



# I Regret Nothing: A Memoir

*Jen Lancaster*

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**I Regret Nothing: A Memoir** Jen Lancaster  
**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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