

Brief Dialogue on Happiness

Frank Iodice

The capacity to question oneself, according to the flower farmer, was the beginning of any revolution...



What is happiness and how do we reach this state of mind?

In February 2014, Frank Iodice left for Montevideo, Uruguay, with his backpack, one-way ticket, no money and no idea of the fruition of his mission. Few month before, he had just seen on television José "Pepe" Mujica, the former president of Uruguayan Republic, a rebel, a revolutionist. It was the first time that he had heard a politician who talked of happiness and quoted the ancient Stoics inviting us to work less and not to run after money and success. Because of this, Frank wanted to meet el Pepe because he already knew he had a story to tell. In order to write the truth, he spent several months in Uruguayan cantegriles and met people from all walks of life to collect their testimonials.

This new edition includes both the English translation and the original text, published on the Public Library National Review, in Montevideo. It is distributed free of charges to middle and high schools.

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Frank Iodice is an Italian writer, author of numerous novels. His books include Les désamoureux (Le Lys Bleu 2019), La meccanica dei sentimenti (Eretica 2018), Matroneum (Il Foglio 2018); Un perfetto idiota (Il Foglio 2017); Le api di ghiaccio (Lupo 2014). Frank lives in a little French village and he is completely committed to his writing and his daughter, Matilda.