

## The Sweetness of Life

whispering on the telephone, fixing dates years in advance, swooning over the bearing of Robert Mitchum, the way Henry Fonda walks, the smile of Brad Pitt, the romantic beauty of Gene Tierney and Michelle Pfeiffer, the ingenuous nature of Marilyn Monroe, the grace of Audrey Hepburn; enjoying a *cappuccino*, tomato sauce, pizza in Florence, sighing with pleasure, walking round a big department store, driving on potholed tracks in a jeep, eating with your fingers while crouching on the ground, round the dish, sharing a colo nut or chocolate bar, being scared to the centre, reading an article in *Good St*, stampeding along the beach, but seeing from a twelfth-story balcony, crawling out from the shell, eating in a self-transport café with a check, making crystal glasses ring, watching a good rugby match, playing below or running in the yam game or ludo or dominoes, being a bad sport among other bad sports, protesting feebly over nothing to speak of, refusing to argue with anyone, people to make you laugh, and allowing yourself the luxury of parking at premium spots, above all driving yourself, the luxury of taxis reserved in advance and looking at the queues outside railway stations (you never see, yes, a having an umbrella when you need one but enough umbrellas for several people, walking fast, trailing your feet through dead leaves, trailing loosely at your grandmother's photograph, listening to owls by night and crickets by day, picking a bunch of wild flowers from embankments, watching swallows of mist drift by, following the course of a hare racing over the fields or of Jean-Louis Trintignant round

'So precious, so beautiful, you want the whole world to benefit from it'

*Marie Claire*



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*(Taylor Gleason)*

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Penguin Books Ltd, United Kingdom, 2014. Paperback. Book Condition: New. 180 x 110 mm. Language: English . Brand New Book. This is the number one bestseller in France and Italy, from Francoise Heritier, The Sweetness of Life is a beautiful and poetic list of the everyday reasons that make life worth living. If you assume an average life expectancy of 85 years, and deduct the hours we spend daily on sleeping, shopping, eating, working, tending to our relationships and on everything else that is obligatory, then how much time is left for the average person to enjoy those activities that are the sweetness of life? For Francoise Heritier, it is those activities, those moments that make up pure sensuality, the actual experience of humanity. These are the moments we all cherish: wild laughter, coffee in the sun, the bliss of fresh autumn evenings, running in warm rain, long conversations at twilight, kisses on the back of the neck, the moment when all nature falls silent, those times when you know that someone likes you, is looking at you and listening to you, cooking a complicated dish, feeling agile and sprightly, getting back together with friends you haven t seen in ages, watching a craftsman at work, listening to other people. There s still so much else that I forget , says Heritier, and she goes on to list, with heart-warming and heart-breaking specificity, all that we so easily miss if we do not attend to the lightness and grace in the simple fact of existence, life s sweetness. What about you, what would you miss if all this had to disappear from your life forever? A series of perceptions, sensations, eddies, and happiness of writing that gives a real intensity to the existence .a true wonder . (Laure Adler). Francoise...

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