

## **A BON VIVANT MANIFESTO**

The word “*Bon Vivant*,” (taken from the french) means “*good liver*.”

*The liver* is a five-lobed organ in the human body, essential to survival, which *filters out toxins*, and *secretes both bile and glucogen*, which is *sugar*! Nestled in the right side of the abdomen, fed by the portal veins and the hepatic artery, it glistens in the lonely darkness of our guts.

The *Bon Vivant* is not a glutton, a hedonist, a drunkard, an epicurean nor a self absorbed sensualist. *No! The Bon Vivant practices the serious work of celebration and engagement*. With earnest concentration, she feels and collaborates with her liver’s mysterious workings.

**YOU, OVERLY DEPRESSED CITIZEN! NOW IT IS TIME TO EMBRACE THE PRACTICE OF THE BON VIVANT!**

In response to the six o clock news and things that happen far away and not here, *Now* respond with production of that *special bile* called COLLECTIVE ACTION and DISOBEDIENCE which eats away at the legitimacy of murderous governments!

AND WHEN YOU FIND YOURSELF pedaling a broken bicycle down a dirt road, when *Mama Thrift and Papa Industriousness lean close and urge you* to scrape out the very last crusty dregs of the perfectly good old peanut butter from the sides of the jar even though it is too dried out to spread on your piece of naked toast, and when they *lean close and remind you* of the firewood to be chopped and stacked, the broken window replaced, jobs to be applied for, money to be made, letters left unwritten, unfinished projects neglected under the bed, bills to be paid, animals to be fed—

*Now* breathe deep the crisp air, take in the scarlet leaves, the sound of your own heart beating, and engage in the production of that *particular glucagon* called DELIGHT, which nine times out of ten results in Wisdom, which tells you that most of the time

**THE PLEASURE OF PEDALING IS JUST AS IMPORTANT AS GETTING SOMEWHERE!**

*A Bon Vivant* pauses frequently in the midst of hard and serious work to notice the pink clouds or the sound of a violin player practicing or the shadow of leaves against a building!

*A Bon Vivant* transforms the mundane tasks of everyday life into a miniature art project, or a communal get-together!

*Bon Vivants* breakfast in a canoe with goose wine at sunrise, or dance for a minute in the grass for the dewfall at dusk!

*Bon Vivantism* does not do away with Mama Thrift and Papa Industriousness! Instead—  
a Bon Vivant gives Papa Industriousness a fiddle and invites Mama Thrift to a square dance!

**THE MUSEUM OF EVERYDAY LIFE ENTREATS YOU TO PRACTICE THE NOBLE AND HOLY ART OF THE BON VIVANT!**