



# How to Live: Or A Life of Montaigne in One Question and Twenty Attempts at an Answer

*Sarah Bakewell*

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**Winner of the 2010 National Book Critics Circle Award for Biography**

How to get along with people, how to deal with violence, how to adjust to losing someone you love—such questions arise in most people’s lives. They are all versions of a bigger question: How do you live? This question obsessed Renaissance writers, none more than Michel Eyquem de Montaigne, considered by many to be the first truly modern individual. He wrote free-roaming explorations of his thoughts and experience, unlike anything written before. More than four hundred years later, Montaigne’s honesty and charm still draw people to him. Readers come to him in search of companionship, wisdom, and entertainment—and in search of themselves. Just as they will to this spirited and singular biography.

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