularly in breaking through those destructive thought cycles that tend to hit at 3.00am when you are at your most vulnerable. I tried a few of the simple exercises the book describes, and was surprised that they have been relatively effective for me. I selected this book (somewhat sceptically) from a review I read in the Economist, and have not regretted the purchase. It underscores the truth that you cannot control what happens to you, but you can control the way you think about and react to external events.

Ohmygoodness. Philippa Perry's *How to Stay Sane* is an insanely good read. It's simply mind-boggling how she is able to succinctly and satisfyingly weave together so many complex concepts of psychotherapy and neuroscience into such a readable, relatable, and resourceful little gem. Wow. (It's been a few days since I finished this book, and I'm still amazed.) The heart and soul of this book is Philippa's theory that human change and growth operate in four key areas in our lives which we have influence: self-observation, relating to others, stress, and personal narratives: "So how do we stay sane? We can develop our faculties of self-observation so that we can have the capacity to observe even our strongest emotions, rather than being defined by them, allowing ourselves to take in the bigger picture. Self-observation helps us avoid too much self-justification and getting stuck in patterns of behaviour that no longer work for us. We can prioritize nurturing relationships and allow ourselves to be open. We can relate not as who we think we should be, but who we actually are, thus giving ourselves the chance to connect and form bonds with others. We can seek out good stress to keep our minds and bodies fit for purpose, and we can be watchful of the stories we hear and the belief systems we live our lives by. We can edit our story at any time, to right ourselves if we veer off course either into chaos or rigidity." (p. 127) Despite its small size, the book is monumentally impactful. Each word is chosen carefully, each sentence connected organically, each chapter woven seamlessly. If I had to give my psychotherapy clients one book to start out with, I think this would be it. Actually, I think I want to read it again myself. Yep, it's that insanely good.

Very systematic book and explains how we could control our minds very well. No 'positive encouragement' bulls\*\*\* that usually appears in those 'self-help' books.

Ms. Perry's pithy short book is more valuable than so many others in the same domain. Don't let the number of pages devalue the content in your mind. There is exponential real advice here in every concentrated sentence. I bought more to give to colleagues and friends as everyone will relate. The

cover caused comment on my boat rode in to Boston. Bewildering to the observer - a small simple clear cover- had knowledge and information that connects and you want to refer to- this has it.

A short book this nevertheless gives food for thought to anyone who has ever considered whether they can do anything to preserve their own sanity. It is divided into four sections: - Self-Observation, Relating to Others, Stress and Whatâ™s the Story? The last section heading may seem a little off the wall but it is about the stories we tell ourselves about our own lives and the world around us. The most important section of the book is, in my opinion, the exercises at the end of it. If carried out properly these are likely to improve anyoneâ™s ability to analyse themselves and to make sense of the way they behave and think. There are also notes on each section and a chapter headed â™ Homeworkâ™ which is about books consulted and which provides further reading for those interested in exploring the subject further. I found the book easy to understand and it was written in a relaxed style which made the subject matter easily accessible.

While the presentation meanders a bit, the advice is spot on. Helpful guide to essentially taking a deep breath and becoming aware of yourself and how you go through each moment of the day. Detailed steps for focusing yourself. If you read only the last chapter, you'll still come out ahead!

Highly recommend for any individual in all walks of life or degrees of mental health. Revealing thoughts on the facets of how both our environment and we ourselves contribute to our overall feelings of happiness and fulfillment, and how to make small or large improvements to better our quality of life.

This is a practical guide for how to live, it's a quick read with easy to apply lessons. The author gave a talk on Youtube on the School of Life station and watching that helped me to decide to purchase her book. I was not disappointed.

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