

ALSO BY ADRIANA TRIGIANI

FICTION

The Good Left Undone The House of Love Tony's Wife Kiss Carlo All the Stars in the Heavens The Supreme Macaroni Company The Shoemaker's Wife Viola in the Spotlight Brava, Valentine Viola in Reel Life Very Valentine Home to Big Stone Gap Rococo The Queen of the Big Time Lucia, Lucia Milk Glass Moon

NONFICTION

Big Cherry Holler Big Stone Gap

Don't Sing at the Table: Life Lessons from My Grandmothers

Cooking with My Sisters (coauthor)

SCREENPLAYS

Our Lady Goes Bananas Very Valentine Big Stone Gap

The VIEW from LAKE COMO

A NOVEL

Adriana Trigiani





An imprint of Penguin Random House LLC 1745 Broadway, New York, NY 10019

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Interior artwork illustrated by Bob Eckstein.

Cover design by Vi-An Nguyen
Cover images of Lake Como by STYLANDER / Gallery Stock; Image of woman by Vira
Petrunina / Alamy Stock Photo

BOOK DESIGN BY KATY RIEGEL, ADAPTED FOR EBOOK BY MOLLY JESZKE

LIBRARY OF CONGRESS CATALOGING-IN-PUBLICATION DATA

Names: Trigiani, Adriana, author.

Title: The view from Lake Como: a novel / Adriana Trigiani.

Description: New York: Dutton, 2025.

Identifiers: LCCN 2024040007 | ISBN 9780593183359 (hardcover) | ISBN 9780593183366

(ebook)

Subjects: LCGFT: Novels.

Classification: LCC PS3570.R459 V54 2025 | DDC 813/.54—dc23/eng/20240830

LC record available at https://lccn.loc.gov/2024040007

Ebook ISBN 9780593183366

The View from Lake Como is a work of fiction. The characters are entirely imaginary. However, the citizens of South Belmar, New Jersey, elected to change the name of their borough to Lake Como, New Jersey, on November 2, 2004. The borough officially became Lake Como on January 4, 2005. The author was inspired by the local chutzpah, but in no way intended to besmirch the democratic process of local government in the state of New Jersey in the United States of America.

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pid_prh_7.1a_152080851_c0_r0

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In memory of my uncles
The Four Heavenly Horsemen
Orlando A. Bonicelli, Michael F. Ronca, The Honorable
Michael F. Godfrey and Michael R. Trigiani

One day Elsie de Wolfe said to Ludwig Bemelmans,

"Italians are fortunate. They can always cry it away or sing it away or love it away."

PART ONE

Cry It Away

Thera-Me

Exercise 1

Ishove the pencil behind my ear. I hold the sketch pad next to my face and lean into the mirror. I take inventory of my features in the self-portrait. Let's see. I have rendered the oval shape of my face, neatly arched black eyebrows *alla* Puglia, and a satisfactory Tuscan nose, prominent yet not too large. The lips are full in the center with commas in the corners. And finally. The eyes. Two round, dark planets of pain.

I prop up the pad on the table and stand to observe the drawing from a different perspective. I've been looking at this mug for thirty-three years, so you'd think there'd be no surprises. I lean over my work and squint. The hair is not right. I hold the tip of the soft HB graphite pencil flat, whisking it above the forehead in quick, successive strokes, smudging the hairline with my thumb, softening the fine strands at the temples. I've used every technique to lighten the overall effect and lift the mood of this *faccia*, but no matter how I tinker, I'm looking at the portrait of an unhappy woman.

I snap a photo of the sketch.

Dear Dr. Sharon,

The self-portrait you requested is attached. I make my living drawing marble installations to scale. I'm a draftsman who also provides designs for customers. Forgive the lack of nuance in the sketch, but it is a truthful rendering of how I see myself.

They say the journey of a thousand miles begins with a single step, but it would appear my sojourn began with a litany of missteps that led to a face-plant. This is why I am here. I need your help to get up and move forward. Emotionally.

I read your Keys to Contentment online. **Make your own happiness.** I will be happy to when I am able to define it. **Follow your heart.** Easy for others to say, sure, follow your heart but only if
you have a good sense of direction. **Listen to your inner voice.**Trying. When I follow the daily Instagram posts that feature a cup of
coffee, a cookie, and the advice of general philosophers, it seems my
life gets worse. I'm trying to change, but reinvention is impossibly
hard work for someone who isn't sure where to begin. Or how.

You see, I'm the people pleaser in my family, the unsung cook, maid, babysitter, and driver. Looking down the road, I will become the nurse, responsible for our soon-to-be-elderly parents, because my brother and sister have families of their own. I am newly single and childless, which means I'm available to serve—more. My role has been carved as if it were etched in marble. And I know marble.

I created a dream board, with pictures and images of all I long for: it's in the shape of the country of Italy, which should tell you something about my heart's desire. There are the rolling hills of Tuscany, the marble quarries of Carrara, and the speedboats of Lake Como. I want to celebrate life, not dread it.

I moved into my parents' basement apartment when I decided to leave my husband. My family prays that I reconsider and return to my ex. They are not alone. The general population of my hometown concurs. In fact, at our church, the Sodality, the women's service organization equal to the Knights of Columbus for the men, even offered a (humiliating) mass for reconciliation. They were fervently praying one way, while I prayed the other. I said the rosary so many times during my divorce proceedings, I rubbed the face of Jesus off the crucifix.

I've held a passport since I was eighteen years old but have yet to use it. It is just one empty page after another of pristine navy jacquard without a single stamp to anywhere or the slightest scuff on

the leather cover. When I went to renew it last year, the man at the passport office said, "Why bother?"

I want to bother! I want to know what it's like to see the places that have lived in my imagination since I first read about them in books. Is there something out there for me, Dr. Sharon? Is there such a thing as bliss? If so, can you help me find it? With or without the cookie.

G.C.B., Lake Como, New Jersey