



Joie de Vivre

Robert Arbor, Katherine Whiteside

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When it comes to making the most of life, nobody does it better than the French. Now, with *Joie de Vivre: Simple French Style for Everyday Living*, an inspired fusion of art, style, and easy-to-implement ideas, anyone can feel like they spent a weekend in the French countryside, no matter where they live.

Renowned restaurateur Robert Arbor puts a refreshing emphasis on simplicity and accessibility, explaining the rituals and traditions that comprise a typical French day. Featuring dozens of simple, everyday recipes, *Joie de Vivre* captures the family meals, market trips, and charming domestic settings that make the French way of life so pleasurable. In eight chapters, illustrated with 85 full-color and black-and-white photographs, Arbor details how you, too, can achieve the simplicity and relaxing life the French treasure.

Le Matin (The Morning) lays out the elements of a relaxing breakfast (as well as the secret to great coffee), and *Le Potager* (The Garden) describes the pleasures and rewards of growing your own own vegetables, herbs, and flowers. *Le Marché* (The Market) and *Le Déjeuner* (Lunchtime) follow Arbor to the market, the butcher, and the baker before serving up a trove of delicious ideas for light lunches and snacks. *Le Dîner* (Supper) outlines strategies for crafting cozy family dinners; creating enchanting dinner parties of all sizes; and preparing fun, simple meals for children.

Arbor's memories and experiences of growing up in France and his flair for casual elegance can't help but inspire the chef and decorator in everyone.

Sidebars sprinkled throughout the book offer tips and insights on how to make the perfect cup of hot chocolate, a French perspective on truffles and foie gras, the French and their love of chocolate, and why French butter tastes so good.

Joie de Vivre is a lavishly illustrated guide to the French style of living that will show you how to bring a little *joie* to your life.

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