



The Divorce Diet

Ellen Hawley

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"Revenge is sweet. Reinventing yourself is even sweeter." --Cathy Lamb

Abigail is sure the only thing standing between her and happiness is the weight she gained along with her beloved new baby. Until she instantly loses 170 pounds of husband.

When Thad declares that "this whole marriage thing" is no longer working, a shell-shocked Abigail takes her infant daughter, Rosie, and moves back to her parents' house. Floundering, she turns to an imaginary guru and best friend, the author of her new weight-loss book. But surviving heartache, finding a job, and staying sane as a suddenly single new mom isn't easy, especially on a diet--sorry, life journey.

Make an inventory of your skills, Abigail's guru instructs. Abigail loves cooking and preparing food--real food, not the fatless, joyless dishes her diet prescribes, or the instant-frozen-artificially flavored fare she finds in her mother's kitchen. So far, following everyone else's rules has led to being broke, lonely, and facing a lifetime of poached eggs, faux mayonnaise, and jobs in chain restaurants. What might happen if Abigail followed her own recipe for a good life instead? . . .

Bitingly funny, wise, and insightful, Ellen Hawley's fresh new novel is an ode to food and self-discovery for any woman who's ever walked away from a relationship--or a diet--to find what true satisfaction is all about.

"Food and love and loss and resilience--and a terrific narrative playfulness--are
Hawley's recipe for a slyly entertaining and heartening novel." --Daniel Menaker, author of *The Treatment*

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