



The Sweetness of Life

Francoise Heritier

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Françoise Héritier's international bestseller *The Sweetness of Life* is a celebration of the small, sweet moments that make life worth living—and the importance of taking the time to savor them.

Busy juggling so many responsibilities in our overextended lives, we often miss the precious experiences that are pure joy and the actual experience of humanity: wild laughter, phone calls with loved ones, coffee in the sun, crisp fall evenings, running in warm rain, long conversations at twilight, cooking and savoring a good meal, watching a craftsman at work, getting together with friends we've missed.

In this enchanting book—part letter, part prose poem, part charming and witty self-help guide—anthropologist Françoise Héritier lists with heartwarming and heartbreaking specificity all that we so easily overlook if we do not attend to the lightness and grace in our own lives.

Filled with profound insight and down-to-earth wisdom, *The Sweetness of Life* is the perfect gift to share with everyone you love.

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