



Lifestyle Media and the Formation of the Self

Jayne Raisborough

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"Be the best you can be" urge self-help books and makeover TV shows, but what kind of self is imagined as needing a makeover and what kind of self is imagined as the happy result? Drawing on recent sociology and psychology, this book explores the function of slummy mummies, headless zombies and living autopsies to creating an idea of self.

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