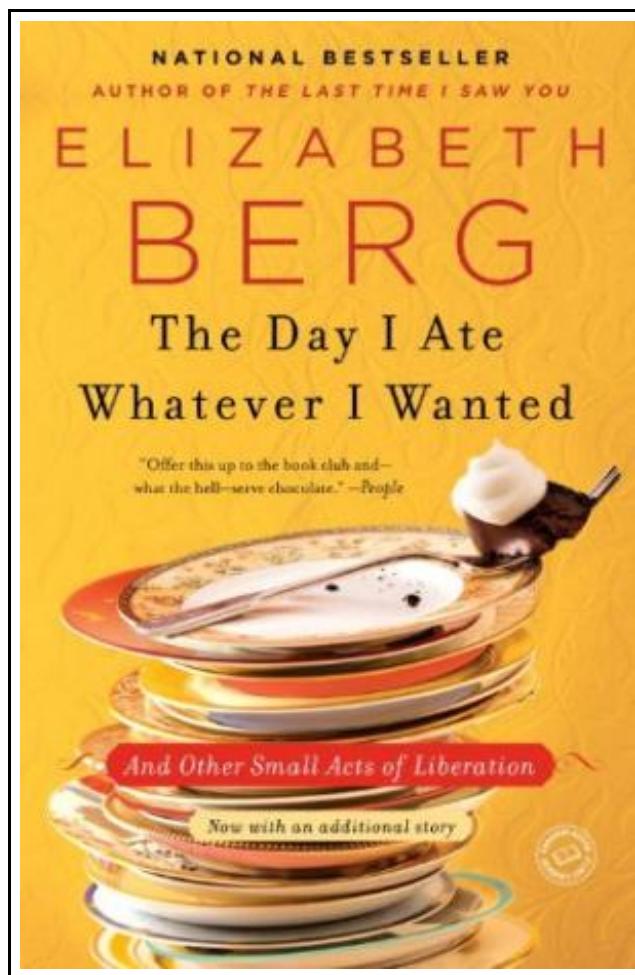


The Day I Ate Whatever I Wanted: And Other Small Acts of Liberation



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(Dr. Porter Mitchell)

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Ballantine. 1 Paperback(s), 2011. soft. Book Condition: New. This is Elizabeth Berg's second delightful collection of stories (following *Ordinary Life*), inspired by the impulse to rebel against personal and social strictures. Here are 13 tales about women of all ages, dealing with issues of dieting, body image, aging, love, loss, letting go, and creating a new life. "Food is the source of both solace and misery for Berg's smart, ticked-off, secretly dreamy yet demonstrably pragmatic women. Most are past 50 and less than happy with their altered bodies. They dutifully attend deadly Weight Watchers meetings, cheat wildly on their diets, then try, once again, to stay away from brownies and fast food. The binge story, 'The Day I Ate Whatever I Wanted,' is matched by 'The Day I Ate Nothing I Remotely Wanted,' and clearly the insatiable appetite for rich and comforting foods stems from a deeper hunger for enveloping and sustaining love. [Berg] makes striking use of the shorter form. Her stories are deliciously piquant and deceptively blithe, just as the respectable appearances of her women characters conceal fierce inner lives. Berg zeros in on the routine unfairness women face, and the anguish and irony of age and family relationships, as her bawdy, scheming, outspoken, and loyal women persevere, often finding the humorous side of difficult predicaments." Booklist 269.

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