



The Art of Living: Falstaff, the Fool, and Dino

Starr Goode

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The Art of Living: Falstaff, the Fool, and Dino asks the question what virtues should a person cultivate in order to live a happy life? Instead of looking to the powerful or successful or even the wise, the book advises us to turn to the fools. The essential quality of the archetype of the Fool (whether in literature, the Tarot, or as a medieval court jester) is freedom. They can speak the truth and accept themselves as they are. Falstaff, the literary star of Shakespeare's *Henry IV* plays, perhaps the greatest comic character ever written, keeps his equanimity no matter the circumstances through his supreme wit. Dino, in his prime, the most popular star in Hollywood, follows the maxim: your life belongs to you. With a lightness of spirit and the courage it takes to stand outside the social order, they delight in the blessing of life. With over 125 illustrations to vivify these irresistible characters, *The Art of Living* blends scholarship, esoteric studies, cultural critique with the spirit of play, humor, and personal stories. It invites readers to partake in the renewing experience of meeting the fool in themselves.

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