



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

By 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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The Day I Ate Whatever I Wanted: And Other Small Acts of Liberation By Elizabeth Berg **Bibliography**

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Editorial Review

From Publishers Weekly

In this collection of mostly uplifting stories, Berg (*Dream When You're Feeling Blue*) explores the everyday challenges that women face. Whether teenaged or octogenarian, Berg's heroines brave the emotional landmines underlying domestic scenes (from holiday dinner parties to visiting family), navigate the slippery slope of constant dieting and address the process of aging. The title story features an unnamed, insouciant narrator who flees from a Weight Watchers meeting and allows herself to indulge her most fattening food cravings. In *Full Count*, an introspective army brat begins to decipher what she looks like to others. The wistful and nostalgic *Rain* features a woman reminiscing about a good friend who dropped his successful corporate life to live closer to nature. Berg's men are surprisingly supportive and well behaved; it is often the women in these stories who manipulate and mistreat their partners. The protagonist of *Truth or Dare*, for example, struggles to accept that her ex-husband moved on after she left him. Berg has a knack for sentimental but authentic stories about women who find affirmation in true-to-life situations, and if her endings are slightly predictable, it's in a good way, like comfort food that never disappoints. (Apr.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

From [Booklist](#)

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. This is adored author Berg's second story collection, separated from the first, *Ordinary Life* (2002), by seven novels, and once again she 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. --Donna Seaman

Review

"Offer this up to the book club and—what the hell—serve chocolate."—*People*

"Pitch-perfect . . . [encompasses] everything you've ever felt, but couldn't put into tangible words."—*Chicago Tribune*

"Hard to resist . . . funny and occasionally heartbreaking."—*Entertainment Weekly*

"Berg at her tart best . . . There is plenty of lemony snap to brighten the sweetness that flows through *The Day I Ate Whatever I Wanted*, a book that shows how well this writer understands women's wants, strengths and foibles."—*Hartford Courant*

"Reading *The Day I Ate Whatever I Wanted* is a lot like eating comfort food: it offers great satisfaction. . . . Berg understands the need we all feel to break free of strictures . . . and how small rebellions can lead to understanding."—*New York Post*

Users Review

From reader reviews:

Aimee Nguyen:

What do you think about book? It is just for students since they are still students or that for all people in the world, exactly what the best subject for that? Simply you can be answered for that concern above. Every person has distinct personality and hobby per other. Don't to be forced someone or something that they don't want do that. You must know how great and also important the book *The Day I Ate Whatever I Wanted: And Other Small Acts of Liberation*. All type of book would you see on many sources. You can look for the internet options or other social media.

Lisa Knight:

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