



Art as Therapy

Alain de Botton, John Armstrong

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What is art's purpose? In this engaging, lively, and controversial new book, bestselling philosopher Alain de Botton and art historian John Armstrong propose a new way of looking at familiar masterpieces, suggesting that they can be useful, relevant, and – above all else – therapeutic for their viewers. De Botton argues that certain great works offer clues on managing the tensions and confusions of everyday life. Chapters on Love, Nature, Money, and Politics outline how art can help with these common difficulties – for example, Vermeer's *Girl Reading a Letter* helps us focus on what we want to be loved for; Serra's *Fernando Pessoa* reminds us of the importance of dignity in suffering; and Manet's *Bunch of Asparagus* teaches us how to preserve and value our long‐term partners. *Art as Therapy* offers an unconventional perspective, demonstrating how art can guide us, console us, and help us better understand ourselves.

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