



The Wisdom of Tuscany: Simplicity, Security & the Good Life

By Ferenc Máté



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With our world so storm-tossed and rudderless, this might just be the book for our times.

Sun-drenched Tuscany is synonymous with the ideal life. But it didn't happen by chance. Since the Etruscans, the Tuscans have treated their breathtaking countryside with sagacious respect and, in hamlets and hill towns, have built a culture of simplicity, beauty, neighborliness, good food, and a love of daily life.

Ferenc Máté, a Tuscan resident for twenty years, explores this idyllic existence. He finds Tuscans brimming with creative practicality, down-home humor, and relentless optimism. Blended with their passion for work and independence, they have achieved a haven of economic stability, physical and emotional security, and a fortifying sense of belonging.

From their organic gardens to their mouthwatering cuisine, from high-quality, craftsmen-made products and family-run businesses to the joys centered in human contact, Tuscans live a healthy, emotionally rich life. Máté—engaging, funny, and insightful—shows us how to live like Tuscans.



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Editorial Review

Review

One of the best books on Italy.

About the Author

Ferenc Máté is the author of 15 books translated into 12 languages, including New York Times Notable Book *A Vineyard in Tuscany* and the Dugger/Nello historical sea adventure fiction series. He lives in a 13-century friary with his family tending vines and olives in Tuscany. Visit www.ferencmate.com

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