

16 Luscious Italian Words And Phrases You Need In Your Life

Everything sounds better in Italian.

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1.



[unsplash.com](#) / Via Joshua Earle

2.



ROCAMBOLESCO

*(adj) fantastic, incredible, nail-biting.
A spirit of swashbuckling adventure.*

unsplash.com / Via Alex Wong

3.



STRUGGIMENTO

(noun) a combination of gut-churning misery and yearning.

unsplash.com / Via Milada Vigerova

4.



MERIGGIARE

(verb) to rest at noon in a shady spot.

[unsplash.com](#) / Via Lechon Kirb

5.



PANTOFOLAIO

(noun) someone who sits at home wearing slippers. A couch potato.

[unsplash.com](#) / Via Padurariu Alexandru

6.

DIETROLOGIA

(noun) The belief that hidden dimensions underlie surface reality.

Jens Mayer / Via unsplash.com

7.

MENEFREGHISMO

(noun) an "I couldn't care less" attitude.

unsplash.com / Via Olu Eletu

8.



QUALUNQUISMO

(noun) a quality of indifference regarding politics.

[unsplash.com](#) / Via Elijah Hall

9.



MAGARI

*An exclamation with no equivalent in English.
Translates roughly as “If only it were true” or “Yeah, right”.*

[unsplash.com](#) / Via Morgan Sessions

10.



TRASECOLARE

(verb) to be dumbfounded, gobsmacked.

[unsplash.com](#) / Via Joshua Earle

11.



GATTARA

(noun) woman who devotes her time to looking after stray cats.

[unsplash.com](#) / Via Jordan Sanchez

12.



CULACCINO

(noun) the watermark left by a wet glass on a table.

unsplash.com / Via Caleb Thal

13.



GETTARE LA SPUGNA

Literally to throw in the sponge. To give up..

unsplash.com / Via Shlomit Wolf

14.



SPUTA IL ROSPO

Literally to spit out the frog. To speak one's mind.

[unsplash.com](#) / Via Margot Pandone

15.



APERICENA

*(noun) a pre-dinner cocktail with food.
A cross between aperitif and dinner.*

[unsplash.com](#) / Via Todd Quackenbush

16.

BASTA!



That's enough!

[unsplash.com](#) / Via [Volkan Olmez](#)

Luke Lewis is the executive editor of BuzzFeed UK and is based in London.

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