



Livology: A Global Guide to a Deliberate Life

Colleen Mariotti

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Nearly three years ago, the Mariotti family decided to sell all of their belongings and hit the road. With three young children, ages 5, 8, and 9, they have traveled to 22 countries and counting. The real journey has been in becoming intentionally adventurous parents, students, and observers of the world. This book is a memoir, travel companion, and journal all in one. It is a story and an invitation, but beware - once you engage in this journey there is no finish line.

Are you ready to live it? At the end of each story you will find a practice called a *livit*. *These exercises are designed to facilitate your journey to live more deliberately. They are intended to be there when you need them and do not need to be completed in any particular order. When you feel inspired, open to any practice and watch your day unfold in ways you never expected.*

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