



How to Worry Less About Money (School of Life)

John Armstrong, The School of Life

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Our relationship with money is one that lasts a lifetime, yet traditionally books on the subject tend to take one of two routes: a) how to get more, or b) how to deal with less. John Armstrong turns these approaches upside down, and looks not at money itself, but at how we relate to it and the meaning we attach to it. How does it drive us and frighten us? Can it change the world for the better? And how much do we actually need? Offering surprising and helpful new insights, this book will encourage you to redefine your feelings about money, and ultimately enable you to discover what is really important to you in life.

One in the new series of books from The School of Life, launched May 2012:

How to Stay Sane by Philippa Perry

How to Find Fulfilling Work by Roman Krznaric

How to Worry Less About Money by John Armstrong

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