

Calm



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著者:The School of Life

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Few life skills are as neglected, yet as important, as the ability to remain calm. Our very worst decisions and interactions are almost invariably the result of a loss of calm - and a descent into anxiety and agitation. Surprisingly, but very fortunately, our power to remain calm can be rehearsed and improved.

We don't have to remain where we are now: our responses to everyday challenges can dramatically alter. We can educate ourselves in the art of remaining calm not through slow breathing or special teas but through thinking. This is a book that patiently unpacks the causes of our greatest stresses and gives us a succession of highly persuasive, beautiful and sometimes dryly comic arguments with which to defend ourselves against panic and fury.

作者介绍:

The School of Life is devoted to developing emotional intelligence. We address such issues as how to find fulfilling work, how to master the art of relationships, how to understand one's past, how to achieve calm and how better to understand, and where necessary change, the world.

Headquartered in London, we operate around the globe, delivering our services down a number of channels to suit your different needs. We offer classes and therapies in person. We also publish books, create films and make and sell a range of objects & tools that will assist you in the quest for a more fulfilled life. We also run a consulting and training service for businesses.

The School of Life is a place to step back and think intelligently about central emotional concerns. You will never be cornered by dogma, but we will direct you towards a variety of ideas that will exercise, stimulate and expand your mind. You will meet other curious, sociable and open-minded people in an atmosphere of exploration and enjoyment.

目录: Romantic Expectations
The Weakness of Strength
Unintended Hurt
In Defence of Politeness
Patience
Colleagues
The Sources of Calm
The Quiet Life
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标签

心靈成長

個人成長

TheSchoolofLife

Alain de Botton

评论

想把这本书翻译成中文 作者很善于把看似简单的概念的复杂性不疾不徐的表达出来

狄波顿式鲜鸡汤，第一章对恋爱关系中的over expectation，weakness of strength的解读非常refreshing。很多句子都值得内化。

“It’s still painful, but it is relieved of its desperate edge. And with less blame circulating, it is possible to try to manage the process with a little more grace/ A calm life isn’t one that’s always perfectly serene. It is one where we are committed to calming down more readily”

是说愤怒和发火的，不是说普通的平静而已，没什么收获

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书评

Calm by The School of Life 昨日刚刚看完Calm真本书，作者是The School of Life这个教育机构。
我是从YouTube上知道这个教育机构的，他们制作5-10分钟关于哲学，文学和心理学的视频，我看第一个视频就喜欢上这个频道，看了好几十个视频，后来发现他们有自己的网站销售书籍和精...

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