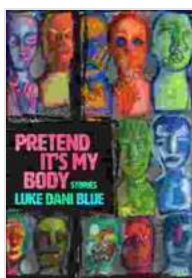


# Pretend It's My Body Stories: A Journey Through the Constructed Self

In her book *Pretend It's My Body*, Emily Levine explores the constructed nature of the self. The essays in the book are written in a personal and anecdotal style, and they offer insights into the ways that we create and maintain our sense of self.



## Pretend It's My Body: Stories by Thabiti Lewis

★★★★★ 5 out of 5

Language	: English
File size	: 5523 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 249 pages
Screen Reader	: Supported
Hardcover	: 192 pages
Item Weight	: 15.8 ounces
Dimensions	: 6.14 x 0.5 x 9.21 inches



Levine argues that the self is not a fixed and unchanging entity, but rather a fluid and ever-changing construct. We create our sense of self through our interactions with others, and through the stories that we tell ourselves about ourselves. These stories can be based on our experiences, our beliefs, and our desires.

Levine's essays are full of examples of how the self is constructed. She writes about her own experiences with body image, mental illness, and

relationships. She also writes about the ways that society constructs our sense of self, through the media, the education system, and the workplace.

*Pretend It's My Body* is a thought-provoking and insightful book that offers a new perspective on the nature of the self. Levine's essays are beautifully written and deeply personal, and they will resonate with anyone who has ever wondered about the nature of their own identity.

## **The Constructed Self**

The idea that the self is constructed is not a new one. Philosophers and sociologists have been arguing for centuries that the self is not a fixed and unchanging entity, but rather a fluid and ever-changing construct. This view of the self is supported by a growing body of research in psychology and neuroscience.

Studies have shown that our sense of self is influenced by a variety of factors, including our experiences, our beliefs, our desires, and our interactions with others. We create our sense of self through the stories that we tell ourselves about ourselves. These stories can be based on our memories, our dreams, our hopes, and our fears.

The constructed nature of the self has a number of implications for our lives. First, it means that our sense of self is not fixed and unchanging. We can change our sense of self through our experiences, our beliefs, and our actions. Second, it means that our sense of self is not something that we are born with. We create our sense of self through our interactions with others and through the stories that we tell ourselves about ourselves.

The constructed nature of the self can be both a source of strength and a source of vulnerability. On the one hand, it means that we have the power to create our own sense of self. We can choose to focus on our strengths and our positive qualities, and we can create a sense of self that is congruent with our values and our goals. On the other hand, the constructed nature of the self can make us vulnerable to the opinions of others. We may be afraid to express our true selves for fear of being rejected or criticized.

## **Pretend It's My Body**

In her book *Pretend It's My Body*, Emily Levine explores the constructed nature of the self through a series of personal essays. The essays in the book are written in a lyrical and evocative style, and they offer insights into the ways that we create and maintain our sense of self.

Levine writes about her own experiences with body image, mental illness, and relationships. She also writes about the ways that society constructs our sense of self, through the media, the education system, and the workplace.

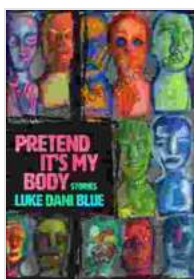
Levine's essays are both personal and universal. She writes about her own experiences, but her stories will resonate with anyone who has ever wondered about the nature of their own identity.

*Pretend It's My Body* is a thought-provoking and insightful book that will stay with you long after you finish reading it. Levine's essays are beautifully written and deeply personal, and they offer a new perspective on the nature of the self.

The self is a constructed entity. We create our sense of self through our interactions with others, and through the stories that we tell ourselves about ourselves. This view of the self has a number of implications for our lives. It means that our sense of self is not fixed and unchanging. We can change our sense of self through our experiences, our beliefs, and our actions. It also means that our sense of self is not something that we are born with. We create our sense of self through our interactions with others and through the stories that we tell ourselves about ourselves.

The constructed nature of the self can be both a source of strength and a source of vulnerability. On the one hand, it means that we have the power to create our own sense of self. We can choose to focus on our strengths and our positive qualities, and we can create a sense of self that is congruent with our values and our goals. On the other hand, the constructed nature of the self can make us vulnerable to the opinions of others. We may be afraid to express our true selves for fear of being rejected or criticized.

However, the constructed nature of the self also means that we have the power to change our sense of self. We can choose to let go of the stories that no longer serve us, and we can create new stories that are more empowering and authentic. We can choose to embrace our true selves, and we can live our lives with purpose and meaning.



### **Pretend It's My Body: Stories** by Thabiti Lewis

★★★★★ 5 out of 5

Language : English

File size : 5523 KB

Text-to-Speech : Enabled

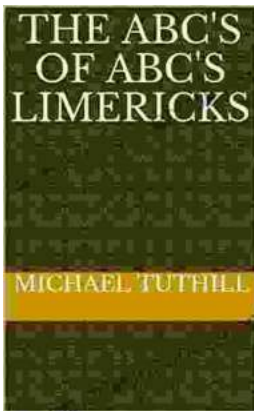
Enhanced typesetting : Enabled

Word Wise : Enabled

Print length	: 249 pages
Screen Reader	: Supported
Hardcover	: 192 pages
Item Weight	: 15.8 ounces
Dimensions	: 6.14 x 0.5 x 9.21 inches

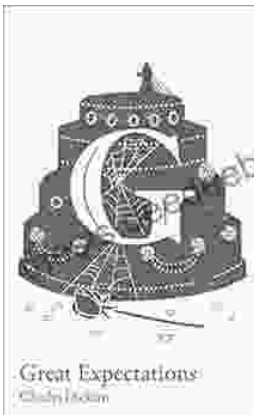
FREE

DOWNLOAD E-BOOK



## The ABC of ABC Limericks: A Comprehensive Guide to the Quintessential Verse Form

: A Journey into the World of Limericks Welcome to the whimsical and witty world of ABC limericks, a beloved form of verse that...



## GCSE Set Text Student Edition: Collins Classroom Classics - A Comprehensive Review

The GCSE Set Text Student Edition: Collins Classroom Classics is a meticulously crafted resource designed to support students in their GCSE English Literature studies....