



I Regret Nothing: A Memoir

Jen Lancaster

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THE NEW YORK TIMES BESTSELLER

***New York Times* bestselling author Jen Lancaster has lived a life based on re-invention and self-improvement. From *Bitter Is the New Black* to *The Tao of Martha*, she's managed to document her (and her generation's) attempts to shape up, grow up, and have it all—sometimes with disastrous results...**

Sure Jen has made mistakes. She spent all her money from a high-paying job on shoes, clothes, and spa treatments. She then carried a Prada bag to the unemployment office. She wrote a whole memoir about dieting...but didn't lose weight. She embarked on a quest for cultural enlightenment that only cemented her love for John Hughes movies and Kraft American Singles. She tried to embrace everything Martha Stewart, while living with a menagerie of rescue cats and dogs. (Glitter...*everywhere*.)

Mistakes are one thing; regrets are another.

After a girls' weekend in Savannah makes her realize that she is—yikes!—middle-aged (binge watching is so the new binge drinking), Jen decides to make a bucket list and seize the day, even if that means having her tattoo removed at one hundred times the cost of putting it on.

From attempting a juice cleanse to studying Italian, from learning to ride a bike to starting a new business, and from sampling pasta in Rome to training for a 5K, Jen is turning a mid-life crisis into a mid-life opportunity, sharing her sometimes bumpy—but always hilarious—attempts to better her life...again.

From the Hardcover edition.

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