

# Failosophy A Handbook For When Things Go Wrong

by DAY, ELIZABETH

Failosophy A Handbook For When Things Go Wrong

'Most failures can teach us something meaningful about ourselves

if we choose to listen'

In Failosophy Elizabeth Day brings together all the lessons she has learned, from conversations with the guests on her award-winning How to Fail podcast, from stories shared with her by readers and listeners, and from her own life, and distils them

into seven principles of failure.

Practical, reassuring and inspirational, these principles offer a

guide through life's rough patches. From failed exams to romantic

break-ups, from career setbacks to confidence crises, from navigating anxiety to surviving loss, Failosophy recognises, and

celebrates, the fact that failure connects us all. It is what makes us human.

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