



# Bridget Jones's Diary

*Helen Fielding*

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**Bridget Jones's Diary** Helen Fielding

**The #1 national bestseller by Helen Fielding, author of the new novel *Bridget Jones: Mad About the Boy* (October 2013)**

*Bridget Jones's Diary* is the devastatingly self-aware, laugh-out-loud account of a year in the life of a thirty-something Singleton on a permanent doomed quest for self-improvement. Caught between the joys of Singleton fun, and the fear of dying alone and being found three weeks later half eaten by an Alsatian; tortured by Smug Married friends asking, "How's your love life?" with lascivious, yet patronizing leers, Bridget resolves to: reduce the circumference of each thigh by 1.5 inches, visit the gym three times a week not just to buy a sandwich, form a functional relationship with a responsible adult and learn to program the VCR. With a blend of flighty charm, existential gloom, and endearing self-deprecation, *Bridget Jones's Diary* has touched a raw nerve with millions of readers the world round. Read it and laugh—before you cry, "Bridget Jones is me!"

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