



Living La Dolce Vita: Bring the Passion, Laughter and Serenity of Italy into Your Daily Life

Raeleen D'Agostino Mautner

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Rejuvenate your life with these zesty Italian principles.

America's yearning for living life with passion and serenity is answered in simple, concrete steps and examples of how to adopt the Mediterranean dolce vita, or "sweet life."

Living La Dolce Vita will help you channel "the sweet life" through:

- The power of family
- The art of friendship
- The unabashed joy of romance
- Meals that nourish both body and soul

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