

PSYCHOLOGIES

MAGAZINE



FILM OF THE MONTH

SCHOOL OF LIFE LESSONS

“Around 40 per cent of your daily actions are based on habits. Master these habits and you’ll master your life.”

Susanna Holonen

Susanna Holonen is a happiness coach and founder of Happinessologist. She is teaching 'Creating Good Habits' at The School of Life on 14 April. theschooloflife.com

Suite Française

Directed by Saul Dibb

Irene Némirovsky, a Ukrainian novelist who lived in Paris, died in Auschwitz in 1942. More than 60 years later, her final novel was published. Her manuscripts lay unread by her daughter for decades, who, thinking the notes were diary entries, felt them too painful to read. When she did, she realised her mother had written the first two parts of a planned five-part novel. Published as the acclaimed *Suite Française*, it has now been adapted into a film of the same title, telling the story of Lucile Angellier (Michelle Williams), wife of a French prisoner-of-war living with her hardhearted mother-in-law, until their home is intruded upon by a German officer (Matthias Schoenaerts), albeit a polite and handsome one. Slowly her life unravels as the pressures of war ravage her small town. As secrets come out, and her alliances shift back and forth between allegiance to France and to the man she loves, *Suite Française* tells a captivating story, interwoven with the idea that love knows no bounds, demanding an answer to the question 'what would you do?' AR

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SLEEPING WAS FOUND TO BE CRUCIAL FOR LEARNING, SO THERE IS A LOT TO BE SAID FOR THAT BOOK BEFORE BEDTIME AFTER ALL