

Cambridge University Press & Assessment 978-1-009-43849-0 — Contemporary American Fiction and Cultures of Self-Help Gillian Moore Table of Contents More Information

Contents

Aci	knowledgements	bage viii
	Introduction: 'Change all aspects of our lives'	I
Ι	'An hortation': Authority and Advice in the Work of David Foster Wallace	27
2	'Unmitigated' Self-Improvement: Leaders, Slogans, and Grassroots Psychology in the Work of Paul Beatty	63
3	'Working on things': Measured, Managed, and Muddled Tim in the Writing Lives of Tao Lin and Myriam Gurba	e 91
4	Getting Writing Done: Sheila Heti's Dramas of Productive and Reproductive Time	125
5	'We're chemistry. That's what we are': Body–Brain Transformation in the Work of Benjamin Kunkel, Miranda July, and Alexandra Kleeman	152
	Coda: 'All that you touch / You Change': Speculative Self-Hel and Ecologies of Agency	lp 182
No	tes	201
Index		238