



How to Develop Emotional Health (School of Life)

By Oliver James

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How to understand the role the past plays in your present and live a fulfilling, emotionally healthy life

Happiness is a loaded term that means different things to different people. To some, it might mean life satisfaction, to others, a fleeting moment of joy. Rather than seeking to be happy, Oliver James encourages us to cultivate our emotional health. Outlining the five elements of good emotional health—insightfulness, a strong sense of self, fluid relationships, authenticity, and playfulness in our approach to life—he offers strategies for optimizing each characteristic to live more fulfilling lives. Helping us to understand the impact our emotional baggage has on our daily interactions, he reveals how to overcome unhelpful patterns and become more self-aware—revitalizing our approach to life.

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Editorial Review

Review

This new series of The School of Life's self-help books build on the strengths of the first, tackling some of the hardest issues of our lives in a way that is genuinely informative, helpful and consoling. Here are books that prove that the term "self-help" doesn't have to be either shallow or naive -- Alain de Botton, Founder of The School of Life The School of Life offers radical ways to help us raid the treasure trove of human knowledge *Independent on Sunday*

About the Author

Oliver James trained and practiced as a child clinical psychologist and, since 1988, has worked as a writer, journalist, broadcaster, and television documentary producer and presenter. His books include *Affluenza*, *They F*** You Up*, and *Contented Dementia*.

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