



The Day I Ate Whatever I Wanted: And Other Small Acts of Liberation

Elizabeth Berg

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Every now and then, right in the middle of an ordinary day, a woman kicks up her heels and commits a small act of liberation. What would you do if you could shed the “shoulds” and do, say—and eat—whatever you really desired? Go AWOL from Weight Watchers and spend an entire day eating every single thing you want? Start a dating service for people over fifty to reclaim the razzle-dazzle in your life—or your marriage? Seek comfort in the face of aging, look for love in the midst of loss, find friendship in the most surprising of places? In these beautiful, funny stories, Elizabeth Berg takes us into the heart of the lives of women who do all these things and more—confronting their true feelings, desires, and joys along the way.

Look for special features inside.

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