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It's All In The Frijoles: 100 Famous Latinos Share Real Life Stories Time Tested Dichos Favorite Folkta

Yolanda Nava

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Do you wish you could remember all the words to the childhood songs your grandmother taught you, so you could sing them to your children? Have you ever found yourself repeating the *dichos*, or proverbs, your parents used to lecture you with? If you are looking for a way to get back in touch with your culture, *It's All in the Frijoles* is the perfect start. A treasure trove of cherished folktales, lullabies, poems, and *dichos*, this rich collection of Latino wisdom includes inspiring recollections and anecdotes by well-known and beloved figures, both past and present -- from actor Edward James Olmos and author Isabel Allende to Nobel laureate Octavio Paz and Saint Teresa de Avila. *It's All in the Frijoles* is certain to evoke with fondness many a childhood memory of essential teachings learned from parents and grandparents, including:
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El hombre debe ser feo, fuerte, y formal.
A man should be homely, hardy, and honorable.

El consejo de la mujer es poco y él que no lo agarra es loco.
The advice of a woman is very scarce and the person who does not heed it is crazy.

Pueblo dividido, pueblo vencido.
A people divided, a people conquered.
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It's All in the Frijoles captures and perpetuates the essence of Latino tradition and is destined to become a family treasure that is passed down from generation to generation. This legacy of wisdom provides food for thought not only for Latinos but also for people of all other ethnic backgrounds.

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